



FRZ000104

# EGGPLANT PARMESAN

Eggplant Parmesan, served with Italian-style garbanzo beans.

Nourishment. *Delivered.*

Nutritionally balanced, restaurant-inspired meals designed for home delivery programs.



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (277g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 45mg
<b>Calories:</b> 431	<b>Sodium:</b> 557mg
<b>Calories from Fat:</b> 198	<b>Total Carbohydrate:</b> 33g
<b>Total Fat:</b> 22g	<b>Dietary Fiber:</b> 4g
<b>Saturated Fat:</b> 10g	<b>Protein:</b> 23g

Exclusively provided by



**Allergens:** Contains soy, milk, wheat

### SPECIFICATIONS

**Product Code:** FRZ000104  
**UPC:** 735108506153  
**Units per Case:** 20  
**Cases per Pallet:** 32  
**Gross Case Weight:** 19 lb  
**Net Case Weight:** 17 lb  
**Unit Weight:** 0.85 lb  
**Cube:** 1.3 cubic ft  
**Dimensions:** 17 1/2"L x 13 1/2"W x 9 1/2"H  
**Pallet:** Tiers: 8 High: 4



### PREP INSTRUCTIONS

Heat meals to a minimum internal temperature of 165 degrees F for 15 seconds.

**Conventional Oven:** Cook at 300 degrees F for approximately 30-45 minutes.

**Microwave:** Cook on HIGH for 5-10 minutes, turn halfway through heating cycle.

**NOTE:** Oven & Microwave cook times may vary - modify cook times accordingly to ensure thorough cooking. For best results, verify temperatures using a food thermometer.

## Ingredients

EGGPLANT PARMIGIANA - Tomato Sauce (Water, Tomato Puree [Water, Tomato Paste, Citric Acid], Diced Tomatoes [Vine-Ripened Tomatoes, Tomato Juice, Less Than 2% of Salt, Citric acid, Calcium Chloride], Onions, Garlic, Sugar, Oregano, Sweet Basil, White Pepper, Canola Oil, Xanthan Gum), Eggplant (Eggplant, Soybean Oil, Wheat Flour, Water, Corn Flour, Salt, Dextrose, Corn Starch, Spices, Garlic Powder, Dehydrated Parsley, Onion Powder, Extracts Of Paprika and Annatto, and Natural Flavors), Low Sodium Mozzarella Cheese (Pasteurized Processed Low Sodium Mozzarella Cheese [Cultured Milk, Water, Milkfat, Skim Milk, Sodium Phosphates, Salt, Sorbic Acid {Preservative}, Enzymes], Powdered Cellulose {To prevent caking}, Potassium Sorbate and Natamycin {Preservatives}), Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose {Anti-Caking}), ITALIAN-STYLE CHICKPEAS - Chickpeas (Chickpeas, water, salt), Water, Diced Tomatoes [Vine-Ripened Tomatoes, Tomato Juice, Less Than 2% of Salt, Citric Acid, Calcium Chloride], Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose {Anti-Caking}), Onions, Modified Food Starch {Corn}, Low Sodium Vegetable Base [A blend of vegetables: Tomato Paste, Powders {Tomato, Onion, Carrot, Garlic}, Purees {Celery, Onion, Carrot}, Canola Oil, Palm Oil, Autolyzed Yeast Extract, Torula Yeast, Potassium Chloride, Salt, Sugar, Contains 2% or Less of the following: Natural Flavoring, Soy Lecithin, Extract of Carrot, Disodium Inosinate, Disodium Guanylate], Garlic

