



# CUBAN BLACK BEANS AND RICE

*Black beans and rice, served with whole kernel corn with red peppers and parslid carrots.*

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (350g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> <1mg
<b>Calories:</b> 340	<b>Sodium:</b> 1021mg
<b>Calories from Fat:</b> 135	<b>Total Carbohydrate:</b> 53g
<b>Total Fat:</b> 15g	<b>Dietary Fiber:</b> 17g
<b>Saturated Fat:</b> <1g	<b>Protein:</b> 16g

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**Allergens:** Contains soy, sulfites

## SPECIFICATIONS

**Product Code:** FRZ000108  
**UPC:** 735108506306  
**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

BLACK BEANS, CORN, AND RICE (Black Beans, Water, Corn, Enriched Rice {Long Grain Parboiled Rice, Enriched with Ferric Phosphate, Niacin, Thiamine Mononitrate, and Folic Acid}, Diced Red Peppers {Diced Red Peppers, Water, Salt, Citric Acid}, 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}, Worcestershire Sauce [Water, Corn Syrup, Vinegar, Soy Sauce {Salt, Dextrose, Caramel Color}, Salt, Garlic Powder, Potassium Sorbate and Sodium Benzoate {1/10 of 1%}, Natural Flavors and Spices], Modified Corn Starch, Cumin, Textured Soy Protein, Onions, Cayenne Pepper, Celery Seed), PARSLIED CARROTS, BUTTER FLAVOR SEASONING (Water, Natural and Artificial Flavoring Compounds, Propylene Glycol, Xanthan Gum, FD & C Certified Color including yellow 5)

