



Nourishment. *Delivered.*

FRZ000123

# COUNTRY KNIFE AND FORK BREAKFAST

Egg patty and hash brown potatoes with country pepper gravy, served with turkey sausage links and maple-pecan cinnamon apples.

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (346g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 228mg
<b>Calories:</b> 355	<b>Sodium:</b> 473mg
<b>Calories from Fat:</b> 153	<b>Total Carbohydrate:</b> 36g
<b>Total Fat:</b> 17g	<b>Dietary Fiber:</b> 3g
<b>Saturated Fat:</b> 4g	<b>Protein:</b> 16g

Exclusively provided by



**Allergens:** Contains soy, milk, wheat, eggs, tree nuts (pecans), sulfites

### SPECIFICATIONS

**Product Code:** FRZ000123  
**UPC:** 735108507457  
**Units per Case:** 20  
**Cases per Pallet:** 32  
**Gross Case Weight:** 20 lb  
**Net Case Weight:** 18 lb  
**Unit Weight:** 0.9 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

COUNTRY STYLE PEPPER GRAVY (Water, Low Sodium Chicken Base (Roasted Chicken, Sugar, Tapioca Dextrin, Chicken Fat, Hydrolyzed Soy Protein, Potassium Chloride, Onion Powder, Autolyzed Yeast Extract, Maltodextrin, Salt, Natural Flavors, Disodium Inosinate, Disodium Guanylate, Garlic Powder, Turmeric [Color], Gelatin, Lactic Acid, Calcium Lactate, Corn Syrup Solids), Ala King Sauce Mix [Modified Food Starch, Dextrose, Nonfat Dry Milk, Coconut Oil, Yeast Extract, Enriched Bleached Wheat Flour {Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}, Corn Syrup Solids, Potassium Chloride, Onion, Sodium Caseinate, Contains 2% or Less of: Sugar, Partially Hydrogenated Soybean Oil, Potassium & Sodium Phosphate, Mono & Dyglycerides, Spice, Caramel Color, Soy Lecithin, Color {Yellow 5 & 6}, Silicone Dioxide {Anticaking}], Sour Cream Seasoning [Buttermilk {Nonfat milk, Lactic Acid, Cream, Citric Acid}, Maltodextrin, Sour Cream {Cream, Nonfat Milk Cultures}, Cultured Nonfat Milk, Citric Acid, Ascorbyl Palmitate {Preservative}, Nonfat Dry Milk, Salt, Disodium Inosinate, Sodium Guanylate}, Non Fat Dry Milk, Black Pepper, Coriander, Poultry Seasoning [Sage, Thyme, Salt, Black Pepper, Oregano, and Other Spices], Xanthan Gum), HASH BROWN PATTY (Potatoes, Vegetable Oil [Contains one or more of the following oils: Canola, Soybean, Cottonseed, Sunflower, Corn], Contains 2% or less of the Dehydrated Onion, Dextrose, Natural Flavor, Salt, Sodium Acid Pyrophosphate added to maintain natural color), TURKEY SAUSAGE (Turkey, Water, Potato Starch, Dextrose, Sugar, Salt, Potassium Chloride, Spices), FRIED EGG PATTY (Egg Whites, Egg Yolk, Soybean Oil, Water, Contains 2% or less of the following: Modified Corn Starch, Black Pepper, Salt, Natural Butter Flavor, Cellulose Gum, Xanthan Gum, Citric Acid, EDTA), MAPLE-PECAN CINNAMON APPLES (Water, Apples, Apple Juice Concentrate, Pecans, Maple Flavor {Water, Natural and Artificial Flavoring Compounds, Propylene Glycol, Caramel Color}, Modified Food Starch {Corn}, Cinnamon)

