



Nourishment. *Delivered.*

FRZ000566

MANICOTTI ALFREDO

Manicotti Alfredo, served with seasoned peas and Italian vegetables.

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



NUTRITION INFORMATION

Serving Size: 1 meal (316g)	Trans Fat: 0g
Amount per serving:	Cholesterol: 54mg
Calories: 311	Sodium: 504mg
Calories from Fat: 144	Total Carbohydrate: 52g
Total Fat: 16g	Dietary Fiber: 13g
Saturated Fat: 10g	Protein: 27g

Exclusively provided by



Allergens: Contains soy, milk, wheat, sulfites, eggs

SPECIFICATIONS

Product Code: FRZ000566
UPC: 735108505668
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 23 lb
Net Case Weight: 21 lb
Unit Weight: 1.05 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 half-way 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

ALFREDO SAUCE (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 & Diglycerides, Spice, Caramel Color, Soy Lecithin, Color {Yellow 5 & 6}, Silicone Dioxide {Anti-caking}}, Process Pasteurized American Cheese {Cultured Milk, Water, Cream, Sodium Citrate, Salt, Sodium Phosphate, Sorbic Acid [Preservative], Lactic Acid, Artificial Color, Enzymes, Soy Lecithin}, Mushrooms {Mushrooms, Water, Salt}, Spinach, Parmesan Cheese {Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [Anti-Caking]}, Water, Non-fat dry milk, Modified Corn Starch, White Pepper), CHEESE MANICOTTI (Ricotta cheese [pasteurized whey, milk/fat and milk], flour [durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid], water, mozzarella cheese [mozzarella cheese [pasteurized milk, cultures, salt, enzymes], non-fat milk], parmesan cheese [pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose {anti-caking agent}], whole eggs, Romano cheese [pasteurized cow's milk, cheese cultures, salt, enzymes and powdered cellulose {anti-caking agent}], salt, egg whites, modified food starch, Xanthan gum, guar gum, locust bean gum, black pepper, parsley), PEAS, CARROTS, BUTTER FLAVOR SEASONING (Water, Natural and Artificial Flavoring Compounds, Propylene Glycol, Xanthan Gum, FD & C Certified Color including yellow 5)

