



Nourishment. *Delivered.*

FRZ000652

# THREE BEAN CHILI CON CARNE

*Chili with beans and meat, served with a squash medley.*

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (342g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 61mg
<b>Calories:</b> 404	<b>Sodium:</b> 193mg
<b>Calories from Fat:</b> 144	<b>Total Carbohydrate:</b> 44g
<b>Total Fat:</b> 16g	<b>Dietary Fiber:</b> 9g
<b>Saturated Fat:</b> 5g	<b>Protein:</b> 25g

Exclusively provided by



**Allergens:** Contains soy

### SPECIFICATIONS

**Product Code:** FRZ000652  
**UPC:** 735108506528  
**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"Lx13 1/2"Wx9 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

THREE BEEF CHILI CON CARNE (Ground Beef, Diced Tomatoes [Vine-Ripened Tomatoes, Tomato Juice, Less Than 2% Of Salt, Citric Acid, Calcium Chloride], Water, Tomato Paste [Tomatoes], Great Northern Beans [Prepared Great North Beans, Water, Salt, Calcium Chloride {Firming Agent}], Black Beans, Kidney Beans [Kidney Beans, Water, Sugar, Salt, Dextrose, Calcium Chloride Added To Help Maintain Firmness, Disodium Edta Added To Help Promote Color Retention], Diced Green Peppers [Peppers, Water, Citric Acid, Calcium Chloride], Diced Red Peppers [Diced Red Peppers, Water, Salt, Citric Acid], Modified Corn Starch, Low Sodium Beef Base [Roasted Beef And Beef Broth, Sugar, Autolyzed Yeast Extract, Corn Oil, Flavorings, Hydrolyzed Soy Protein, Potassium Chloride, Caramel Color, Maltodextrin, Tomato Powder, Disodium Inosinate, Disodium Guanylate, Beef Extract, Corn Syrup Solids, Salt, Thiamine Hydrochloride], Chili Powder, Sugar, Cumin, Granulated Garlic, Black Pepper, Diced Onions), SQUASH MEDLEY (Green Zucchini, Yellow Zucchini, Diced Red Peppers [Diced Red Peppers, Water, Salt, Citric Acid]).

