



Nourishment. *Delivered.*

FRZ000656

HOMEMADE CHICKEN STEW

Homemade chicken stew, served with steamed green beans and baked apples with raisins.

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



NUTRITION INFORMATION

Serving Size: 1 meal (415g)	Trans Fat: <1g
Amount per serving:	Cholesterol: 86mg
Calories: 513	Sodium: 701mg
Calories from Fat: 63	Total Carbohydrate: 83g
Total Fat: 7g	Dietary Fiber: 16g
Saturated Fat: <1g	Protein: 38g

Exclusively provided by



Allergens: Contains wheat, milk, soy, sulfites

SPECIFICATIONS

Product Code: FRZ000656
UPC: 735108506566
Units per Case: 20
Cases per Pallet: 32
Gross Case Weight: 18 lb
Net Case Weight: 16 lb
Unit Weight: .80 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

CHICKEN STEW (Diced Chicken, Mixed Vegetables [Carrots, Corn, Peas, Green Beans], Water, Wheat Flour [Bleached, Enriched Wheat Flour {Fungal Enzymes, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid}], Non Fat Dry Milk, Hash Brown Potato Chunk [Potatoes, Vegetable oil [Contains one or more of the following oils: Canola, Soybean, Cottonseed, Sunflower, Corn]. Contains 2% or less of dextrose, Sodium Acid Pyrophosphate added to maintain natural color), Diced Red Peppers [Diced Red Peppers, Water, Salt, Citric Acid], Slurry Corn Starch [Corn], Canola oil, 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], 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], FD& C Yellow 5, Poultry Seasoning [Sage, Thyme, Salt, Black Pepper, Oregano, and Other Spices], Coriander, Parsley, White Pepper), BAKED APPLES WITH RAISINS (Diced Apples [Apples, Water], Water, Raisins, Modified Food Starch [Corn], Brown Sugar, Cinnamon), GREEN BEANS [Green Beans, Butter Flavor Seasoning [Water, Natural and Artificial Flavoring Compounds, Propylene Glycol, Xanthan Gum, FD & C Certified Color including yellow 5]].

