



Nourishment. *Delivered.*

FRZ000715

# CHICKEN GARDEN CASSEROLE

Chicken garden casserole, served with summer blend vegetables.

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



## NUTRITION INFORMATION

<b>Serving Size:</b> 1 meal (343g)	<b>Trans Fat:</b> 0g
<b>Amount per serving:</b>	<b>Cholesterol:</b> 82mg
<b>Calories:</b> 333	<b>Sodium:</b> 152mg
<b>Calories from Fat:</b> 36	<b>Total Carbohydrate:</b> 45g
<b>Total Fat:</b> 4g	<b>Dietary Fiber:</b> 5g
<b>Saturated Fat:</b> <1g	<b>Protein:</b> 29g

Exclusively provided by



**Allergens:** Contains soy

### SPECIFICATIONS

**Product Code:** FRZ000715  
**UPC:** 735108507150  
**Units per Case:** 20  
**Cases per Pallet:** 32  
**Gross Case Weight:** 26 lb  
**Net Case Weight:** 24 lb  
**Unit Weight:** 1.2 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:** Puncture film, cook at 300 degrees F for approximately 30-35 minutes.

**Microwave:** Puncture film, cook on HIGH for 6-8 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 WITH GARDEN VEGETABLES AND RICE (Diced Chicken, Cucumbers, Water, Asparagus, Onions, Diced Red Peppers [Diced Red Peppers, Water, Salt, Citric Acid], Pilaf Rice [Water, White Rice {Enriched Rice (Long Grain Parboiled Rice, Enriched with Ferric Phosphate, Niacin, Thiamine Mononitrate, and Folic Acid)}, 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], Onions, Parsley], Lime Flavor [Key Lime juice from concentrate, Lime oil, 1/40th of 1% Sodium Benzoate, 1/40th of 1% Meta Bisulfite as a preservative], 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], col flo Starch, Parsley, Garlic, Cilantro, Black Pepper), SUMMER BLEND VEGETABLES (Carrots, Green Beans, Zucchini).

