



MEATLOAF & MASHED POTATO MEAL KIT

Traditional meatloaf with a ketchup glaze served with mashed potatoes

HEATING INSTRUCTIONS

MICROWAVE OVEN:

Remove the lid, cover the tray, and place tray in microwave for 5 minutes.

Stir potatoes and continue cooking for an additional 5 minutes.

PLATE WILL BE HOT.

INCLUDED IN THE KIT:

Meatloaf (5 pieces)	1 Tray	5.00 lbs.
Mashed Potatoes	1 Tray	5.00 lbs.

TOTAL: 10.00 lbs.

MAKES 5 FINISHED TRAYS:

Meatloaf Per Tray:	1.00 lb. (1 pc)
Mashed Potatoes Per Tray:	1.00 lb.

TOTAL: 2.00 lbs.

Nutrition Facts

varies servings per container
Serving size 4oz(114g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 9g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 640mg	28%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%

Protein 8g

Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 2mg	10%
Potassium 344mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Potatoes, Water, Beef, Ketchup (Tomato Concentrate Made from Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring), **Bread Crumbs** (Bleached Wheat Flour, Dextrose, Yeast, Salt), **Instant Potato Flakes** (Potato [Dry], Monoglyceride, Sodium Acid Pyrophosphate, Citric Acid, Freshness Preserved With Sodium Bisulfite And BHA, protein, soy, TVP, colored, flake, F250), **Margarine Butter Blend** (Palm Oil, Soybean Oil, Water, Butter, Salt, Sweet Cream Buttermilk, Vegetable Mono and Diglycerides, Vegetable Lecithin, Sodium Benzoate Added As A Preservatives, Artificial Flavored, Colored with Beta Carotene, Vitamin A Palmitate), **Heavy Cream** (Cream, Contains Less Than .5% Of Carrageenan, Mono-Diglycerides, Cellulose Gum, Polysorbate 80), **Sour Cream** (Cultured Pasteurized Light Cream, Nonfat Milk, Enzymes), **Tomato Paste** (Tomatoes, Citric Acid), **Onion, Bell Pepper, Carrots, Celery, Worcestershire Sauce** (Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract), **Salt, Parsley, Sodium Lactate, Caramel Color, Garlic Powder, Pepper, Butter Sauce** (Modified Corn Starch, Salt, Whey Solids, Non-Fat Dry Milk, Dehydrated Butter, Natural Butter Flavor, Sugar, Xanthan Gum, Lactic Acid, Turmeric And Annatto [For Color]), **Onion Powder, Disodium Inosinate And Disodium Guanylate.**

Contains Milk, Soy, Wheat.

FRESH - NEW YORK

UPC #: 7-06129-03436-9

PACK SIZE: 1/10 LB

BOX L/W/H: 13.07 x 10.45" x 7.02"

CUBE: 0.56

TI/HI: 14x10

GR WEIGHT: 10.70 LB

SHELF LIFE: 16 DAYS/14 RECEIVED

NET WT: 10 LB



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