



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.

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.

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.

FRESH - NEW YORK

UPC #: **7-06129-03436-9**

PACK SIZE: **2/10 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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