



CHICKEN PARMESAN WITH LINGUINI MARINARA MEAL

Breaded chicken cutlet smothered in marinara sauce and topped with Mozzarella cheese all over a bed of linguini marinara

HEATING INSTRUCTIONS

MICROWAVE OVEN: Pierce the plastic and heat on high for 2 to 3 minutes or until hot (or until internal temperature is 165°F as indicated by a calibrated cooking thermometer)

INGREDIENTS

Marinara Sauce (Diced Tomatoes in Tomato Juice, Water, Tomato Paste, Soybean Oil. Contains 2% or Less of: Spices, Sugar, Salt, Extra Virgin Olive Oil, Apple Cider Vinegar, Granulated Garlic, Corn Starch, Xanthan Gum, and Citric Acid), **Breaded Chicken Cutlet** (Chicken [Boneless Chicken Breast, Water, Contains 2% Or Less Of the Following: Vinegar, Salt, Natural Flavors], Bread Crumbs [Bleached Wheat Flour, Yeast, Sugar, Salt], Water, Batter [Bleached Wheat Flour, Modified Corn Starch, Salt, Cellulose Gum, Vital Wheat Gluten] Soybean Oil, Enriched Wheat Flour [Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), **Linguine Pasta** (Water, Durum Semolina, Egg Yolks Or Eggs, Niacin, Iron [Ferrous Sulfate], Thiamine, Mononitrate, Riboflavin, Folic Acid, Cultured Skim Milk), **Mozzarella Cheese** (Whole Milk Low Moisture Mozzarella Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Potato Starch, Canola Oil And Cellulose Powder Added To Prevent Caking, Natamycin [A Natural Mold Inhibitor]).

Contains Egg, Milk, Wheat

Nutrition Facts

About 3 servings per container
Serving Size **5oz (140g)**

Amount per serving
Calories 210

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 480mg	21%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 101mg	8%
Iron 1mg	6%
Potassium 94mg	2%

*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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

FROZEN - NEW YORK

UPC CASE #: 7-06129-02722-4

UPC UNIT #: 7-06129-02728-6

PACK SIZE: 6/16.00 OZ

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

CUBE: 0.56

TI/HI: 14x10

GR WEIGHT: 6.70 LB

SHELF LIFE: 90 day min. (14 from slack)

NET WT: 6.00 LB

Case UPC



Unit UPC

