



# Vegetarian Red Beans and Rice with Chickpeas

with Butternut Squash and Corn with Peppers

056

New

## Nutrition Facts

1 serving per container

Serving Size 1 Meal (442g)

Amount per serving

Calories 380

% Daily Value\*

Total Fat 3g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 380mg 16%

Total Carbohydrate 75g 27%

Dietary Fiber 12g 44%

Total Sugars 8g

Includes 2g Added Sugars 4%

Protein 16g

Vitamin D 0mcg 0%

Calcium 115mg 9%

Iron 4mg 22%

Potassium 840mg 18%

## Packaging

Meal Number	056	Case Length	18.125 in
GTIN	00814748000563	Case Width	14.125 in
Pack Size	20 each	Case Height	8.125 in
Meal Weight	15.6 oz	Case Cube	1.20 ft <sup>3</sup>
Case Weight Gross	23 lbs	Cases/Pallet	48
Case Weight Net	19.5 lbs	Hi	8
Case Pack Code	yymmdd	Ti	6

## Preparation

Cook times may need to be adjusted due to variations in appliances. Check that product is heated to internal temperature of 165°F.	
Microwave	Slit film over each compartment. Microwave on high 7 minutes . Carefully remove product and let stand 2 minutes.
Conventional Oven	Slit film over each compartment. Bake at 350°F for 25 minutes. Carefully remove product.

## Additional

Allergens	n/a	Order Lead Time	14 days
Kosher	No	Storage	-10°—10°F
CN	No	Shelf Life	365 days*

\*From production when kept at 0°F or below

Information shown may vary from product currently in distribution. Changes in ingredients, processes, and regulations occur, affecting content. The most accurate information is available on product package.

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Traditions Meal Solutions | 100 Valley Drive Pearl, MS 39208 | 877-936-8148 | customer@traditionsi.com | www.traditionsi.com