



Vegetarian Southwest Black Bean and Corn Casserole

with Sweet Potatoes and Brussels Sprouts

064

New

Nutrition Facts

1 serving per container

Serving Size 1 Meal (462g)

Amount per serving

Calories 390

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2.5g 12%

Trans Fat 0g

Cholesterol less than 5mg 1%

Sodium 600mg 26%

Total Carbohydrate 76g 28%

Dietary Fiber 16g 56%

Total Sugars 9g

Includes 2g Added Sugar 4%

Protein 17g

Vitamin D 0mcg 0%

Calcium 140mg 11%

Iron 3.7mg 21%

Potassium 1070mg 23%

Packaging

Meal Number	064	Case Length	18.125 in
GTIN	00814748000648	Case Width	14.125 in
Pack Size	20 each	Case Height	8.125 in
Meal Weight	16.3 oz	Case Cube	1.20 ft ³
Case Weight Gross	23.88 lbs	Cases/Pallet	48
Case Weight Net	20.38 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 4 minutes stir and cook an additional 4 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	Eggs, Milk	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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