



Breaded Fish & Coconut Curry Rice

with Three Seasons Blend & Broccoli Florets



Nutrition Facts

1 serving per container
Serving size 1 meal (343g)

Amount per serving

Calories 350

% Daily Value*

| | |
|--------------------------|-----|
| Total Fat 11g | 14% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 45mg | 16% |
| Sodium 520mg | 22% |
| Total Carbohydrate 46g | 17% |
| Dietary Fiber 5g | 19% |
| Total Sugars 9g | |
| Includes 2g Added Sugars | 4% |
| Protein 20g | |
| Vitamin D 0mcg | 0% |
| Calcium 60mg | 5% |
| Iron 2mg | 12% |
| Potassium 640mg | 14% |

Packaging

| | | | |
|-------------------|----------------|--------------|----------------------|
| Meal Number | 096 | Case Length | 18.125 in |
| GTIN | 00814748000969 | Case Width | 14.125 in |
| Pack Size | 20 each | Case Height | 8.125 in |
| Meal Weight | 12.10 OZ | Case Cube | 1.20 ft ³ |
| Case Weight Gross | 18.63 lbs | Cases/Pallet | 48 |
| Case Weight Net | 15.13 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 8 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 | Fish, Wheat, Egg, Soy Tree Nuts | 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.

Issued: 11/18/22 Supersedes: 5/16/22

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