



VIP Code	Vendor Code	Description	Case Pack
321103	301793	Stouffer's® Chicken Parmigiana	4 / 62 oz

Seasoned chicken lightly coated with breadcrumbs. Covered with a chunky tomato sauce. Then topped with Parmesan and mozzarella.

No Preservatives. Made with Real Cheese. Quick and convenient labor saving entrée. Excellent for a carry-out lunch or dinner.

Stouffer's Chicken Parmigiana

Ingredients

Cooked Breaded Chicken Breast Patties With Rib Meat (Chicken Breast With Rib Meat, Water, Seasoning [Modified Food Starch, Whey Protein Concentrate, Carrageenan], Isolated Soy Protein, Sodium Phosphates, Seasoning [Autolyzed Yeast Extract, Salt, Soy Sauce Solids {Soybeans, Wheat, Salt}, Sugar, Maltodextrin, Chicken Powder, Flavor, Vegetable Oil, Chicken Broth, Tapioca Starch, Thiamine Hydrochloride, Lactic Acid, Citric Acid, Chicken Fat]. Predusted And Battered With: Water, Modified Food Starch, Wheat Flour, Yellow Corn Flour, Salt, Spices, Xanthan Gum, Extractives Of Paprika. Breaded With: Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Dextrose, Sea Salt, Salt, Yeast, Mono And Diglycerides, Spice, Paprika Extract. Breading Set In Vegetable Oil.), Tomato Puree (Water, Tomato Paste), Tomatoes (Diced Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Water, Low-Moisture Part-Skim Mozzarella Cheese (Cultured Part-Skim Milk, Salt, Enzymes), 2% Or Less Of Onions, Parmesan And Asiago Cheese Blend With Flavor (Parmesan And Asiago Cheeses [Cultured Milk, Salt, Enzymes], Enzyme Modified Parmesan Cheese [Cultured Milk, Water, Salt, Enzymes], Whey, Salt), Sugar, Extra Virgin Olive Oil, Garlic, Salt, Spices, Modified Cornstarch, Autolyzed Yeast Extract, Dried Garlic, Potassium Chloride, Citric Acid, Datem, Oleoresin Paprika With Soy Lecithin, Mono- And Diglycerides.

Allergens - Contains: Wheat, Milk, Soy.

Nutritionals

Nutrition Facts (Unprepared)	
10 Servings Per Container	
Serving Size	176 g
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 11 g	14%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 30 mg	10%
Sodium 510 mg	22%
Total Carbohydrate 17 g	6%
Sugar 4 g	
Added Sugar 1 g	2%
Protein 15 g	22%
Vitamin D 0 µg	0%
Potassium 290 mg	6%
Calcium 110 mg	8%
Iron 1 mg	4%

* The % Daily Value (DV) 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.

Preparation

For food safety and quality, follow cooking instructions: Cook product to internal temperature of 165°F.

CONVECTION OVEN 325°F Preheated: Dome lid away from product crimping tightly over tray edges. Place tray on a baking sheet. Remove lid during last 10-15 minutes. Cook Frozen (0°F) product 45-50 minutes/Thawed (40°F or less) product 25-30 minutes.

CONVENTIONAL OVEN 400°F Preheated: Dome lid away from product crimping tightly over tray edges. Place tray on a baking sheet. Remove lid during last 10-15 minutes. Cook Frozen (0°F) product 60-65 minutes/Thawed (40°F or less) product 25-30 minutes.

MICROWAVE OVEN 1100 Watt: Cook uncovered in a microwave-safe container. Cook 1 Thawed (40°F or less) Patty with Sauce 50% Power for 3 to 3 1/2 minutes.

- If thawing, product must be thawed under refrigeration (40°F) for no more than 48 hours prior to cooking. **DO NOT REFREEZE.**