

- 4/4.75 BROCCOLI RICE & CHEESE CASSEROLE

easy to prepare - bake and serve



MARKETING

# Nutrition Facts

10 Servings per container  
**Serving Size About 10 servings per container**

**Amount Per Serving**  
**Calories** **310**

	% Daily Value*
<b>Total Fat</b> 17 g	<b>22%</b>
Saturated Fat 8 g	<b>40%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 800 mg	<b>35%</b>
<b>Total Carbohydrates</b> 29 g	<b>11%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 3 g	
Includes 0 g Added Sugars	<b>0%</b>

<b>Protein</b> 10 g	
Vitamin D 0 mcg	0%
Calcium 208 mg	15%
Iron 1 mg	6%
Potassium 135 mg	2%

\* The % Daily Values (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.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack			
806023	195247	10077171860235	4/4.75 lbs			
Brand	Brand Owner	GPC Description				
St. Clair	St. Clair Foods, Inc.	Prepared/Preserved Foods Variety Packs				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
21.6 LBR	19 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
21.25 INH	13.25 INH	4.75 INH	0.774 FTQ	5x10	730 Days	0 FAH / 28 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
TRACEABILITY_REGULATION	Buy American Act	FALSE	N/A			

HANDLING SUGGESTIONS

Aluminum pans in a case. Frozen

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; IN/IL = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- |             |                 |
|-------------|-----------------|
| Milk - C    | Peanuts - N     |
| Eggs - N    | Tree - N        |
| Soybean - C | Fish - N        |
| Wheat - C   | Shellfish - NI  |
| Sesame - NI | Crustaceans - N |

INGREDIENTS

INGREDIENTS: WATER, BROCCOLI, COOKED RICE (Water, Long Grain Parboiled Rice Enriched with Ferric Phosphate, Niacin, and Thiamine Mononitrate) PASTEURIZED PROCESS AMERICAN CHEESE [Cultured Milk, Water, Cream, Salt, Sodium Phosphate, Sodium Citrate, Lactic Acid, Sorbic Acid (a preservative), Apo-Carotenol (color), Enzymes), Sodium Phosphate, Milkfat, Salt, Apocarotenol (color), NON DAIRY CREAMER (Corn Syrup Solids, Sunflower Oil, Sodium Caseinate (a milk derivative), Dipotassium Phosphate, Soy Lecithin, Sodium Silico aluminate, Tocopherols added to help protect flavor, Artificial Flavor & Artificial Color), MARGARINE (Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Whey, Soybean Lecithin, Vegetable Mono and Diglycerides, Sodium Benzoate as preservative, colored with Beta Carotene, Artificially flavored, Vitamin A Palmitate Added), ONIONS, CELERY, CHICKEN BASE (Roasted Mechanically Separated Chicken, Salt, Sugar, Hydrolyzed Wheat Gluten, Chicken Fat, Onion Powder, Disodium Inosinate, Disodium Guanylate, Extractives of Turmeric, Spice Extractive.), NON FAT DRY MILK (Skim Milk Solids), ENRICHED BLEACHED WHEAT FLOUR (niacin, iron (reduced), thiamine, mononitrate, riboflavin, folic acid), malted barley flour), MODIFIED CORN STARCH, GELATIN, MALTODEXTRIN, SALT, AUTOLYZED YEAST (Yeast Extract, Partially Hydrogenated Sunflower Oil), XANTHAN GUM, GARLIC POWDER, HYDROLYZED PLANT PROTEIN (Hydrolyzed Corn Protein, Partially Hydrogenated Oil [Soybean and Cottonseed] added), SPICE, NATURAL CHEESE FLAVOR (Maltodextrin, Whey Solids, Natural Cheddar Cheese Flavor, Natural Blue Cheese Flavor, Salt, Disodium Phosphate), ANNATO/TURMERIC (Silica Gel, Propylene Glycol, Polysorbate 80, Purified Turmeric, Purified Annato, Potassium Hydroxide). CONTAINS: Milk, Soy, Wheat.

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## PREPARATION & COOKING SUGGESTIONS

Ready to bake in convection or conventional oven

## SERVING SUGGESTIONS

Serve as a hot side with an entrée or on a buffet.

## MORE INFORMATION

## NUTRITIONAL ANALYSIS

Calories	310
Protein	10 g
Total Carbohydrates	29 g
Sugars	3 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	0
Vitamin A (RE)	0
Vitamin C	0 mcg
Magnesium	
Monosodium	

Total Fat	17 g
Trans Fat	0 g
Saturated Fat	8 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	25 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	800 mg
Calcium	208 mg
Iron	1 mg
Potassium	135 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS

## MORE IMAGES

