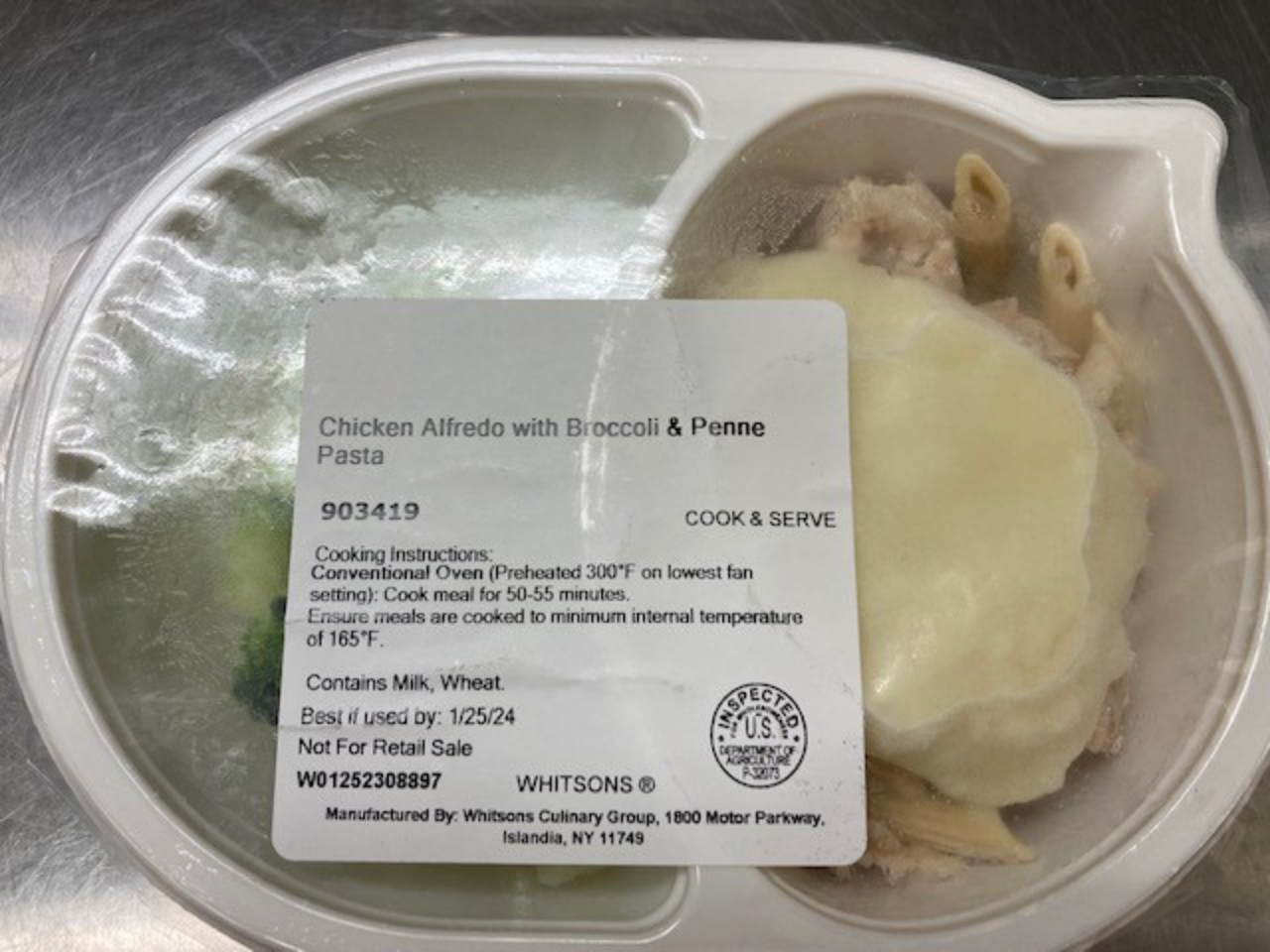

Chicken Alfredo with Broccoli & Penne Pasta
903419
COOK & SERVE
Cooking Instructions:
Conventional Oven (Preheated 300°F on lowest fan setting): Cook meal for 50-55 minutes.
Ensure meals are cooked to minimum internal temperature of 165°F.
Contains Milk, Wheat.
Best if used by: 1/25/24
Not For Retail Sale
W01252308897
WHITSONS ®
INSPECTED U.S. DEPARTMENT OF AGRICULTURE P-32073
Manufactured By: Whitsons Culinary Group, 1800 Motor Parkway, Islandia, NY 11749

KEEP FROZEN

COOK & SERVE

903419

Chicken Alfredo with Broccoli & Penne Pasta

Nutrition Facts

Serving Size 1 Each (207g)
Servings Per Container 30 Each

Amount Per Serving	
Calories 320	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 500mg	21%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 21g	

Vitamin A 6% • Vitamin C 35%
Calcium 25% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Alfredo Sauce (Water, Pasteurized Processed Cheese [Cheddar Cheese {Pasteurized Milk, Cheese Culture, Salt, Enzymes}, Water, Cream, Sodium Phosphates And Potassium Phosphates, Seasoning {Potassium Chloride, Flavor {Contains Maltodextrin}}, Salt], Nonfat Dry Milk, Cheese Flavor [Whey, Cheddar Cheese {Milk, Cheese Cultures, Salt, Enzymes}, Buttermilk Solids, Butter], Romano Cheese [Sheep's Milk, Cheese Culture, Salt, Enzymes, Calcium Propionate], Butter Flavoring [Whey Solids, Enzyme Modified Butter {Butter, Buttermilk Powder, Enzymes}, Maltodextrin, Salt, Dehydrated Butter {Butter, Buttermilk Powder}, Guar Gum, Annatto And Turmeric], Modified Food Starch, Sodium Phosphates And Potassium Phosphates, Dehydrated Garlic, Spices, Citric Acid), Broccoli, Diced Chicken (Chicken, Water, Maltodextrin, Natural Flavors, Rice Starch, Vinegar, Yeast Extract), Whole Grain Penne (Whole Durum Wheat Flour, Semolina, Durum Wheat Flour, Oat Fiber), Water.

Contains Milk, Wheat.

Cooking Instructions:

Conventional Oven (Preheated 300°F on lowest fan setting): Cook meal for 50-55 minutes. Ensure meals are cooked to minimum internal temperature of 165°F.

INSPECTED FOR WHOLESOMENESS U.S. DEPARTMENT OF AGRICULTURE P-32073

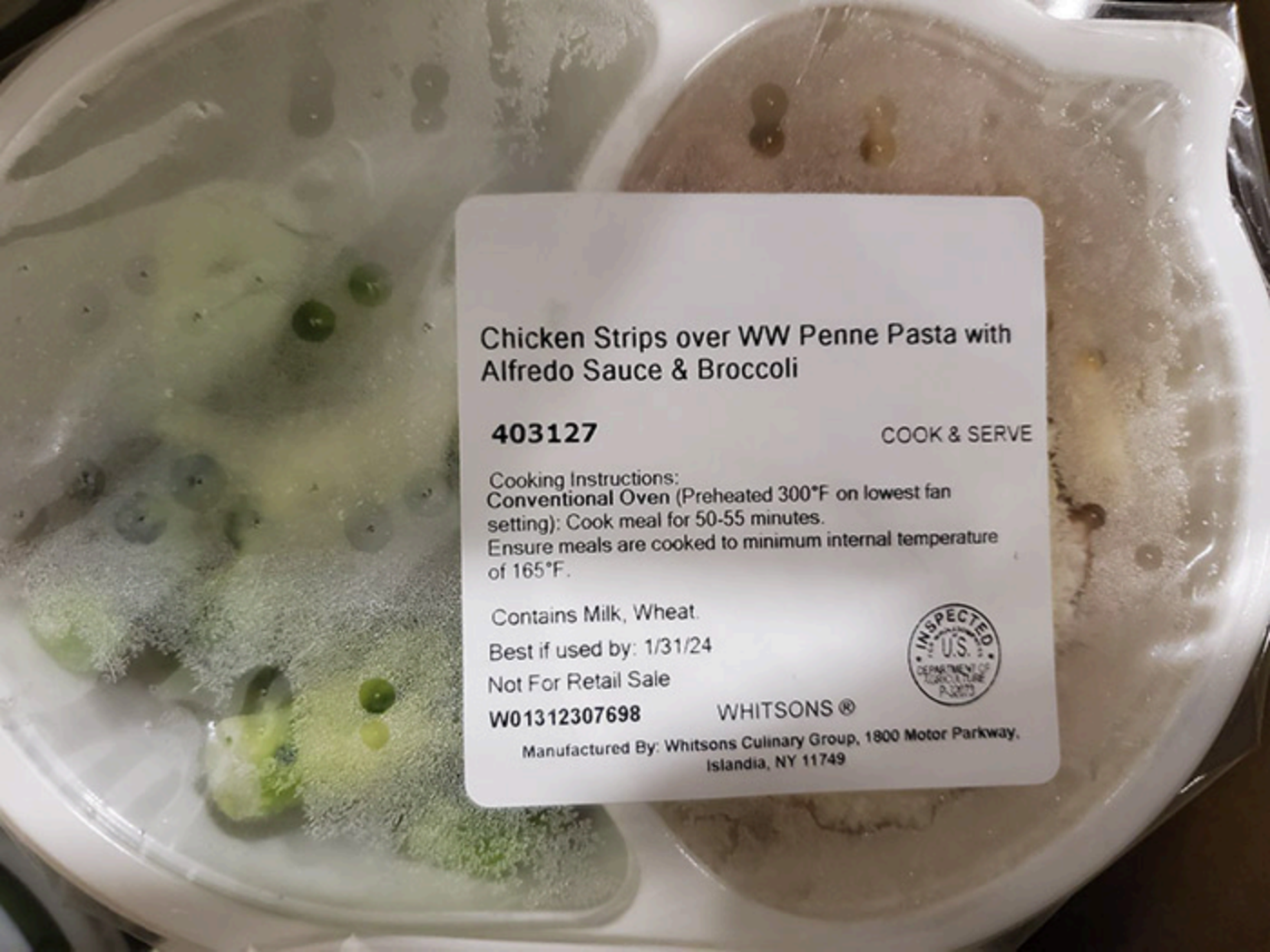
Not For Retail Sale

Net Weight: 219.0 oz (13.7 lbs)

W01252308897

Best if used by: 1/25/24

Distributed By: **Whitsons Culinary Group 1800 Motor Parkway, Islandia, NY 11749**


Chicken Strips over WW Penne Pasta with Alfredo Sauce & Broccoli
403127
COOK & SERVE
Cooking Instructions:
Conventional Oven (Preheated 300°F on lowest fan setting): Cook meal for 50-55 minutes.
Ensure meals are cooked to minimum internal temperature of 165°F.
Contains Milk, Wheat.
Best if used by: 1/31/24
Not For Retail Sale
W01312307698
WHITSONS ®
INSPECTED U.S. DEPARTMENT OF AGRICULTURE
Manufactured By: Whitsons Culinary Group, 1800 Motor Parkway, Islandia, NY 11749

KEEP FROZEN

COOK & SERVE

403127

Chicken Strips over WW Penne Pasta with Alfredo Sauce & Broccoli

Nutrition Facts

Serving Size (20/g)
Servings Per Container

Amount Per Serving	
Calories 320	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 500mg	21%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 21g	
Vitamin A 6%	• Vitamin C 35%
Calcium 25%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Alfredo Sauce (Water, Pasteurized Processed Cheese [Cheddar Cheese {Pasteurized Milk, Cheese Culture, Salt, Enzymes}, Water, Cream, Sodium Phosphates And Potassium Phosphates, Seasoning {Potassium Chloride, Flavor {Contains Maltodextrin)}, Salt], Nonfat Dry Milk, Cheese Flavor [Whey, Cheddar Cheese {Milk, Cheese Cultures, Salt, Enzymes}, Buttermilk Solids, Butter], Romano Cheese [Sheep's Milk, Cheese Culture, Salt, Enzymes, Calcium Propionate], Butter Flavoring [Whey Solids, Enzyme Modified Butter {Butter, Buttermilk Powder, Enzymes}, Maltodextrin, Salt, Dehydrated Butter {Butter, Buttermilk Powder}, Guar Gum, Annatto And Turmeric], Modified Food Starch, Sodium Phosphates And Potassium Phosphates, Dehydrated Garlic, Spices, Citric Acid), Broccoli, Diced Chicken (Chicken, Water, Maltodextrin, Natural Flavors, Rice Starch, Vinegar, Yeast Extract), Whole Grain Penne (Whole Durum Wheat Flour, Semolina, Durum Wheat Flour, Oat Fiber), Water.

Contains Milk, Wheat.

Cooking Instructions:
Conventional Oven (Preheated 300°F on lowest fan setting): Cook meal for 50-55 minutes. Ensure meals are cooked to minimum internal temperature of 165°F.

INSPECTED U.S. DEPARTMENT OF AGRICULTURE P-32073

Not For Retail Sale

Net Weight: 219.0 oz (13.7 lbs)

W01312307698

Best if used by: 1/31/24

Distributed By: **Whitsons Culinary Group 1800 Motor Parkway, Islandia, NY 11749**