



White Bean Stew and Spinach & Feta Pies

Retail Tray_ 6/case_ 117/pallet



INGREDIENTS:

White Bean Stew Ingredients: Lima Beans, Carrots, Spanish Onion, Diced Red Tomato (tomato juice, salt, citric acid, and calcium chloride), Fresh Celery, Extra Virgin Olive Oil, Fresh Parsley, Salt, Black Pepper, Oregano.

Spinach Feta Pies Ingredients: All Purpose Flour (unbromated & unbleached, wheat flour, niacin, reduced iron, thiamin, mononitrate, riboflavin, folic acid, malted barley flour), fresh Spinach, fresh green chart, Feta cheese (cow's milk and skim milk, salt enzymes, vegetables coagulant), Cottage Cheese (organic grade A cultured pasteurized nonfat milk, organic grade A milk and organic grade A cream, organic grade A nonfat milk, salt, tri-calcium phosphate organic locust bean gum, citric acid, carrageenan, microbial enzyme (non-animal, rennetless), vitamin A palmitate, carbon, dioxide, and live and active cultures: *L. acidophilus* & *bifidobacterium bifidum*), extra virgin olive oil, eggs, sesame seed, lemon, salt, black pepper, mint

VEGETARIAN

Nutrition Facts White bean Stew: Serving Size 1/2 cup (113g), Serv. Per Container: 1. Calories 125, Calories from Fat 45, Total Fat 5g (7.5% DV), Saturated Fat .75g (4% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 70mg (3% DV), Total Carbohydrate 16g (5.5% DV), Dietary Fiber 5g (20% DV), Sugars 2g, Protein 5g, Vitamin A (50% DV), Vitamin C (12.5% DV), Calcium (4% DV), Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Spinach Feta Pies: Nutrition Facts Serving Size 2 pieces 4oz (113g), Servings Per Container 1, Amount Per Serving: Calories 300, Calories from Fat 130, Total Fat 15g (23% DV), Saturated Fat 3g (15% DV), Trans Fat 0g, Cholesterol 20mg (7% DV), Sodium 640mg (27% DV), Total Carbohydrate 35g (12% DV), Dietary Fiber 2g (8% DV), Sugars 1g, Protein 8g, Vitamin A (80% DV), Vitamin C (20% DV), Calcium (10% DV), Iron (20% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.





Moussaka: Eggplant and Beef Casserole with Roasted Vegetables

6 per case/ 117 per pallet



Moussaka

Nutritional Facts Serv. Size 1 cup, (8 oz, 218g), serv. Per container 1.
Amount per Serving: **Calories** 400, Calories from Fat 270, **Total Fat** 31 g (48% DV), Saturated Fat 7g (35% DV), Trans Fat 0.5 g, Cholesterol 65 mg (22% DV), **Sodium** 210mg(9% DV), **Total Carbohydrate** 14 g (5% DV), Dietary Fiber 3g (12% DV), Sugars 5g, **Protein** 18g, Vitamin A (4% DV), Vitamin C (4% DV), Calcium (15% DV), Iron (10% DV), Per.Daily Values (DV) are based on 2000 calories diet.

INGREDIENTS: Eggplants, Beef (natural), Diced Red Tomato (tomato juice, salt, citric acid, and calcium chloride), Whole Milk (whole milk, vitamin D3), Spanish Onion, All Purpose Flour (unbromated & unbleached, wheat flour, niacin, reduced iron, thiamin, mononitrate, riboflavin, folic acid, malted barley flour), Extra Virgin Olive Oil, Crushed Red Tomato (tomatoes & citric acid), Parmesan Cheese, (pasteurized part skim milk, cheese cultures, salt, enzymes, powdered cellulose), White Cheddar (pasteurized milk, cheese cultures, salt, annatto color), Red Wine, Egg Yolk, Garlic, Salt, White Pepper, Black Pepper, Cinnamon, Nutmeg.



Roasted Vegetables

Nutrition Facts Serv. Size: 4 oz (113g), Servings: 1, Amount Per Serving: **Calories** 140 Fat Cal. 70, Sat. Fat Cal. 10, **Total Fat** 8g (12% DV), Sat. Fat 1g (5% DV), *Trans Fat* 0g, **Cholest.** 0mg (0% DV), **Sodium** 135mg (6% DV), Potassium 660mg (19% DV), **Total Carb.** 18g (6% DV), Fiber 6g (24% DV), Sugars 8g, **Protein** 4g (8% DV), Vitamin A (130% DV), Vitamin C (480% DV), Calcium (10% DV), Iron (25% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Carrots, Zucchini, Red Onion, Green peppers, red peppers, extra virgin olive oil, garlic cloves, dry thyme, oregano, black pepper, kosher salt.



Black Eyed Peas & Tomato Stew with Rice

6 per case/ 117 per pallet

Ingredients: White Rice, Black Eyed Peas, Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride), Fresh Fennel, Onions, Extra Virgin Olive Oil, Fresh Dill, Salt, and Spices

VEGAN, GLUTEN FREE
INGREDIENTS



Nutrition Facts Serving Size 1 cup (2/3 cup rice + 1/3 cup beans) (213g), Servings Per Container about 2, Amount Per Serving: **Calories** 260, **Calories from Fat** 25, **Total Fat** 3g (5% DV), **Saturated Fat** 0g (0% DV), **Trans Fat** 0g, **Cholesterol** 0mg (0% DV), **Sodium** 65mg (3% DV), **Total Carbohydrate** 49g (16% DV), **Dietary Fiber** 4g (16% DV), **Sugars** 3g, **Protein** 8g, **Vitamin A** (6% DV), **Vitamin C** (8% DV), **Calcium** (4% DV), **Iron** (20% DV). Percent Daily Values are based on a 2,000 calorie diet.



One Dish per Tray



Shelf life 10-14 days depending on the dish.



Fully Cooked
Ready to Serve
Fresh prepared

8 trays/ case

Net Wt/cs 8lbs

Gross Wt./cs
7.5 lbs

117 cs/pallet

Gross Wt./pallet
1010 lbs

MAP packaging

Available dishes in 16 oz :

- Eggplant with feta
- Vegetarian Moussaka
- White Bean Stew : Baked giant beans with carrots and celery.
- Chicken Stifado: chicken chunks cooked in red wine with potatoes and red and green peppers.

