



Stouffer's Broccoli Cheese Rice Casserole 4 x 94 ounces



Select tender broccoli florets and stems, set in a creamy cheese sauce of American and Monterey Jack and balanced with long grain rice. Welcoming wholesome ingredients.

The finest quality broccoli blended with American and 100% Monterey Jack cheeses. Vegetarian item with no added MSG. Holds exceptionally well on a steam table or buffet.



Nestlé Code: 11003881

Nestlé Case Code: 10013800306156

NUTRITIONAL VALUE

Ingredients

SKIM MILK, BROCCOLI, BLANCHED ENRICHED LONG GRAIN RICE (RICE, FERRIC PHOSPHATE, NIACIN, THIAMIN MONONITRATE, FOLIC ACID), PASTEURIZED PROCESS CHEESE SPREAD (AMERICAN CHEESE [CULTURED MILK, SALT, ENZYMES], WATER, WHEY, SODIUM PHOSPHATE, WHEY PROTEIN CONCENTRATE, SKIM MILK, MILKFAT, SALT, COLOR ADDED), MONTEREY JACK CHEESE (CULTURED MILK, SALT, ENZYMES),

Allergens

MILK, WHEAT

SOYBEAN OIL, MODIFIED CORNSTARCH, SALT, CHEESE FLAVOR (CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES], WATER, SALT, ENZYMES, CULTURES, PHOSPHORIC ACID, XANTHAN GUM), BLEACHED WHEAT FLOUR, SEASONING (CHEDDAR AND MONTEREY JACK CHEESE [CULTURED MILK, SALT, ENZYMES], WHEY, SOYBEAN OIL, SALT, MALTODEXTRIN, SOUR CREAM [CULTURED CREAM, NONFAT MILK], NATURAL FLAVOR, SODIUM PHOSPHATE, CULTURED WHEY, CITRIC ACID, LACTIC ACID, ANNATTO COLOR), ANNATTO COLORING, XANTHAN GUM. CONTAINS: MILK, WHEAT INGREDIENTS.

Nutritional Fact

	Per 1 1/2 cup (120 g)	Daily Value (%)	Per 100 g
Calories	110 calories		92 calories
Calories from Fat	45 calories		33.84 calories
Total Fat	5 g	7	3.76 g
Saturated Fat	2 g	10	1.68 g
Trans Fat	0 g		0.1 g
Cholesterol	10 mg	3	7.47 mg
Sodium	510 mg	21	424 mg
Carbohydrate	13 g	4	10.6 g
Dietary Fiber	1 g	4	0.9 g
Sugars	4 g		3.1 g
Protein	5 g		4.01 g
Vitamin A		2	129 IU
Vitamin C		20	12.4 mg
Calcium		10	107.7 mg
Iron		0	0.09 mg
Potassium			159.3 mg
Polyunsaturated Fat			0.89 g
Monounsaturated Fat			0.9 g

% daily values are based on a 2000 calorie diet

PREPARATION & STORAGE

Preparation

For food safety and optimal quality, read and follow these COOKING INSTRUCTIONS to ensure that product reaches an internal temperature of 165°F. Cooking time may vary based on equipment and quantity cooked in equipment. Check for doneness using thermometer. CONVECTION OVEN 325°F Preheated: Cook Frozen (0°F) product 1 hour and 15-20 minutes/Thawed (40°F or less) product 55-60 minutes. Dome lid away from product, crimping tightly over tray edges. Place tray on baking sheet. Stir halfway through cooking; replace lid. CONVENTIONAL OVEN 400°F Preheated: Cook Frozen (0°F) product 1 hour and 25-30 minutes/Thawed (40°F or less) product 1 hour and 5-10 minutes. Dome lid away from product, crimping tightly over tray edges. Place tray on baking sheet. Stir halfway through cooking; replace lid. MICROWAVE OVEN 1100 WATT: Cook 8 oz Thawed (40°F or less) product High Power for 1 1/2 - 2 1/2 minutes. Cook loosely covered in microwave-safe container; stir. NOTE: Product must be cooked to an internal temperature of 165°F. Stir well before checking temperature. If thawing, product must be thawed under refrigeration (40°F) for no more than 48 hours prior to cooking. DO NOT REFREEZE.

Storage

- Storage Temperature: Frozen < 34°F
- Shelf Life in Days: 360

PRODUCT SPECIFICATIONS

Packaging Information

Pack Size	4x94 oz
Pack Yield	94 oz
Case Yield	376 oz (23-1/2 lb)
Servings Per Case	88

Net Weight	23.5 lbs
Gross Weight	24.9 lbs
Case Height	4.7 in
Case Width	13.2 in
Case Length	20.8 in
Case Cube	0.747 ft ³
Cases Per Layer	7
Layers Per Pallet	13
Total Cases Per Pallet	91

SERVINGS SUGGESTIONS

Suggestions

A delicious complement to baked chicken or fish. For a signature dish, after baking, fold in 2 cups of the following diced items: sauteed red peppers, ham or bacon, grilled zucchini or cooked carrots. Try this unique appetizer: season with hot pepper sauce and bake in phyllo dough.

Meal Requirements

Serving Size	1/2 cup
Purchase Unit	4x94 oz
Servings Per Purchase Unit	88
Purchase Units Per 100 Servings	1.2 cases

Stouffer's



Stouffer's provides real food crafted from the very best ingredients. Capturing honest, authentic tastes and true, reliable performance. Food service operators and consumers cite Stouffer's as the best tasting, most trusted, and most loved frozen entrée and sides brand—the #1 market share in food service. With real food, you will see real results.