



East Coast Gourmet

Lobster Mac & Cheese Pie

Tender North Atlantic lobster meat tossed with al dente pasta and a creamy cheese sauce, topped with a rich cracker crumb.



Item #	UPC	Case	Pallet
0089	880632000896	12 x 10 oz Net Weight: 7.5 lbs Gross Weight: 10 lbs Case Dim.: 15.0625" x 13.0625" x 8.625" Case Cube: .982	9 per tier / 4 tiers high 36 cases per pallet Pallet weight (gross): 360 lbs

Nutrition Facts

Serv. Size: 1 pie (283g), Servings: 1,
Amount Per Serving: **Calories** 440, Fat Cal. 180, **Total Fat** 20g (31%DV), Sat. Fat 12g (58%DV), **Trans Fat** 0g, **Cholest.** 70mg (23%DV), **Sodium** 750mg (31%DV), **Total carb.** 45g (15%DV), Fiber 2g (7%DV), Sugars 5g, **Protein** 22g, Vitamin A (15%DV), Vitamin C (0%DV), Calcium (30%DV), Iron (8%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: PASTA (water, durum wheat semolina, iron, niacin, thiamin mononitrate, riboflavin, folic acid), HALF & HALF (milk, cream), LOBSTER MEAT, LOBSTER STOCK (water, lobster, salt, evaporated cane syrup, tomatoes, butter [cream, salt], dried whey, natural flavoring, tomato powder, citric acid), SHARP CHEDDAR CHEESE (pasteurized milk, cheese cultures, salt, enzymes), PARMESAN CHEESE (cow's milk, cheese culture, salt, enzymes), HEAVY CREAM, BUTTER (cream, salt), FLOUR (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), CORNSTARCH/WHEAT FLOUR, CANOLA OIL, PARMESAN CHEESE FLAVOR (parmesan cheese [milk, cultures, salt, enzymes], maltodextrin, whey, salt, disodium phosphate), CELERY, ONION, SHERRY (wine, salt), TOMATO PASTE (tomato paste, salt, citric acid), NATURAL FLAVOR, SPICES, GARLIC, PAPRIKA. CRUMB TOPPING: (bread crumb [unbleached wheat flour, evaporated cane juice, yeast, sea salt], cracker [unbleached wheat flour, water, canola oil, cane sugar, salt, yeast, baking soda], butter [cream, salt], parmesan cheese [cow's milk, cheese culture, salt, enzymes], spices, paprika, garlic powder.

CONTAINS: Wheat, Milk and Shellfish. This product contains wine, which has naturally occurring sulfites.

COOKING INSTRUCTIONS: Defrost pie in refrigerator. **CONVENTIONAL OVEN (RECCOMENDED):** Preheat oven to 350°F. Remove plastic wrap and place on cookie sheet in the center of the oven. Cook for 25-30 minutes at 350°F or until center is hot. **MICROWAVE:** Remove plastic wrap. Transfer pie to a microwave safe container. Cook on high for 3-5 minutes or until center is hot, stirring occasionally.

HANDLING: Keep Frozen.

SHELF LIFE: 12 months from manufacture date.



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