



**Kickin' Kater LLC**

16 Glenlew Drive,  
Lewistown, PA 17044

717.437.5949

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# Green Bean Casserole

## Heating Instructions & Meal Ingredient Listing

**Directions:** Product is fully cooked; thaw completely and cover with foil before placing in oven. Slowly heat in oven at 275° until minimum internal temperature of 165° is reached. Rotate half way through heating.

Remove foil for last 10 minutes to crisp the onions.

### Approximate Heating Times for:

**Family Pan** – 45 to 60 minutes

**32 oz Pan** – 30 to 45 minutes

**15 oz Pan** – 20 – 30 minutes

**Microwave Container:** for best results, thaw completely. Product is fully cooked, treat as if reheating leftovers.

Microwave for 1 minute 30 seconds. Stir or rotate. Microwave for another 1 minute, or until desired temperature reached

**Once product is thawed, use within 7 days or discard**

**Suggested use within 6 months of Freeze By Date**

**Contains: Wheat, Milk, Soy**

**Ingredients:** **Green Beans**, **Cream of Mushroom Soup** (water, mushrooms, wheat flour, soybean oil, contains 2% or less of: corn starch, salt cream, whey protein concentrate, modified food starch, soy protein concentrate, yeast extract, natural flavor, dehydrated garlic, lactic acid), whole or 2% **Milk** (milk, vitamin D3 and may contain vitamin A palmitate), **French Fried Onions** (onions, palm oil, wheat flour, dextrose, salt), **Pepper**, **PAM cooking spray** (to prevent sticking) [canola oil\*, coconut oil\*, palm oil\*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)]

**Processed in facilities that process wheat, egg, milk, soy, tree nuts & peanuts**