

**PRODUCT DESCRIPTION:**

Lo Mein consists of lo mein noodles, fresh broccoli florets, carrots, water chestnuts, red bell peppers, bamboo shoots, and a flavorful Asian sauce.

- Easy-to-use packaging for quick menu creation.
- Easy reheat directions (to 160 degrees).
- No MSG added.

**MENU APPLICATIONS:**

- Can be served as an entree or as a side to an Asian inspired meal



**PREP INSTRUCTIONS:**

**COOKING INSTRUCTIONS. COOK BEFORE SERVING.** Lo-mein Noodles, thawed - Open bag(s). Place thawed noodles in strainer. Place strainer with noodles in boiling water for 30-45 seconds and drain for 45 seconds. Place evenly in half steam table pan. Lo-mein vegetable blend, thawed - Open bag(s) and place thawed vegetables in strainer. Place strainer with vegetables in boiling water for 45 seconds and drain for 30 seconds. Place evenly over noodles. Lo-mein Sauce, thawed - Place bag(s) in boiling water for 15-20 minutes to reach a temperature of 160°F or above. Open bag and pour sauce evenly on top of vegetables and noodles and stir gently. Heating time may vary depending on the size of the container used to reheat and the amount of product used.

**INGREDIENTS:**

**STIR FRY NOODLES:** Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, egg white powder, salt, potassium carbonate, sodium carbonate, cottonseed and/or soybean oil; **SAUCE:** Water, sugar, vinegar (water, vinegar), cottonseed oil, hydrolyzed soy protein, sesame seed oil, modified food starch, soy lecithin, caramel color, spice, paprika, salt; **VEGETABLE BLEND:** Broccoli, carrots, water chestnuts, bamboo shoots and red peppers.

Cooking Method	Temp	Time	Instructions
Boil		30-45 SECONDS	Prepare from thawed state
Boil		45 SECONDS	Prepare from thawed state
Boil		15-20 MINUTES	Prepare from thawed state

**SHIPPING INFO / SHELF LIFE:**

**SHIPPING INFO:**

<b>GTIN (Case):</b>	00035367563172
<b>Gross Weight:</b>	13.00
<b>Net Weight:</b>	12.25
<b>Each Weight:</b>	6.00
<b>Cube:</b>	0.44
<b>Dimensions (LxWxH):</b>	14.5 x 6.38 x 8.13
<b>Cases/Pallet:</b>	133
<b>Tie:</b>	19
<b>High:</b>	7
<b>SHELF LIFE:</b>	300

**ALLERGENS:**

Contains Eggs or its Derivatives, Wheat or its Derivatives, and Soy or its Derivatives.



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## NUTRITION INFORMATION:

<b>Serving Size:</b>	1 cup (170 g/6 oz)	-
<b>Serving Size (grams):</b>	170	-
<b>Serving Size (weight oz):</b>	6	-
<b>Eaches/Case:</b>	2	-
<b>Inner Packs/Case:</b>	2	-
<b>Servings/Case:</b>	ABOUT 32	-
<b>Calories:</b>	290	-
<b>Calories From Fat:</b>	60	-
<b>Calories From Saturated Fat:</b>	13.5	-
<b>Total Fat:</b>	7	11%
<b>Saturated Fat:</b>	1.5	7%
<b>Trans Fat:</b>	0	-
<b>Cholesterol:</b>	0	0%
<b>Sodium:</b>	590	24%
<b>Potassium:</b>	-	-
<b>Total Carbohydrate:</b>	43	43%
<b>Total Dietary Fiber:</b>	3	12%
<b>Sugars:</b>	14	-
<b>Protein:</b>	7	-
<b>Vitamin A:</b>	-	8%
<b>Vitamin C:</b>	-	8%
<b>Calcium:</b>	-	2%
<b>Iron:</b>	-	8%
<b>Whole Grain:</b>	-	-

\* Percent Daily Values are based on a 2,000 calorie diet.



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