

Chicken Ramen Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44341

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GARLIC MINCED IN WTR	1 Cup		874910
SPICE GINGER GRND	3/4 Cup		513695
Vegetable broth	2 Gallon 2 Quart (40 Cup)	READY_TO_EAT Ready to use Heat broth in steam table pan for 15-20 minutes or until temperature reaches 165 degrees F for 15 seconds or longer.	21956
COLE SLAW CHOP SEP BAG 1/4IN	1 Quart 1 Cup (5 Cup)		198234
SAUCE SOY LITE	1/2 Cup		466425
Chicken, diced, cooked, frozen	6 1/2 Pound		100101
OIL LIQ CORN NT	1/4 Cup		107654
PASTA SPAGHETTI 10IN	12 1/2 Pound		654560

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and chicken together for 10-15 minutes or until internal temperture reaches 165 degrees F for 15 seconds.
- 2) Add to meat the carrots, cabbage, and cook until vegetables are tender.
- 3) Add hot 3/4 cup of vegetable broth in ramon container then drop one nested Yakisoba noodle.

Meal Components (SLE)

Amount Per Serving

Meat	2.080
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	509.08
Fat	5.20g
SaturatedFat	0.16g
Trans Fat	0.00g
Cholesterol	43.68mg
Sodium	698.24mg
Carbohydrates	88.63g
Fiber	4.13g
Sugar	6.60g
Protein	26.68g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 11.93mg	Iron 3.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available