

# Chicken Ramen Bowl

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<b>Meat</b>	2.080
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available