

RAMEN NOODLES WITH CHICKEN

NO IMAGE

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22112
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY LITE	1 Tablespoon		466425
GINGER ROOT FRSH	2 Teaspoon		225160
GARLIC MINCED IN WTR	1 1/2 Teaspoon		907713
VINEGAR RICE WINE SEAS	1 Tablespoon	READY_TO_EAT Use directly from the bottle.	661651
BROTH CHIX NO MSG	1 Quart		261564
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Ounce	UNSPECIFIED Not currently available	570533
NOODLE RAMEN	1/8 Each	BOIL FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. From frozen, cook noodles in boiling water for 5 - 6 min. Loosen noodles to cook evenly. Remove from boiling water.(Product will be hot. Please handle with care.) place in a large ramen bowl, then cover with preferred broth and ingredients. FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. Refrigerate frozen noodles overnight to thaw. Loosen thawed noodles and cook in boiling water for 1.5-2 minutes. Remove from boiling water. (Product will be hot. Please handle with care.) Place in a large ramen bowl, then cover with preferred broth and ingredients. Use thaw noodles within 24 hours of refrigerating.	470522

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.083
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	131.93		
Fat	4.22g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	45.83mg		
Sodium	853.40mg		
Carbohydrates	5.40g		
Fiber	0.11g		
Sugar	0.53g		
Protein	15.70g		
Vitamin A	0.11IU	Vitamin C	0.42mg
Calcium	2.29mg	Iron	0.57mg

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

Nutrition - Per 100g

No 100g Conversion Available