

# TERIYAKI CHICKEN WITH LO MEIN



|               |                        |                |                  |
|---------------|------------------------|----------------|------------------|
| Servings:     | 1.00                   | Category:      | Entree           |
| Serving Size: | 1.00 Each              | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                  | Recipe ID:     | R-10705          |
| School:       | Manchester High School |                |                  |

## Ingredients

| Description          | Measurement | Prep Instructions   | DistPart # |
|----------------------|-------------|---|------------|
| CHIX STRP<br>TERYAKI | 4 Ounce     |   | 890911     |
| NOODLE LO<br>MEIN    | 2 Ounce     | <b>BLANCH</b><br>Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve. - Soup: Add noodles into desired soup broth, simmer for 2 minutes, and serve. - Salad: Toss noodles with desired vegetables and salad | 529110     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.807 |
| <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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      |         | 352.49           |        |
| <b>Fat</b>           |         | 8.62g            |        |
| <b>SaturatedFat</b>  |         | 1.80g            |        |
| <b>Trans Fat*</b>    |         | 0.00g            |        |
| <b>Cholesterol</b>   |         | 91.23mg          |        |
| <b>Sodium</b>        |         | 643.30mg         |        |
| <b>Carbohydrates</b> |         | 39.42g           |        |
| <b>Fiber</b>         |         | 0.80g            |        |
| <b>Sugar</b>         |         | 10.22g           |        |
| <b>Protein</b>       |         | 29.86g           |        |
| <b>Vitamin A</b>     | 0.00IU  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 30.04mg | <b>Iron</b>      | 1.84mg |

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

## Nutrition - Per 100g

No 100g Conversion Available