

Lo Mein Noodles

Servings:	1.00	Category:	Grain
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11455
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE LO MEIN	4 Ounce	BLANCH 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

BLANCH

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CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

4 oz. spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	312.00
Fat	3.20g
Saturated Fat	0.80g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	248.00mg
Carbohydrates	59.20g
Fiber	1.60g
Total Sugar	0.80g
Added Sugar	0.00g
Protein	12.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 32.00mg	Iron 1.44mg

Nutrition - Per 100g

Calories	275.14
Fat	2.82g
Saturated Fat	0.71g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	218.70mg
Carbohydrates	52.21g
Fiber	1.41g
Total Sugar	0.71g
Added Sugar	0.00g
Protein	10.58g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 28.22mg	Iron 1.27mg