

Korean Noodle Bowl

NO IMAGE

Servings:	80.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45217
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAGHETTI 10IN	10 Pound		413370
MEATBALL CKD .65Z	13 Pound	BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
ONION WHITE JUMBO	1 Pound		299235
PEPPERS RED	2 Pound		321141
BROCCOLI FLORETS	3 Pound		610902
SAUCE ORNG GINGR	1 Gallon		802860
Water	2 Cup	READY_TO_DRINK	Water
OIL SALAD VEG SOY CLR NT	3 Ounce		292702
SPICE PEPR WHITE GRND	2 Teaspoon		513776

Description	Measurement	Prep Instructions	DistPart #
SAUCE SOY	1/4 Cup	READY_TO_EAT Versatile and ready-to-use sauce great for preparing Asian-inspired, on-trend dishes.	124524

Preparation Instructions

PREPARATION

Prep Time: 50 minutes

PREPARATION

1. Preheat oven to 350°F.
2. J.T.M. Korean BBQ Sauce: Place unopened bag in perforated, full-sized pan. Heat in steamer for approximately 30-35 minutes or until an internal temperature of 135°F is reached (HACCP). Cook time may vary according to quantity of product being heated.
3. J.T.M. Meatballs: Preheat convection oven to 350°F. Place meatballs in a full-sized pan. Add 1/2 cup of water to the pan and cover with lid or foil. Place into preheated convection oven for approximately 30-40 minutes or until product reaches serving temp of 135°F. Remove from oven and check for an internal temperature of 135°F (ServSafe Standard 135°F for 15 seconds).
4. Roast onion, bell pepper and broccoli in oil, garlic, salt and pepper for 8-12 minutes or until done.
5. Lightly toss the Spaghetti noodles in oil, ginger and soy sauce. .
6. Combine orange ginger sauce and Meatballs, mix well and place in hot holding cabinet until ready to assemble.

ASSEMBLY

1. Layer noodles into serving boat, top with the roasted veggies and then four meatballs in Korean BBQ sauce.

Note: meatballs should hold enough sauce so no additional sauce is needed

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.131
Red/Orange	0.025
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 8.00 Ounce

Amount Per Serving			
Calories	465.09		
Fat	10.53g		
Saturated Fat	3.58g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	476.89mg		
Carbohydrates	75.79g		
Fiber	3.93g		
Total Sugar	26.99g		
Added Sugar	23.38g		
Protein	19.88g		
Vitamin A	100.11mcg	Vitamin C	6.23mg
Calcium	66.74mg	Iron	3.09mg

Nutrition - Per 100g

Calories	205.07		
Fat	4.64g		
Saturated Fat	1.58g		
Trans Fat	0.26g		
Cholesterol	15.88mg		
Sodium	210.27mg		
Carbohydrates	33.42g		
Fiber	1.73g		
Total Sugar	11.90g		
Added Sugar	10.31g		
Protein	8.77g		
Vitamin A	44.14mcg	Vitamin C	2.75mg
Calcium	29.43mg	Iron	1.36mg