

# Ramen- Chicken



<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56336

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Woodles Ramen Noodles, Shelf-Stable, 2.96 Oz Package, 48/Case	48 Each	flash cook per manufacturer instruction- approx 3 min- divide into three pans	481514
diced chicken	10 Pound	Steam Chicken-165	110530
GARLIC CHPD IN OIL	1/4 Cup		195776
BROTH CHIX NO MSG	3 #5 CAN		261564
Soy sauce made from soy and wheat (shoyu), low sodium	1 Cup		16424
Brown Sugar	1/2 Cup		860311
EDAMAME SHELLLED	7 1/2 Cup	Cook in steamer	312928

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO	7 1/2 Cup	Slice finely and put in marinate 3 cup vinegar, 3tbsp sugar 3tsp salt and 3 cup hot water(not boiling)	596973
Gordon Choice Hard Cooked Peeled eggs, Dry Packed, Refrigerated, 12 ct Package, 12/case	36 Each	Cut in half	433153
ONION GREEN	7 1/2 Cup	Chop	596981
CARROT MATCHSTICK	7 1/2 Cup		198161

## Preparation Instructions

Steam Chicken to 165- Brown (divide chicken into three pans after chicken steamed)  
Heat Broth, Brown Sugar, soy sauce, and garlic in a steamer- pour evenly over the three pans of chicken  
Add 16 section of Woodles to each of three pans close to serving time  
Cook Edamame- till tender in a steamer  
Lay out cold the Onions, hard-boiled eggs(cut in half), carrots, Jalapeno- so students can top the way they like it  
Students can top to their liking :)

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 8.00 Ounce

Amount Per Serving	
<b>Calories</b>	384.94
<b>Fat</b>	17.27g
<b>Saturated Fat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	134.44mg
<b>Sodium</b>	605.91mg
<b>Carbohydrates</b>	85.07g
<b>Fiber</b>	5.69g
<b>Total Sugar</b>	1.79g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	24.65g
<b>Vitamin A</b> 2229.66mcg**	<b>Vitamin C</b> 2.56mg**
<b>Calcium</b> 64.70mg	<b>Iron</b> 4.84mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

<b>Calories</b>	169.73
<b>Fat</b>	7.61g
<b>Saturated Fat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	59.28mg
<b>Sodium</b>	267.16mg
<b>Carbohydrates</b>	37.51g
<b>Fiber</b>	2.51g
<b>Total Sugar</b>	0.79g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	10.87g
<b>Vitamin A</b> 983.11mcg**	<b>Vitamin C</b> 1.13mg**
<b>Calcium</b> 28.53mg	<b>Iron</b> 2.13mg

\*\*One or more nutritional components are missing from at least one item on this recipe.