

Ramen- Beef

NO IMAGE

Servings:	72.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56262

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
85/15 Ground Beef, Frozen	10 Pound	Cook Beef to 165- Brown	100158
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 Cup		860311
EDAMAME SHELLED	7 1/2 Cup	Cook in steamer	312928
ONION RED JUMBO	7 1/2 Cup		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		596981
CARROT MATCHSTICK	7 1/2 Cup		198161

Preparation Instructions

Cook Beef to 165- Brown (divide beef into three pans after beef browned)

Heat Broth, Brown Sugar, soy sauce, and garlic in a steamer- pour evenly over the three pans of beef

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.803
Grain	2.020
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.143
OtherVeg	0.360
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	443.15
Fat	22.77g
Saturated Fat	4.07g
Trans Fat	1.66g
Cholesterol	133.12mg
Sodium	580.71mg
Carbohydrates	40.62g
Fiber	5.69g
Total Sugar	1.79g
Added Sugar	0.00g**
Protein	22.92g
Vitamin A 2229.66mcg**	Vitamin C 2.56mg**
Calcium 64.70mg	Iron 4.84mg

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

Nutrition - Per 100g

Calories	195.40
Fat	10.04g
Saturated Fat	1.79g
Trans Fat	0.73g
Cholesterol	58.69mg
Sodium	256.05mg
Carbohydrates	17.91g
Fiber	2.51g
Total Sugar	0.79g
Added Sugar	0.00g**
Protein	10.11g
Vitamin A 983.11mcg**	Vitamin C 1.13mg**
Calcium 28.53mg	Iron 2.13mg

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