

Ramen- Chicken



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

Meat/Meat Alternate	3.000
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: 72.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	384.94
Fat	17.27g
Saturated Fat	0.75g
Trans Fat	0.00g
Cholesterol	134.44mg
Sodium	605.91mg
Carbohydrates	85.07g
Fiber	5.69g
Total Sugar	1.79g
Added Sugar	0.00g**
Protein	24.65g
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	169.73		
Fat	7.61g		
Saturated Fat	0.33g		
Trans Fat	0.00g		
Cholesterol	59.28mg		
Sodium	267.16mg		
Carbohydrates	37.51g		
Fiber	2.51g		
Total Sugar	0.79g		
Added Sugar	0.00g**		
Protein	10.87g		
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.