

Chicken Ramen Bowl

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 51.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-57794 |
| School: | Concord High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|------------------|--|------------|
| OIL BLND CNOLA/XVRGN 90/10 | 1/2 Cup | | 732900 |
| GARLIC MINCED IN WTR | 1 Cup | | 463996 |
| SPICE GINGER GRND | 3/4 Cup | | 513695 |
| SAUCE SOY LITE | 1/2 Cup | | 466425 |
| Chicken, Diced, Cooked, Frozen | 102 Ounce | USDA Brown Box Commodity--Thaw---102 ounces or 6 pounds 6 ounces | 100101 |
| VEG BLND STIR FRY | 25 1/2 Cup | | 473324 |
| Woodles Ramen Noodles, Shelf-Stable, 2.96 Oz Package, 48/Case | 51 Each | | 481514 |
| Tap Water | 25 1/2 Cup | Boiling Water for Chicken Base | |
| BASE CHIX LO SOD NO MSG | 1 1/2 Tablespoon | N/A | 580589 |

Preparation Instructions

- 1) Heat olive oil in skillet and cook minced garlic, ginger, soy sauce and chicken together for 10-15 minutes or until internal temperature reaches 165°F for 15 seconds.
- 2) Cook mixed vegetables until reaches 135°F temperature is reached.
- 3) Cook Woodles in boiling water for 3 minutes (or until desired firmness) or pour boiling water over the noodles and let soak for 5 minutes before draining.
- 4) Mix 25 1/2 cups of boiling water and 1 1/2 Tablespoon chicken base together until chicken base is dissolved. Keep hot in warmer.

For service: Place 1 cup of cooked woodles into bowl then add 1/2 cup of chicken broth, 2 ounce weight of diced chicken, and 1/4 cup cooked vegetable.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.250 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 51.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|--------------------------------|---------------------------|
| Calories | 483.61** |
| Fat | 18.98g** |
| Saturated Fat | 0.13g** |
| Trans Fat | 0.00g** |
| Cholesterol | 42.00mg** |
| Sodium | 415.02mg** |
| Carbohydrates | 57.80g** |
| Fiber | 8.06g** |
| Total Sugar | 1.00g** |
| Added Sugar | 0.00g** |
| Protein | 22.14g** |
| Vitamin A 0.00mcg RAE** | Vitamin C 0.00mg** |
| Calcium 38.42mg** | Iron 6.46mg** |

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

Nutrition - Per 100g

| | |
|--------------------------------|---------------------------|
| Calories | 852.93** |
| Fat | 33.48g** |
| Saturated Fat | 0.23g** |
| Trans Fat | 0.00g** |
| Cholesterol | 74.07mg** |
| Sodium | 731.96mg** |
| Carbohydrates | 101.94g** |
| Fiber | 14.22g** |
| Total Sugar | 1.76g** |
| Added Sugar | 0.00g** |
| Protein | 39.05g** |
| Vitamin A 0.00mcg RAE** | Vitamin C 0.00mg** |
| Calcium 67.77mg** | Iron 11.39mg** |

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