

# Chicken Ramen Bowl

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58391

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water	25 Cup	Boiling Water for Chicken Base	
BASE CHIX LO SOD NO MSG	1 1/2 Tablespoon	N/A	580589
GARLIC MINCED IN WTR	1 Cup		463996
SPICE GINGER GRND	3/4 Cup		513695
SAUCE SOY ORIENTAL PKT	16 Each		602841
VEG BLND STIR FRY	6 1/4 Cup		473324
Woodles Ramen Noodles, Shelf-Stable, 2.96 Oz Package, 48/Case	17 Each		481514
Chicken, Diced, Cooked, Frozen	50 Ounce	USDA Brown Box Commodity--Thaw---102 ounces or 6 pounds 6 ounces	100101

## Preparation Instructions

- 1) Mix 25 1/2 cups of boiling water and 1 1/2 Tablespoon chicken base together until chicken base is dissolved.
- 2) Place minced garlic, ginger, and soy sauce in chicken base/water. Keep hot in warmer.
- 3) Cook vegetables until reaches 135°F temperature is reached.
- 4) 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. Note: will want to batch cook so that noodles don't become mushy.
- 5) Heat chicken according to directions on package.

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

Note: If pre-portioning ramen bowl don't put broth in ahead of time as noodles will soak up broth.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.250
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	347.79
<b>Fat</b>	12.30g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	42.00mg
<b>Sodium</b>	485.79mg
<b>Carbohydrates</b>	40.43g
<b>Fiber</b>	5.12g
<b>Total Sugar</b>	0.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.75g
<b>Vitamin A</b> 0.91mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.44mg	<b>Iron</b> 4.37mg

## Nutrition - Per 100g

<b>Calories</b>	613.39
<b>Fat</b>	21.70g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	74.07mg
<b>Sodium</b>	856.78mg
<b>Carbohydrates</b>	71.31g
<b>Fiber</b>	9.03g
<b>Total Sugar</b>	0.88g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	33.06g
<b>Vitamin A</b> 1.60mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 46.64mg	<b>Iron</b> 7.70mg