

# Chicken Ramen Bowl



<b>Servings:</b>	1.00	<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-44341

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	2 Ounce		100101
PASTA SPAGHETTI 10"	1 Cup		654560
BROTH CHIX NO MSG	1 Teaspoon	Mix with water	261564
Edamame, frozen, prepared	1/4 Cup		11212
Whole carrots - shredded	1/4 Cup		00083
ONION RED DCD 1/2" 4-5# P/L	1/4 Cup	soak in vinegar to pickle	323545
ONION GREEN	1 Ounce	dice for garnish	596981
Og Hard Boiled Eggs 6ct	1/2 Each		552965

## Preparation Instructions

Set line up- Diced chicken, Spaghetti thin noodles broth, edamame, shred carrots Student can top with red pickled onin , jalapeno, green onion and half egg

## 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>	0.250
<b>OtherVeg</b>	0.417
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	331.49**
<b>Fat</b>	5.02g**
<b>Saturated Fat</b>	0.24g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	42.00mg**
<b>Sodium</b>	92.91mg**
<b>Carbohydrates</b>	50.14g**
<b>Fiber</b>	5.02g**
<b>Total Sugar</b>	4.34g**
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	24.12g**
<b>Vitamin A</b> 5.81mcg RAE**	<b>Vitamin C</b> 2.36mg**
<b>Calcium</b> 39.41mg**	<b>Iron</b> 2.68mg**

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

## Nutrition - Per 100g

<b>Calories</b>	183.65**
<b>Fat</b>	2.78g**
<b>Saturated Fat</b>	0.13g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	23.27mg**
<b>Sodium</b>	51.47mg**
<b>Carbohydrates</b>	27.78g**
<b>Fiber</b>	2.78g**
<b>Total Sugar</b>	2.41g**
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	13.36g**
<b>Vitamin A</b> 3.22mcg RAE**	<b>Vitamin C</b> 1.31mg**
<b>Calcium</b> 21.84mg**	<b>Iron</b> 1.48mg**

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