

Whole Grain Chow Mein #22101WG



Whole grain chow mein noodles with carrots, edamame and soy sauce.

Nutrition Facts	
Serving Size 4.8 oz (136g) Servings Per Case about 112	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 7g	
Vitamin A 50%	Vitamin C 25%
Calcium 4%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

CHOW MEIN NOODLES (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], VITAL WHEAT GLUTEN, 100% FULLY REFINED SOYBEAN OIL, SALT, POTASSIUM CARBONATE, SODIUM CARBONATE, SAVORY SAUCE (WATER, GLUTEN FREE TAMARI SOY SAUCE [WATER, SOYBEANS, SALT, SUGAR], 100% FULLY REFINED SOYBEAN OIL, MOLASSES, SWEET CHILI SAUCE [WATER, SUGAR, CHILI GARLIC SAUCE (SALTED CHILI PEPPERS (CHILI PEPPERS, SALT), WATER, SUGAR, RICE VINEGAR, DEHYDRATED GARLIC, MODIFIED CORN STARCH, ACETIC ACID), DISTILLED VINEGAR, CORN STARCH, CONTAINS LESS THAN 2% OF: GARLIC, NATURAL FLAVORS, SALT, SPICES], SESAME OIL, CORNSTARCH, GARLIC POWDER, BLACK PEPPER, XANTHAN GUM, GROUND GINGER, ONION POWDER, MALTODEXTRIN, YEAST EXTRACT, NATURAL FLAVOR), CARROTS, CELERY, EDAMAME, ONIONS, RED BELL PEPPER.

CONTAINS: SOY AND WHEAT. "Manufactured on equipment that processes eggs"

BASIC HEATING INSTRUCTIONS:

(1) 5.63 lb bag of Vegetable Chow Mein

Stir Fry: (Best)

(product must be thawed)

Heat a flat grill or tilt skillet to 450 F. Add oil to grill or skillet. Place thawed noodles and add 3 cups of water into noodles. Blend noodles, sauce, water, and vegetables with tongs or spatula. Continue cooking until hot or 165 F. Remove to a 4" pan.

Boil in Bag/Steamer: (Fair)

(product must be thawed)

Place entire bag into hot boiling water or steamer for 15-18 minutes or until content reach 165°F. Open bag and place content in a 4" pan. Blend noodles, sauce, and vegetables with tongs and serve. Be careful not to over boil.

Convection/Conventional oven (Good)

(product must be thawed)

Preheat oven to 350°F (convection) or 400°F (conventional). Spray 2" full hotel pan with non-stick cooking spray. Empty thawed Chow Mein noodles with sauce and vegetables into pan, add in 3 cups of water and cover with foil. Bake for 15 minutes, remove from oven and stir with tongs. Bake for additional 10 minutes or until product reach 165°F.

(112) 4.8 oz servings per case, (6) 5.63 lb bags
Net Wt. 33.75 lb Gr. Cs Wt: 36.25 lb
Case Information: Item# 22101WG
Case L x W x H: 15.25 x 8.5 x 12
Cube: 0.90 TI x HI: 10 X 5
Shelf Life: Frozen 12 months at 0°F +/- 10°F
GTIN: 00856235005507



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For more information contact:
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CN Equivalency = 1G& 1V (1/4 cup Veg)