

Whole Grain Yakisoba Noodles #22001WG



Asian style yakisoba noodles, whole grain.

Nutrition Facts

Serving Size 2.06 oz (58g)	
Servings Per Container about 160	
Amount Per Serving	
Calories 110	Calories from Fat 13
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 8%

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

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

YAKISOBA NOODLES (WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SALT, POTASSIUM CARBONATE, SODIUM CARBONATE)

CONTAINS: WHEAT. MANUFACTURED ON EQUIPMENT THAT PROCESSED EGGS

BASIC HEATING INSTRUCTIONS:

(1) 5.15 lb bag of Whole Grain Yakisoba Noodles

PREP NOODLES (product must be thawed): For stir fry, oven and boil in pot methods

Place thawed noodles into a colander and rinse under warm water. Loosen noodles with your hands until noodles are separated. Drain.

Boil in Pot: (Good) (product must be prep first)

Boil one gallon of water. Boil uncovered for approximately 3 minutes. Remove from heat. Drain in colander.

Stir Fry: (Best) (product must be prep first)

Heat pan, wok or flat grill to 450°F. Add oil to pan. Place thawed noodles and 3 cups of water into pan. Toss noodles with tongs or spatula. Continue cooking until hot or 165° F. If adding meat or vegetable cook meat and vegetable first and then blend in noodles.

Boil in Bag/Steamer: (Fair) (product must be thawed)

Place entire bag into hot boiling water or steamer for 10-15 minutes or until content reach 165°F. Open bag and place content in a 4" pan. Toss noodles with tongs and serve. Be careful not to over boil.

(160) 2.06 oz servings per case, (4) 5.15 lb bags
Net Wt. 20.60 lb Gr Cs Wt: 21.60 lb
Case Information: Item# 22001WG
Case L x W x H: 13.25" x 11" x 8"
Cube: 0.68 TI x H: 10x8
Shelf Life: Frozen 12 months at 0°F +/- 10°F
GTIN# 00856235005514

Convection/Conventional oven (Good) (product must be prep first)

Preheat oven to 350°F (convection) or 400°F (conventional). Spray 2" full hotel pan with non-stick cooking spray. Empty thawed noodles 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.



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