



# Veggie Whole Grain Chow Mein

## DESCRIPTION:

Steamed, soft Ultra Grain Whole grain noodles tossed with fresh cabbage and carrots.



## FOOD BASED EQUIVALENCY:

One (3.12 oz by weight or roughly 2/3 cup by volume) serving provides 1 serving (1/2 cup) of whole grain noodles/grain and 1/2 serving (1/8 cup) of vegetables.

Each case contains 30 lbs of whole grain chow mein.

## HEATING INSTRUCTIONS:

- Place product in a sheet pan and place sheet pan in cooler (45°) two full days prior to serving or until fully thawed.
- Place product into hotel pan (1 Bag/pan), drizzle 1 to 3 cups of water evenly over noodles and toss, cover with lid.
- Heat in convection oven at 350° for about 20-25 minutes or until 165°.

## INGREDIENTS:

Whole Grain Chow Mein Noodles (Whole Wheat Flour, Enriched Wheat Flour, Tapioca Starch, Wheat Gluten, Water), Cabbage, Carrots, Soy Sauce, Garlic, Vegetable Oil, Sugar.

**CONTAINS: WHEAT, SOY.**

**NO TRANS FAT  
NO MSG**

## Nutrition Facts

Serving Size 3.12 (89g)

Servings Per Container 153

Amount Per Serving

**Calories 100**      **Calories from Fat 10**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 360mg**      **15%**

**Total Carbohydrate 20g**      **7%**

Dietary Fiber 2g      **8%**

Sugars 1g

**Protein 4g**

**Vitamin A 25%**      • **Vitamin C 10%**

**Calcium 2%**      • **Iron 15%**

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

I certify this information is true and correct:

John A. Barros  
V.P. Product Management

June 21, 2013  
Date

\*\*Effective for one year from date signed\*\*

Product Code	Description	U/M	Count	Lbs
Chow Mein: OFC-2192	Vegetable Whole Grain Chow Mein	5 lbs	6	30



Chef's Corner | 1787 Sabre Street | Hayward, CA 94545 | 1-866-698-CHEF

## Pack Information

**Pack:** 4/7.5 lb Bags. Pre-mixed with sauce and vegetables.

**Case Net Wt. (Lbs):** 30 lbs

**Case Gross Wt. (Lbs):** 31 lbs

**Case Dimension:** 14x12x9

**Case Cube:** 0.87

**Cases/Pallet Layer:** 8

**Layers/ Pallet:** 8

**Cases/ Pallet:** 64

## Shelf Life

**Frozen:** 6 months

**Refrigerated:** 3 days

**Note:** Product not intended to be eaten cold. See Cooking Instructions

**Master Case Barcode:** 013964414127