



Whole Grain Vegetable 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 145°.

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**

*Actual Nutritional Facts may vary depending on preparation

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:

Grant K. Kwok
President

July 1, 2018
Date

Effective for one year from date signed

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



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Pack Information - 30 lb COMMERCIAL & COMMODITY

Pack: 6/5 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: 2 years

Refrigerated: 3 days

GTIN-12

Commercial: N/A

Commodity: 013964414127

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