

Vegetable Chow Mein w/ Teriyaki Sauce #22101



Chow Mein noodles tossed with mixed vegetables and teriyaki sauce

Nutrition Facts

Serving Size 4 oz (113g)
Servings Per Container about 132

Amount Per Serving

Calories 170 Calories from Fat 10

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 12%

Total Carbohydrate 35g 12%

Dietary Fiber 2g 9%

Sugars 10g

Protein 4g

Vitamin A 60% • Vitamin C 6%

Calcium 2% • Iron 8%

* 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, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SALT, COLORED WITH NATURAL YELLOW COLOR (TURMERIC AND ANNATTO COLOR), POTASSIUM CARBONATE, SODIUM CARBONATE}, VEGETABLES {CARROTS, PEAS, CORN}, TERIYAKI SAUCE {WATER, SUGAR, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT), CONTAINS LESS THAN 2% OF MODIFIED CORN STARCH, MOLASSES, SEA SALT, YEAST EXTRACT, CARAMEL COLOR, SESAME OIL, XANTHAN GUM, LACTIC ACID}.

CONTAINS: SOY AND WHEAT.

BASIC HEATING INSTRUCTIONS:

(1) 5.60 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.



(132) 4oz servings per case, (6) 5.60lb bags
33.60lbs Net Wt. (15.24kg)
Case Information: Item# 22101
Case L x W x H: 13.25" x 11" x 10.75"
Cube: 0.91 TI x HI:13x6 Gr. Cs Wt: 34.60lbs
Shelf Life: Frozen 9 months at 0°F +/- 10°F

CN = 2B/1V

Asian Food Solutions, Inc.
For more information contact:
info@asianfoodsolutions.com