

SKU INFORMATION



Vegetable Lo Mein Kit

Item Number: 40219

Product Description:

Vegetable Lo Mein

Ingredient Statement:

NOODLES: Water, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine, Riboflavin, Folic Acid), Cottonseed and or Soybean Oil, Potassium Sorbate, Sodium Benzoate to retard spoilage, Salt, Potassium Carbonate, Sodium Carbonate, Colored with FD&C Yellow #5 and FD&C Yellow #6. SAUCE: Soybean Oil, Sugar, Oyster Sauce (Water, Sugar, Salt, Oyster Extractives, Food Starch-Modified and Caramel Color), Water, Soy Sauce (Water, Wheat, Soybeans, Salt), Sesame Oil, Chicken Base (Chicken Meat including Natural Chicken Juices, Salt, Sugar, Corn Syrup Solids, Chicken Fat, Hydrolyzed Soy Protein, Dried Whey [milk], Flavoring, Disodium Inosinate and Guanylate, Turmeric), Spices, Caramel Color, Citric Acid, Xanthan Gum, Potassium Sorbate and Sodium Benzoate (preservatives). VEGETABLES: Cabbage, Celery, Onion, Carrots. ALLERGENS: Contains Milk, Oyster, Soy, Wheat, FD&C Yellow #5 and FD&C Yellow #6.

Preparation Instructions:

MICROWAVE: Open mater case and remove 1 bag Noodles, 1 bag Vegetables and 1 bag Sauce. Poke 2-3 holes in bag of noodles and heat on high for 6 minutes. Knead noodles in bag to ensure even heating. Heat an additional 4 minutes. Poke 2-3 holes in bag of vegetables and heat on high for 6 minutes. Rotate and heat for an additional 4 minutes. Vent bag of sauce and place upright in a microwave safe container. Heat on high for 1 minute. Combine heated noodles, vegetables and sauce into a sanitized, food grade container. Toss until completely coated with sauce.*

COMBITHERM: Set on steam cycle. Heat 1 bag of Noodles, 1 bag of Vegetables and 1 bag of Sauce for 40 minutes. Empty bag of noodles in a sanitized, food grade container and loosen noodles. Cut corner of vegetable bag to remove excess liquid. Fold vegetables and sauce into noodles and toss until completely covered with sauce.*

CONVENTIONAL OVEN: Thaw bag of sauce in warm water for approximately 2 minutes. Preheat oven to 375°F. Grease oven safe pan with cooking spray. Remove frozen noodles from bag and place into oven safe pan. Empty bag of frozen vegetable mixture over noodles. Open sauce bag and drizzle sauce over noodles and vegetables. Cover with foil and heat for 60 minutes or until hot*, stirring once halfway through.

*Product must be 165°F or higher for at least 15 seconds.

Pack Facts:

Pack:	4/1.5 lb Noodles, 4/1.5 lb Veg, 4/8 oz Chow Mein Sauce
Piece Count/Pkg:	Not Applicable
Piece Count/Case:	Not Applicable
Case Net Wt (Lbs):	14
Case Gross Wt (Lbs):	15.5
Case Dimension:	17.25" x 10.25" x 6.375"
Case Cube:	0.65
Cases/Pallet Layer:	10
Layers/Pallet:	10
Cases/Pallet:	100

Shelf Life:

Frozen:	9 months
Refrigerated:	4 days
Holding @140° F:	90 minutes

Nutrition Facts

Serving Size 5 oz (142 g)

Servings Per Container

Amount Per Serving

Calories 220 **Calories from Fat** 70

% Daily Value

Total Fat	8 g	12%	
Saturated Fat	1 g	5%	
Trans Fat	0 g		
Cholesterol	0 mg	0%	
Sodium	590 mg	25%	
Total Carbohydrate	33 g	11%	
Dietary Fiber	2 g	8%	
Sugars	8 g		
Protein	4 g		
Vitamin A	35%	Vitamin C	25%
Calcium	2%	Iron	8%