

Vegetable Lo Mein

Nutrition Facts

Serving Size 3.5 oz (100 g)
Servings Per Container 73

Amount Per Serving

Calories 190 Calories from Fat 80

% Daily Value

Total Fat	9 g	14%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	570 mg	24%
Total Carbohydrate	23 g	8%
Dietary Fiber	1 g	4%
Sugars	8 g	
Protein	3 g	
Vitamin A	20%	Vitamin C 15%
Calcium	0%	Iron 6%

- All components are fully cooked.
- Minimum culinary experience required.
- Execution and preparation are simple and direct.
- Minimum equipment required for heating: microwave, combitherm or oven.



Noodles blended with cabbage, celery, onion and carrots tossed in a sesame soy sauce.

Ingredients: 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: Milk, Oyster, Soy, Wheat, FD&C Yellow #5 and FD&C Yellow #6.

Servings per Case: 73

Meal Equivalency: 1/2 cup = 1 bread, 3.5 oz. = 1 vegetable

Heating Instruction (1 — 1.5 lb Noodles, 1 — 1.5 lb Vegetables, 1 — 1.5 lb Sauce):

OVEN: Thaw bag of sauce in warm water for approximately 2 minutes. Apply non-stick spray on pan. Remove frozen noodles and vegetables from bags and place into pan. Open sauce bag and pour sauce over noodles and vegetables. Cover pan with foil. Bake at 375°F for 1 hour or until hot, stirring once halfway through.*

*Internal temperature must reach 165°F for at least 15 seconds.

Case Information: Item#: 40419 Pack: 4/1.5lb Noodles, 4/1.5lb Vegetables, 4/1.5lb Sauce
Net Wt: 16 lbs Gross Wt: 17.5 lbs Case Dimension: 17.25"x10.25"x6.375" Cube: 0.65
TlxHI: 10x10