

PRODUCT DESCRIPTION:

Chinese-style thick yellow Lo Mein noodles made from wheat flour

- Versatile noodle that's perfect for stir-fry
- Easy prep - cooks up in minutes
- Each case comes with six 5-lb bags

MENU APPLICATIONS:

- Use with your choice of protein, vegetables, and sauce for an easy authentic stir-fry

PREP INSTRUCTIONS:

FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Temper/thaw from frozen to refrigerated for 24-48 hours prior to use. Boil(soup): Add thawed noodles into boiling water. Stir and boil for 5-6 minutes. Drain and serve. For cold applications rinse under cold running water for 1 minute. Steam: Pre-heat steamer. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 1 bag of thawed noodles into pan. Add 1 cup of water. Steam uncovered for 8 minutes or until cooked through. Convection Oven-low fan: Preheat oven to 350°F. Lightly coat a 4" full-size hotel pan with cooking oil spray. Arrange and space apart 1 bag of thawed noodles into pan. Add 1 cup of water. Cover with foil and bake 20-25 minutes or until cooked through. Let stand 2 minutes before serving. Skillet or Wok: Heat a large nonstick skillet pan or Wok over high heat then add 1oz oil to coat. Add 2-3lbs of thawed noodles into skillet and cook for 2-3 minutes. Stir in ¼-½ cup of water or sauce. Reduce heat to medium, simmer for approximately 2-3 minutes or until cooked through. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

**INGREDIENTS:**

INGREDIENTS: BLEACHED WHEAT FLOUR, WATER, DEHYDRATED WHOLE EGG, CORN STARCH, DEHYDRATED EGG WHITE, SALT, SODIUM BENZOATE, FD&C YELLOW #5 AND FD&C YELLOW #6

Cooking Method	Temp	Time	Instructions
Boil		5 - 6 MINUTES	Cook before serving
Steam		8 MINUTES	Cook before serving
Convection Oven	350 °F	20 - 25 MINUTES	Cook before serving
Skillet		4 - 6 MINUTES	Cook before serving

SHIPPING INFO / SHELF LIFE:**SHIPPING INFO:**

GTIN (Case):	10760941718866
Gross Weight:	31.00
Net Weight:	30.00
Each Weight:	4.00
Cube:	1.42
Dimensions (LxWxH):	14 x 12.75 x 13.75
Cases/Pallet:	45
Tie:	9
High:	5
Frozen Shelf Life (days):	180
Refrigerated Shelf Life (days):	2

ALLERGENS:

Contains
Eggs or its Derivatives, Wheat or its Derivatives,

NUTRITION INFORMATION:

Serving Size:	4 oz (113g)	-
Serving Size (grams):	113	-
Serving Size (weight oz):	4	-
Eaches/Case:	6	-

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Jason Kerr
Director Regulatory Affairs & Specification Management



Inner Packs/Case:	6	-
Servings/Case:	120	-
Calories:	310	-
Calories From Fat:	20	-
% Calories From Fat:	5%	-
Calories From Saturated Fat:	5	-
% Calories from Saturated Fat:	1%	-
Total Fat:	2	3%
Saturated Fat:	0.5	3%
Trans Fat:	0	-
Cholesterol:	25	8%
Sodium:	370	16%
Potassium:	120	2%
Total Carbohydrate:	61	22%
Total Dietary Fiber:	0	0%
Sugars:	0	-
Added Sugars:	0	0%
Protein:	12	-
Vitamin A:	-	-
Vitamin C:	-	-
Vitamin D:	0	0%
Calcium:	20	2%
Iron:	5	30%
Whole Grain:	-	-

* Percent Daily Values are based on a 2,000 calorie diet.

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