

LO MEIN NOODLES (G6)

HACCP Process: Pasta/Rice
 Allergens: Contains Chicken, Corn/Corn Products, Gluten, Sesame, Soy, Wheat;
 Meal Contribution: 1 WGR
 Number of Servings: 100.00 Serving Size: 1 no. 8 scoop
 Moisture gain/loss%: 0.0000 Yield: 16 Pound, 8 5/8 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$14.8119 Cost Per Serving: \$0.1481

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1				4.1043	SAUCE, LO MEIN, 1/2 GALLON FPC-HF502	1 Bag
2	53432	PASTA, SPAGHETTI, WG (DAKOTA GROWERS) , As Purchased	6 Pound	4.3380	WG SPAGHETTI LI100203	6 Pound
3				6.3695	FPC LO MEIN, VEGETABLES FPC-IN100	1 Bag

Pre-Preparation Instructions

- Preheat oven to 350° F.
Preheat steamer.

Preparation Instructions

- Traditional:
Bring water to a boil in a large stock pot; once boiling, add 6 lbs pasta and cook 5-7 minutes.
Place the seasoning liquid in a 4 inch steam table pan, place sauce in oven while pasta is cooking and cook until correct internal temperature is reached.
When pasta is cooked, place vegetables in water with pasta, stir about 1 minute, then drain.
As soon as water has been strained from pasta and vegetables, remove pan of sauce from the oven.
Combine pasta, vegetables, and sauce in a steam table pan and mix well.
*This is a quick process. The sauce can go into the oven as the pasta is dropped in the water. The recipe can be split in two pans. Use 1 quart of sauce, 3 lbs uncooked noodles, and 2 lbs vegetables.
- Steamer:
Place 6 lbs of pasta in a 2 inch full size pan and cover with water.
Cook uncovered for 20 minutes or until fork tender. Drain water.
Place seasoning liquid and vegetables in a 2 inch steam table pan and cover with a lid.
Cook for 10 minutes or until correct internal temperature is reached.
Combine pasta, vegetables, and sauce in a steam table pan and mix well.

Serving Instructions

- Use a #8 scoop to serve.
If using tongs, place a #8 scoop sample in a boat on the line.

CCP Name	CCP Description	Critical Temperature (F)	Corrective Action
Prepare - 140	Prepare - 140° F	140.00	Place product in the oven until it reaches 140 ° F.
Hot hold	Hot holding	135.00	Bring product back to oven to re-heat to 165° F. Discard product if it can not be determined how long the food temperature was below 135° F.
Hot service	Hot service	135.00	Bring product back to oven until it reaches 165° F.

CCP Name	CCP Description	Critical Temperature (F)	Corrective Action
Receive Refrig	Receive refrigerated	41.00	Bring temperature back to 41° F within 1 hour. Inform supervisor if temperature is above 45° F.
Store - Refrig	Store - Refrigerated	41.00	Bring temperature back to 41 °F. Discard product if stored at > 45° F and it can not be determined how long the food temperature was higher than 41 ° F.

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	3.82	0.46	86.94	9.69	16.317

Nutrients per 100 g

Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
241.867	1.025	0.123	0(M)	0	133.097	52.572	2.629(M)	9.866(M)	5.862	0.587	22.36	1124.72	10.857	29.279 (M)	1.044(M)

Nutrients per serving (75.013 g)

Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
181.432	0.769	0.092	0(M)	0	99.84	39.436	1.972(M)	7.401(M)	4.397	0.44	16.773	843.687	8.144	21.963 (M)	0.783(M)

(M) Indicates missing nutrient values.

FPC LO MEIN, VEGETABLES (FPC-IN100)

Number of Servings: 1.00 Serving Size: 1 Bag
 Moisture gain/loss%: 0.0000 Yield: 3 Pound, 16 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$6.3695 Cost Per Serving: \$6.3695

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1	25131	CARROTS, SHREDDED, 4/5 LB , As Purchased	1 Pound	0.8325	CARROTS, SHREDDED LI100146	1 Pound
2	25331	MUSHROOMS, FRESH, SLICED, CS, 10 LB , As Purchased	1 Pound	1.7500	MUSHROOMS, WHITE, RAW, SLICED LI100282	1 Pound
3	25370	PEAS, SNOW, FRESH, 10 LB , As Purchased	1 Pound	2.5000	SNOW PEAS, FRESH LI100304	1 Pound
4	25042	BROCCOLI, SLAW 4/3LB , As Purchased	1 Pound	1.2292	BROCCOLI, SHREDDED (slaw) LI100151	1 Pound
5	81562	BAG, 12 X 6 X 24 LARGE (Ingredient Issue) , As Purchased	1 Each	0.0579		

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	7.65	1.22	77.08	29.47	32.241

Nutrients per 100 g

Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
33.25	0.283	0.045	0(M)	0	26.25	6.408	1.6(M)	2.68(M)	2.45	0.94	31.75	4574.5	40.3	90.08	0.825

Nutrients per serving (1814.369 g)

Calories (Kcal)	Fat (g)	Sfat (g)	TFat (g)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
603.278	5.126	0.816	0(M)	0	476.272	116.256	29.03(M)	48.625 (M)	44.452	17.055	576.062	82998.3	731.191	1634.38	14.969

(M) Indicates missing nutrient values.