




# Vegetarian Ramen Bowl

## General Information

Recipe #	Category	Source
1942178	Lunch Entree 	Local
Copied From		
Turkey Ramen Bowl 		

## Ingredients

Name	Quantity	+	Quantity 2
Noodles, Ramen, Whole Grain, 144/28g, 8.54#, 1WG, Woodles, 810037811933	33 noodle cake		
Egg, whole, cooked, hard-boiled	50 large		
Mushrooms, white, raw	3 lbs., 2 oz. raw to prepared		
Spinach, raw	3 lbs., 2 oz.		
Carrots, raw	6 lbs., 4 oz. shredded		
 Vegetarian Ramen Broth	50 lbs.		
Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	37 lbs., 8 oz.		
Beverages, water, tap, municipal	12 lbs., 8 oz.		
Sauce, Soy, Less Sodium, 6/0.5 gal, 28.79#, Kikkoman, 00130	1 qt., 2 tbsp., 2 tsp.		
Garlic, raw	1 pt., 1 tbsp., 1 tsp.		
Ginger root, raw	1 pt., 1 tbsp., 1 tsp.		
Oil, sesame, salad or cooking	1 pt., 1 tbsp., 1 tsp.		

## Preparation Instructions

HACCP Process: #2 - Same Day Service

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.



## Veggie Ramen Bowl

Serving Size	Yield
1 Bowl	100.00

## Nutrition Facts

Serving Size 1 Bowl  
(347 gm)

Amount Per Serving		
Calories	282.101	
% Daily Value*		
Total Fat	13.045 gm	20.069 %
Saturated Fat	1.609 gm	8.046 %
Trans Fat	0.000* gm	
Cholesterol	93.250 mg	31.083 %
Sodium	881.726 mg	36.739 %
Total Carbohydrate	32.778 gm	10.926 %
Dietary Fiber	5.109 gm	20.435 %
Total Sugars	5.507 gm	
Includes 0.000* gm of Added Sugars		
Protein	9.724 gm	19.449 %

Remove products from storage using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

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For the Ramen Broth

1. Heat oil on medium heat in a tilt skillet or stove top.
2. Add garlic and ginger and sauté for one minute, not brown.
3. Add veggie broth, soy sauce and whisk. Reduce heat and simmer for 7-10 minutes.
4. Slice eggs in halves and hold in cooler.
5. Sauté spinach until slightly wilted, slice and sauté mushrooms.
6. Cook noodles in boiling water for five minutes and drain.
7. Assemble the noodle bowl as follows:
  - a. Place 1/2 cup of ramen noodles in bowl
  - b. Add 4 oz of Ramen Broth
  - c. Add 1 egg, 1/2 oz. of mushrooms, 1/2 oz. of spinach, and 1 oz. of shredded carrots to bowl.

\*\* Optional Toppings: Kimchi, green onions

CCP: Record time and internal temperature of completed recipe on daily log.

		%
Vitamin A	410.671* mcg RAE	45.63%
Vitamin C	7.417* mg	12.362%
Vitamin D	0.562* mcg	2.811%
Calcium	69.402 mg	6.94%
Iron	2.408 mg	13.378%
Potassium	668.243* mg	14.218%

Saturated Fat	% of Calories	5.134%
Added Sugar	% of Calories	0.000%

\* Indicates missing Nutrient Information.  
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

### Meal Components

Component	Measurement
Meat/Meat Alternates	2 oz
Whole Grain-Rich	1 oz
Other Vegetables	0.5 cups

### Allergens

Soy
Wheat

### Attributes

Whole Grain-Rich

### Added Sugar

### Limitations ⓘ

Not applicable.

### Vendors

Kikkoman	📄
Woodles/Palmetto Gourmet Foods	📄

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

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Last Updated	Created
10-15-2025	08-23-2025

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