

GR-259665 · Ramen Vegetable Cup · 1 each · 1 servings

Grain: 2

Meat: 2 1/4

Dark Green: 1/2

Other Veg: 1/4

Wheat

Soy

Sesame

Egg

Untagged ingredients

Whole Wheat Yakisoba Noodles

4.125 oz

Unknown Ingredient

1 c

Tofu, raw, firm, prepared with calcium sulfate

1 oz

Spinach, raw

0.5 c

Mushrooms, white, fresh, raw, slices

0.25 cup, pieces or slices

Onions, young green, tops only

1 tbsp

Broccoli, cooked, boiled, drained, with salt

0.25 cup, chopped

Egg, whole, cooked, hard-boiled

1 large

Carrots, raw, chopped

1 tbsp

Frank's redhot sriracha sauce 4/0.5 gal

1 tbsp

Soy Sauce, low sodium

1 tbsp

Section 1

CCP: Pre-prep Steps for Safe Food Handling

1. Sanitation Instructions: Food prep areas, equipment and utensils to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.
2. Getting Ready: 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.
3. Personal Hygiene: 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.
4. Beginning Temperatures: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

1. Get the cooking and draining location ready. You need tongs and a strainer big enough to hold all the cooked noodles.
2. Place thawed noodles in a hotel pan deep enough for water to easily cover the noodles by 1 inch.
3. Gently break up noodles with your hands.
4. Cover the noodles with hot water



Section 1

5. Using tongs, continue to break up the noodles.
6. After ONE MINUTE, drain the noodles.
7. Coat with a tablespoon or less of canola oil. Cannot be done more than 2 hours in advance.

Serve cooked noodles with Vegetable Ramen Broth along with selection of toppings and sauces.

Ramen Vegetable Cup

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories **397**

% Daily Value*

Total Fat 14g **17%**

Saturated Fat 2g **11%**

Trans Fat 0g

Cholesterol 187mg **62%**

Sodium 1267mg **55%**

Total Carbohydrate 50g **18%**

Dietary Fiber 3g **10%**

Sugars 3g

Includes 1g Added Sugars **2%**

Protein 22g **45%**

Vitamin D: 6% DV • Potassium: 13% DV

Calcium: 22% DV • Vitamin A: 39% DV

Iron: 23% DV • Vitamin C: 35% DV

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