

Minneapolis Public Schools

Recipe: 001350 Bowl, Chicken Ramen

Recipe Source:
Recipe Group: ENTREE

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name:
Number of Portions: 10
Size of Portion: bowl

903545 Chicken, Tenderloins Raw(1/40#/CS)..... 903739 Oil, Canola NonGMO (6/1Gal/CS)..... 903342 Sauce, Tamari Soy Sauce GF (6/64/CS)... 903062 Vinegar, Rice (4/1gal/CS)..... 903088 Sugar, Granulated (1/10#/CS)..... 902633 Garlic, Chopped Fresh (6/32oz/CS).....	1 LB + 14 OZ 1 FL OZ 2 TBSP 1/2 FL OZ 1/2 OZ 1 TSP	Marinate the chicken for at least 1 hour in oil, tamari, vinegar, sugar and garlic. May be marinated overnite at a miximum. Cook the chicken just before service and hold.
R001349 Ramen Broth, #1 w/chicken.....	2 Quart + 2 cup	Prepare the broth and keep hot until service.
799941 SPINACH,RAW (1 lb bag)..... 902880 Veg, Carrot Match Stix (1/5#/CS)..... 902536 Egg, Hard Boiled (8/18ct/Case)..... 903716 Pasta, Yakisoba (4/5#/CS).....	5/8 LB 5/8 LB 5 Each 3 3/4 LB	Cut the hardboiled eggs in half (keep neat). Portion the carrots and spinach and hold for service.
		To serve the ramen bowl: Place 1 cup of noodles in the bowl place 2 chicken strips in a corner side by side Place 1/2 cup of spinach in opposite corner place 1/4 cup of carrot next to the spinach Add 1 cup of VERY HOT broth to the bowl Add 1 egg half opposite the chicken strip

*Nutrients are based upon 1 Portion Size (bowl)

Calories	624 kcal	Cholesterol	172.30 mg	Sugars	*0.55* g	Calcium	87.22 mg	32.81%	Calories from Total Fat
Total Fat	22.75 g	Sodium	2270.24 mg	Protein	34.62 g	Iron	9.07 mg	7.67%	Calories from Saturated Fat
Saturated Fat	5.32 g	Carbohydrates	70.94 g	Vitamin A	7732.96 IU	Water ¹	393.03 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.45 g	Vitamin C	9.79 mg	Ash ¹	2.19 g	45.46%	Calories from Carbohydrates
								22.19%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz		Y - Egg	N - Milk	
Grain.....	oz		Y - Soy	N - Peanut	
Fruit.....	cup		Y - Wheat	N - Tree Nut	
Vegetable.....	cup			N - Fish	
Milk.....	cup			N - Shellfish	
Moisture & Fat Change					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
R	001349	Ramen Broth, #1 w/chicken			
I	903545	Chicken, Tenderloins Raw(1/40#/CS)			
I	799941	SPINACH,RAW (1 lb bag)			
I	902880	Veg, Carrot Match Stix (1/5#/CS)			
I	902536	Egg, Hard Boiled (8/18ct/Case)			
I	903716	Pasta, Yakisoba (4/5#/CS)			
I	903739	Oil, Canola NonGMO (6/1Gal/CS)			
I	903342	Sauce, Tamari Soy Sauce GF (6/64/CS)			
I	903062	Vinegar, Rice (4/1gal/CS)			
I	903088	Sugar, Granulated (1/10#/CS)			
I	902633	Garlic, Chopped Fresh (6/32oz/CS)			

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Recipe: 001349 Ramen Broth, #1 w/chicken

Recipe HACCP Process: #2 Same Day Service

Recipe Source:
Recipe Group: MISCELLANEOUS

Alternate Recipe Name:
Number of Portions: 10
Size of Portion: cup

903351 WATER,MUNICIPAL.....	2 QT + 1 CUP	Combine all ingredients stir and bring to a boil. Keep hot and hold for service.
903426 Base, Chicken (20#).....	2 TBSP + 3/4 TSP	
902370 Base, Vegetable LS (12/1#/CS).....	1 TBSP + 1 1/2 TSP	
903342 Sauce, Tamari Soy Sauce GF (6/64/CS)...	1 CUP + 1 1/2 TBSP	

*Nutrients are based upon 1 Portion Size (cup)

Calories	37 kcal	Cholesterol	2.81 mg	Sugars	*0.00* g	Calcium	6.40 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	1882.65 mg	Protein	4.06 g	Iron	2.52 mg	0.00%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	3.06 g	Vitamin A	151.12 IU	Water ¹	213.09 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash ¹	0.21 g	32.67%	Calories from Carbohydrates
								43.33%	Calories from Protein

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Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903351	WATER,MUNICIPAL			

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I	903426	Base, Chicken (20#)			
I	902370	Base, Vegetable LS (12/1#/CS)			
I	903342	Sauce, Tamari Soy Sauce GF (6/64/CS)			

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