MEALS on WHEELS SAN DIEGO COUNTY

Asian Veggie Noodle Bowl with Chicken

Yield 15

Portion Size: Approximately one cup

AMT	UNIT	INGREDIENTS
16	oz	pasta
7	oz	carrots, shredded
5.25	oz	red pepper, chopped
7.33	oz	cucumber, chopped
2	oz	green onion, chopped
2.25	oz	cilantro, chopped
5	oz	red cabbage,shredded
6	oz	broccoli florets
4.75	oz	kale, shredded
30	oz	chicken, chopped
1.25	oz	peanuts

PROCEDURES

Bowl pasta according to directions on package. Drain and cool.
Mix all veggies together.
Mix in pasta with veggies.
Place slivered almonds in small compartment in bowl.
Serve Asian dressing on the side.
Place chopped chicken on top of veggies and pasta mixture.

*****Special Instructions: Weigh all vegetables after washing, rinsing, and discarding waste.******

HACCP: Potentially hazardous food. Hot ingredient must be cooled to 70°F or less within 2 hours and then to 41°F within an additional 4 hours. Chill hot foods thoroughly before combining with other ingredients. Hold chilled food for service at an internal temperature of 41°F or below. Do not mix old product with new. Keep all leftover product chilled at 41°F or below.

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Yield: 15 (1.000 serving(s))

Source: Custom **No. Ingredients:** 12

Ingredients

16.000 oz. Pasta, Spaghetti, Enriched, Cooked
7.000 oz. Carrots, Grated
5.250 oz. Pepper, Bell or Sweet, Red
7.330 oz. Cucumber, Sliced
2.000 oz. Onions, Scallion or Spring Green
1.750 oz. Onions, Scallion or Spring Green
2.250 oz. Coriander or Cilantro, Leaves And Stem (Cilantro, Hojas Y Tallo)
5.000 oz. Cabbage, Red, Shredded
6.500 oz. Broccoli
4.750 oz. Kale
30.000 oz. Chicken, Breast, Meat Only, Boneless, Skinless, Roasted
1.250 oz. PLANTERS Peanuts, Dry Roasted, Unsalted

Macronutrients			**Percentage of Kcals**	
Kilocalories	181.636	kcal		
Trans Fatty Acid		g	Protein	47.6%
Sugar, Total		g	Carbohydrate	33.8%
Protein	21.426	g	Fat, total	18.6%
Carbohydrate	15.220	g	Alcohol	0.0%
Fat, Total	3.728	g		
Alcohol	0.000	g		
Cholesterol	48.194	mg		
Saturated Fat	0.822	g		
Monounsaturated Fat	1.338	g		
Polyunsaturated Fat	0.610	g		
Trans Fatty Acid	0.000	g		
Dietary Fiber, Total	2.384	g		
Sugar, Total	2.467	g		

Vitamins & Minerals					
Sodium	64.821	mg	Phosphorus	210.554	mg
Potassium	408.063	mg	Magnesium	36.194	mg
Vitamin A (RE)	388.389	RE	Zinc	0.955	mg
Vitamin C	42.757	mg	Copper	0.219	mg
Calcium	52.753	mg	Manganese	0.267	mg
Iron	1.718	mg	Selenium	24.184	mcg
Vitamin D (ug)	0.057	mcg	Chromium	0.021	mg
Vitamin E (mg)	0.072	mg	Molybdenum	1.144	mcg
Thiamin	0.174	mg			
Riboflavin	0.167	mg			
Niacin	8.814	mg			
Pyridoxine (Vitamin B6)	0.478	mg			
Folate (Total)	59.025	mcg			
Cobalamin (Vitamin B12)	0.193	mcg			
Biotin	0.869	mcg			
Pantothenic Acid	0.782	mg			
Vitamin K	98.709	mcg			

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Ingredient	450 Servings	500 Servings	550 Servings	600 Servings
16.000 oz. Pasta, Spaghetti, Enriched, Cooked	30.000 pound(s)	33.333 pound(s)	36.667 pound(s)	40.000 pound(s)
7.000 oz. Carrots, Grated	13.125 pound(s)	14.583 pound(s)	16.042 pound(s)	17.500 pound(s)
5.250 oz. Pepper, Bell or Sweet, Red	9.844 pound(s)	10.938 pound(s)	12.031 pound(s)	13.125 pound(s)
7.330 oz. Cucumber, Sliced	13.744 pound(s)	15.271 pound(s)	16.798 pound(s)	18.325 pound(s)
2.000 oz. Onions, Scallion or Spring Green	3.750 pound(s)	4.167 pound(s)	4.583 pound(s)	5.000 pound(s)
1.750 oz. Onions, Scallion or Spring Green	3.281 pound(s)	3.646 pound(s)	4.010 pound(s)	4.375 pound(s)
2.250 oz. Coriander or Cilantro, Leaves And Stem (Cila	4.219 pound(s)	4.688 pound(s)	5.156 pound(s)	5.625 pound(s)
5.000 oz. Cabbage, Red, Shredded	9.375 pound(s)	10.417 pound(s)	11.458 pound(s)	12.500 pound(s)
6.500 oz. Broccoli	12.188 pound(s)	13.542 pound(s)	14.896 pound(s)	16.250 pound(s)
4.750 oz. Kale	8.906 pound(s)	9.896 pound(s)	10.885 pound(s)	11.875 pound(s)
30.000 oz. Chicken, Breast, Meat Only, Boneless, Skinl	56.250 pound(s)	62.500 pound(s)	68.750 pound(s)	75.000 pound(s)
1.250 oz. Peanuts	2.344 pound(s)	2.604 pound(s)	2.865 pound(s)	3.125 pound(s)

Ingredient	650 Servings	700 Servings	750 Servings	800 Servings
16.000 oz. Pasta, Spaghetti, Enriched, Cooked	43.333 pound(s)	46.667 pound(s)	50.000 pound(s)	53.333 pound(s)
7.000 oz. Carrots, Grated	18.958 pound(s)	20.417 pound(s)	21.875 pound(s)	23.333 pound(s)
5.250 oz. Pepper, Bell or Sweet, Red	14.219 pound(s)	15.313 pound(s)	16.406 pound(s)	17.500 pound(s)
7.330 oz. Cucumber, Sliced	19.852 pound(s)	21.379 pound(s)	22.906 pound(s)	24.433 pound(s)
2.000 oz. Onions, Scallion or Spring Green	5.417 pound(s)	5.833 pound(s)	6.250 pound(s)	6.667 pound(s)
1.750 oz. Onions, Scallion or Spring Green	4.740 pound(s)	5.104 pound(s)	5.469 pound(s)	5.833 pound(s)
2.250 oz. Coriander or Cilantro, Leaves And Stem (Cila	6.094 pound(s)	6.563 pound(s)	7.031 pound(s)	7.500 pound(s)
5.000 oz. Cabbage, Red, Shredded	13.542 pound(s)	14.583 pound(s)	15.625 pound(s)	16.667 pound(s)
6.500 oz. Broccoli	17.604 pound(s)	18.958 pound(s)	20.313 pound(s)	21.667 pound(s)
4.750 oz. Kale	12.865 pound(s)	13.854 pound(s)	14.844 pound(s)	15.833 pound(s)
30.000 oz. Chicken, Breast, Meat Only, Boneless, Skinl	81.250 pound(s)	87.500 pound(s)	93.750 pound(s)	100.000 pound(s)
1.250 oz. Peanuts	3.385 pound(s)	3.646 pound(s)	3.906 pound(s)	4.167 pound(s)