



# Ling's 5<sup>th</sup> Taste

South El Monte, CA 91733

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## Chow Mein

51% White Whole Grain

8-52724-00301-6

4/2.5 lb. Chow Mein Noodles

4/16 oz. Sauce

### -Product Analysis-

Recommended serving size: 2.8 oz. = 2 oz. chow mein noodles and .8 oz. sauce

Approximate number of servings per case: 80

This 2.8 oz. serving meets 1 bread according to the Food Buying Guide for Child Nutrition Programs.

### Ingredients:

**Noodles:** Enriched flour (wheat flour, niacin, thiamine, riboflavin, reduced iron), egg white, salt, artificial color including FDBC yellow #5, cornstarch for dusting. Preserved with less than 1/10<sup>th</sup> of 1 percent potassium carbonate.

**Sauce:** Water, soy sauce (soybeans, wheat flour, salt, straw mushroom extractives), sugar, salt, ginger, garlic, green onion and white pepper.

I certify this information is true and correct:

*Loree Erpelding*

Loree Erpelding/Vice President, Ling's

08/25/12

Date

### Nutrition Facts

Serving Size: 2.8 oz. (79g)

Servings Per Container: 80

### Amount Per Serving

Calories 170 Calories from Fat 0  
% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0 mg	0%
Sodium	360 mg	15%
Total Carbohydrate	35g	12%
Dietary Fiber	6g	24%
Sugars	3g	
Protein	6g	

Vitamin A 0% Vitamin C 0%  
Calcium 0% Iron 8%

\*Percent Daily Values are based on a 2000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less Than	65g	60g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4		Protein 4

### Heating Instructions:

Steam, low boil, stir fry or bake noodles in oven (if using oven method open sauce packets, pour contents over noodles, cover and bake at 250 degrees until warm). Stir frequently. You may cut noodles with scissors for easier serving. Low boil or steam sauce packets. Open and pour over noodles and mix together. If desired, add onion, cabbage carrots or celery.

**Shelf Life:** 1 year frozen