



The SCHWAN FOOD COMPANY™
SCHWAN'S FOOD SERVICE, INC.



Minh® Vegetable Lo Mein Noodles, Veg., Sauce

Product Code: 56317

Last Update Date: 07/07/2009

Please continue to check our website for the most current nutrition information.

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Nutrition Information

Serving Size:	1 cup (170 g/6 oz)
Case Pack:	2
Calories:	290
Calories from Fat:	60
Total Fat:	7 g(s)
Saturated Fat:	1.5 g(s)
Trans Fat:	0 g(s)
Cholesterol:	0 mg(s)
Sodium:	590 mg(s)
Total Carbohydrate:	43 g(s)
Total Dietary Fiber:	3 g(s)
Sugars:	14 g(s)
Protein:	7 g(s)
Vitamins & Minerals	
	Amt/Srv % DV
Vitamin A:	400 IU 8%
Vitamin C:	4.8 mg(s) 8%
Calcium:	20 mg(s) 2%
Iron:	1.4 mg(s) 8%

* Percent Daily Values are based on
2,000 calorie diet.

Shipping Info

UPC:	035367563172
SCC-14:	n/a
Gross Weight:	13 lbs.
Net Weight:	12.25 lbs.
Each Weight:	6 Oz(s)/serving.
Cube:	0.435
Dimensions (LxWxH):	14.5 x 6.375 x 8.125
Cases/Pallet:	133
Tie:	19
High:	7
Shelf Life:	300 days

Minh® Lo Mein consists of authentic lo mein noodles, fresh broccoli florets, crunchy carrots, crisp water chestnuts, red bell peppers, bamboo shoots, and a flavorful Asian sauce. Each case contains two (2) 3.0 lb bags of noodles; two (2) 24 oz bags of IQF vegetables and two (2) 21 oz bags of sauce. All ingredients are fully cooked and ready to serve in minutes using a wok, flattop or convection oven. No MSG added.

Master Case Product Name: SFS MINH VEGETABLE LO MEIN

Preparation Instructions

COOKING INSTRUCTIONS. COOK BEFORE SERVING. Lo-mein Noodles, thawed - Open bag(s). Place thawed noodles in strainer. Place strainer with noodles in boiling water for 30-45 seconds and drain for 45 seconds. Place evenly in half steam table pan. Lo-mein vegetable blend, thawed - Open bag(s) and place thawed vegetables in strainer. Place strainer with vegetables in boiling water for 45 seconds and drain for 30 seconds. Place evenly over noodles. Lo-mein Sauce, thawed - Place bag(s) in boiling water for 15-20 minutes to reach a temperature of 160°F or above. Open bag and pour sauce evenly on top of vegetables and noodles and stir gently. Heating time may vary depending on the size of the container used to reheat and the amount of product used.

Ingredients

STIR FRY NOODLES: Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, egg white powder, salt, potassium carbonate, sodium carbonate, cottonseed and/or soybean oil; **SAUCE:** Water, sugar, vinegar (water, vinegar), cottonseed oil, hydrolyzed soy protein, sesame seed oil, modified food starch, soy lecithin, caramel color, spice, paprika, salt; **VEGETABLE BLEND:** Broccoli, carrots, water chestnuts, bamboo shoots and red peppers.

Allergens

Contains Egg, Wheat, and Soy.



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