



**GRECO**  
International Cuisine



# *Yakisoba Noodles*

# Yakisoba Noodles

## Point for Pondering

Yakisoba's history starts with the noodle itself. The soba noodle originates from China where the Chinese were making buckwheat flour noodles since 10,000 B.C.

### Preparation Method:

Internal temperature should be 74°C / 165°F for at least 15 seconds.

Poke 2 or 3 holes in bag of noodles. Place bag in microwave and heat on high for 1 to 2 minutes. Rotate bag and heat another 1 to 2 minutes.

*Ingredients:* Wheat flour, Water, Canola oil, Salt, Potassium carbonate, Sodium carbonate, Annatto extract (Color), Turmeric (Color).

<b>Noodles Length:</b>	16" ± 6"
<b>Noodles Thickness:</b>	1.9 ± 0.30 mm
<b>Noodles Width:</b>	1.9 ± 0.30 mm

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Nutrition Facts	
Valeur nutritive	
Serving Size 1 bag (198 g)	
Portion 1 sac (198 g)	
<b>Calories 420</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 7 g</b>	<b>9 %</b>
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	<b>3 %</b>
<b>Carbohydrate / Glucides 74 g</b>	
Fibre / Fibres 2 g	<b>7 %</b>
Sugars / Sucres 1 g	<b>1 %</b>
<b>Protein / Protéines 11 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 100 mg</b>	<b>4 %</b>
Potassium 150 mg	<b>3 %</b>
Calcium 20 mg	<b>2 %</b>
Iron / Fer 5 mg	<b>28 %</b>
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	