# SMART

## Sowaul Asian Physical Physics

#### **INGREDIENTS**

- 135 Catallia S.M.A.R.T. 9" 100% Whole Grain Garden Vegetable Wrap (#41214)
- 4 8 lb. bags Asian Food Solutions Shredded Pork (#26200), thawed
- 6 5 lb. bags Asian Food Solutions Whole Grain Chow Mein (#22101WG)
- 8 lbs. Romaine Lettuce, shredded
- 4 2 lbs. Sliced Green or Red Bell Peppers

#### **PREPARATION**

- Pre-heat oven to 350 F
- Cover and heat pork on pan liner for 15-20 minutes
- Warm tortillas and lay out on flat surface
- Add 2 oz cooked whole grain chow mein using #16 scoop
- Add 1.5 oz pork using #24 scoop
- Top with 1 oz lettuce and peppers
- Fold in sides and roll tortilla
- Place in hotel pan with vented cover or prepare using action stations

### **NUTRITION FACTS PER SERVING**

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Calories	290 kcal	Total Carbohydrate	43 g
Total Fat	6 g	Dietary Fiber	7 g
Saturated Fat	2 g	Total Sugars	7 g
Cholesterol	25 mg	Protein	16 g
Sodium	520 mg	Vitamin D	0 mcg
		Calcium	46 mg
		Iron	3 mg
		Potassium	267 mg

<sup>\*</sup>Nutritients per serving may vary when alternative ingredient or preparation is used.



For more recipe inspiration, check out our website at www.Catallia.com