

Bowl Asian Mashed Potato MTG

Servings:	100.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

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Nutrition Information

Calories	175.50	Protein	11.00g
Fat	8.00g	SaturatedFat	3.50g
Trans Fat	0.00g	Cholesterol	35.00mg
Carbohydrates	11.00g	Fiber	3.00g
Sugar	7.00g	Sodium	420.00mg
Iron	2.11mg	Vitamin C	107.16mg
Vitamin A	2651.46IU	Calcium	20.00mg

Ingredients

200 1/2 Cup POTATO MASHED FRSH 4-6 GFS

400 Each BEEF DIPPERS WONDER BITE 400-.7Z PIER

300 Ounce PEPPERS RED DCD 3/8 2-3# RSS

3 1/4 Gallon BROCCOLI FLORET 100-2Z MI LOCAL

Preparation Instructions

WASH HANDS.

1. Cook potatoes according to recipe/package instructions.
2. Bake the beef according to manufacturer instructions.

CCP: FINAL INTERNAL TEMPERATURE MUST REACH A MINIMUM OF 135°F FOR A MINIMUM OF 15 SECONDS.

3. Steam or saute the bell peppers until tender.
4. Place 1 cup potatoes in a 16oz container. Evenly place 4 pieces of beef over potatoes. Add 1/2 cup broccoli and 1/4 cup peppers.
5. Serve warm.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135°F.

Child Nutrition information: 1 Bowl provides= 1 c. starchy vegetable, 2 oz meat/meat alternate, 1/4 c. red/orange

vegetable, and 1/2 c. dark green vegetable