

# Chicken Mashed Potato Bowl W/ Gravy

|                       |                  |
|-----------------------|------------------|
| <b>Servings:</b>      | 1.00             |
| <b>Serving Size:</b>  | 1.00 Bowl        |
| <b>Meal Type:</b>     | Lunch            |
| <b>Category:</b>      | Entree           |
| <b>HACCP Process:</b> | Same Day Service |

Chicken Mashed Potato Bowl W/ Gravy

## Nutrition Information

|                      |          |                     |           |
|----------------------|----------|---------------------|-----------|
| <b>Calories</b>      | 656.64   | <b>Protein</b>      | 29.38g    |
| <b>Fat</b>           | 27.23g   | <b>SaturatedFat</b> | 6.53g     |
| <b>Trans Fat</b>     | 0.00g    | <b>Cholesterol</b>  | 42.87mg   |
| <b>Carbohydrates</b> | 72.06g   | <b>Fiber</b>        | 7.73g     |
| <b>Sugar</b>         | 7.19g    | <b>Sodium</b>       | 1442.75mg |
| <b>Iron</b>          | 3.03mg   | <b>Vitamin C</b>    | 11.88mg   |
| <b>Vitamin A</b>     | 282.48IU | <b>Calcium</b>      | 185.99mg  |

## Ingredients

| Measurement | DistPart # | Description                               | Preparation Instructions  |
|-------------|------------|---|---|
| 15 Piece    | 327120     | CHIX POPCORN<br>BRD WGRAIN FC<br>.28Z 4-8 | BAKE<br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>8-10 minutes at 400°F from frozen.<br>CONVECTION<br>Appliances vary, adjust accordingly.<br>Convection Oven<br>6-8 minutes at 375°F from frozen. |
| 1/8 Cup     | 150250     | CHEESE CHED MLD<br>SHRD 4-5# COMM         |   |

| Measurement | DistPart # | Description                                  | Preparation Instructions  |
|-------------|------------|--|---|
| 1/3 Cup     | 325406     | POTATO PRLS<br>CNTRY STYL 12-<br>30.7Z BAMER | RECONSTITUTE<br><br>1: Pour 1 gallon (3.8L) of boiling water (212°F) into 4" deep half-size steamtable pan. 2: Add all potatoes and stir constantly. 3: Hold for 25 minutes on steamtable before serving. |
| 1/4 Cup     | 120490     | CORN FZ 30 COMM                              | Cook corn in steamer, before adding to bowl. Place in pan and cook for 20 mins, temp and cook longer if needed.   |
| 1/4 Cup     | 552061     | MIX GRAVY<br>POULTRY LO SOD 8-<br>22.6Z TRIO | Follow directions on package  |

## Preparation Instructions