

Mashed Potato Bowl

Servings:	1.00
Serving Size:	1.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Potato, Gravy, Chicken, and Corn

Nutrition Information

Calories	1912.27	Protein	65.94g
Fat	28.47g	SaturatedFat	3.00g
Trans Fat	0.00g	Cholesterol	60.00mg
Carbohydrates	360.59g	Fiber	32.94g
Sugar	23.88g	Sodium	1365.46mg
Iron	7.87mg	Vitamin C	90.51mg
Vitamin A	1373.55IU	Calcium	67.61mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1/2 Cup	146581	POTATO PRLS EXCEL 12-26.5Z SMART SERV	RECONSTITUTE 1: Pour 4 Liters (1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes and stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.
1 Ounce	552050	MIX GRAVY BRN LO SOD 8-16Z TRIO	
10 Piece	536620	CHIX PCORN LRG WGRAIN CKD 6-5	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.
1 Ounce	283730	CORN CUT IQF 30 KE	

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