

Bowl Asian Mashed Potato

NO IMAGE

Servings:	150.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH CRMY DELUX 4-5 RESER	300 3/4 Cup		498842
BEEF DIPPERS WONDER BITE 400-.7Z PIER	601 Ounce	BAKE Conventional oven: conventional oven: preheat oven to 350 degrees f. From frozen state cook 7-9 minutes. Convection oven: convection oven: preheat oven to 350 degrees f. From frozen state cook 4-7 minutes. Times given are approximate	770817
PEPPERS RED DCD 3/8 2-3 RSS	2 17/50 Ounce		581992
BROCCOLI FLORETS 12-2 GFS	4 22/25 Gallon		673366

Preparation Instructions

Directions:

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

Source: Basic American Foods, www.baf.com

Notes:

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	150.84		
Fat	8.02g		
SaturatedFat	3.51g		
Trans Fat	0.00g		
Cholesterol	35.06mg		
Sodium	420.74mg		
Carbohydrates	6.17g		
Fiber	1.03g		
Sugar	4.10g		
Protein	12.04g		
Vitamin A	216.79IU	Vitamin C	3.63mg
Calcium	20.22mg	Iron	1.81mg