

Chicken Mashed Potato Bowl W/ Gravy

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

Ingredients

Description	Measurement	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	15 Piece	327120
CHEESE CHED MLD SHRD 4-5# COMM	1/8 Cup	150250
POTATO PRLS CNTRY STYL 12-30.7Z BAMER	1/3 Cup	325406
CORN FZ 30 COMM	1/4 Cup	120490
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	1/4 Cup	552061

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	3.23
Grain	1.36
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.92

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Bowl

Amount Per Serving

Calories	557.64		
Fat	26.39g		
SaturatedFat	6.53g		
Trans Fat	0.00g		
Cholesterol	42.87mg		
Sodium	1099.55mg		
Carbohydrates	52.73g		
Fiber	5.56g		
Sugar	5.87g		
Protein	27.68g		
Vitamin A	283.73IU	Vitamin C	3.01mg
Calcium	164.60mg	Iron	2.67mg