

CopyCat KFC BOWL



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46126
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mashed Potato	4 Serving) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN. 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION. 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED. Boil Water - whip in the mashed potato mix and then season. Hot Serve 135F or higher	R-44214
Corn-Steamed	1/2 Serving	Mix items together and steam to 165F and Hold at 135F or higher	R-44213
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	11 Each	BAKE Appliances vary, adjust accordingly.Conventional Oven8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly.Convection Oven6-8 minutes at 375°F from frozen.	327120
CHEESE CHED MLD SHRD FTHR	1 Ounce		411841

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.330
Grain	0.917
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	608.63
Fat	21.89g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	2016.14mg
Carbohydrates	80.14g
Fiber	7.77g
Sugar	3.32g
Protein	25.77g
Vitamin A 109.00IU	Vitamin C 0.00mg
Calcium 176.50mg	Iron 3.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available