

# Hawaiian Meatball Rice Bowl



<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51640

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	80 Each	<b>BAKE</b> KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
PINEAPPLE TIDBITS IN JCE	1 #10 CAN		189979
Vegetable Fried Rice	120 ounces	<b>STEAM</b> 6 oz rice = 2oz serving	676463
COOKIE FORTUNE WGRAIN	1 Each		565142
SAUCE SWT SOUR	3 Pound 12 Ounce (60 Ounce)		440422

## Preparation Instructions

Gather all ingredients needed. Wash hands and apply fresh pair of gloves.

1. Preheat oven to 375F and spray a full-size pan with non-stick spray.
2. Place frozen meatballs, pineapple tidbits, and sauce into the pan. Stir gently to combine.
3. Cover and place into the oven for about 30-35 minutes. Should temp 160F when ready.  
CCP: Hold hot until ready to serve at 135F or above.
4. Prepare fried rice according to package instruction and hold hot at 135F until ready to serve.

To Serve:

Place 6 oz fried rice into a bowl. (Use bowl #688490).

Top with 4 oz of the sauce and 4 meatballs.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.042
<b>Fruit</b>	0.483
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.132
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.132

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	506.37**
<b>Fat</b>	11.54g**
<b>SaturatedFat</b>	3.50g**
<b>Trans Fat</b>	0.60g**
<b>Cholesterol</b>	36.00mg**
<b>Sodium</b>	683.46mg**
<b>Carbohydrates</b>	80.35g**
<b>Fiber</b>	6.03g**
<b>Sugar</b>	21.54g**
<b>Protein</b>	18.11g**
<b>Vitamin A</b> 0.00IU**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 75.97mg**	<b>Iron</b> 2.07mg**

\*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