

Bowl Asian Mashed Potato MTG



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25851
School:	KATHY'S TEST SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF DIPPERS WONDER BITE	400 7/10 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 3/8IN	1 9/16 Gallon		581992
BROCCOLI 16-1# MKTDAY	3 1/4 Gallon		613180
Mashed poataoes	200 1/2 Cup	HEAT_AND_SERVE Pour 2 gallons of boiling in mixing bowl. hand Mix; Add potatoes, stir constantly with whisk. Let stand for 1 min ready to serve. Add more water for thinner potatoes and more potatoes for thicker. No salt product, season to taste	066159

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:

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	159.75**
Fat	8.06g**
Saturated Fat	3.51g**
Trans Fat	0.00g**
Cholesterol	35.06mg**
Sodium	421.43mg**
Carbohydrates	8.51g**
Fiber	1.40g**
Sugar	5.50g**
Added Sugar	0.00g**
Protein	12.32g**
Vitamin A 998.34mcg**	Vitamin C 58.05mg**
Calcium 23.09mg**	Iron 1.96mg**

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

Nutrition - Per 100g

No 100g Conversion Available