

# CopyCat KFC BOWL

NO IMAGE

<b>Servings:</b>	1.00	<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-46126
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mashed Potato	4 Serving	Basic Preparation STEP 1) POUR BOILING WATER INTO A MIXING BOWL. STEP 2) ADD 1 CARTON POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES WHILE STIRRING CONSTANTLY WITH A WHISK. STEP 3) TRANSFER POTATO PEARLS GOLDEN EXTRA RICH MASHED POTATOES TO A 4" DEEP STEAM TABLE PAN AND SERVE. 4) RE-FRESH PRODUCT BY ADDING ½ TO ¾ CUP OF BOILING WATER AS NEEDED.	R-44214
Corn-Steamd	1/2 Serving	CCP Heat to 165 F or higher for at least 15 seconds CCP Hold at 135 F 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.330
<b>Grain</b>	0.917
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	371.49
<b>Fat</b>	18.38g
<b>Saturated Fat</b>	4.79g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.92mg
<b>Sodium</b>	856.46mg
<b>Carbohydrates</b>	33.85g
<b>Fiber</b>	3.89g
<b>Total Sugar</b>	1.72g
<b>Added Sugar</b>	0.92g
<b>Protein</b>	18.64g
<b>Vitamin A</b> 99.92mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 145.55mg	<b>Iron</b> 2.17mg

## Nutrition - Per 100g

No 100g Conversion Available