

# BBQ Chicken Memphis Bowl

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56002

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EZ - Mac & Cheese	1/2 Cup	<b>Cheese Sauce:</b> 1. Open 2 bags of liquid cheese and pour into a steamtable pan. 2. Add ½ quart of water and 2 pints of milk to the cheese. 3. Whisk thoroughly to fully combine all three ingredients. 4. Heat cheese mixture to 145°F, stirring occasionally. <b>Pasta:</b> 1. 8 minutes before the cheese sauce is finished, begin cooking the pasta. 2. Cook elbow macaroni for 8 minutes, or until al dente. 3. Ensure the cheese sauce and pasta are at similar temperatures before combining. <b>Combine &amp; Season:</b> 1. Pour the hot cheese sauce over the cooked pasta. Stir well to coat all pasta evenly. 2. Add prepared spice mixture and mix until evenly distributed. <b>Serving:</b> Portion 1 cup per serving using a #6 disher/scoop. AP 12/5/25 PR 8/20/2025 jsh 1.21.25	R-53979
CHICKEN, FAJITA STRIPS, COOKED, FROZEN	4 ounces		100117
SAUCE BBQ	1 Teaspoon		212071
CORNBREAD BITE WGRAIN	3 Each		963499

## Preparation Instructions

Cook iMac & Cheese according to recipe.

Preheat oven or Combi, place frozen fajita meat in steamtable pan. Cook for 15 mins, temp must reach 165°F

In large bowl mix BBQ sauce and cooked chicken, stir to coat chicken lightly.

In a bowl layer the ingredient.

Mac and Cheese on the bottom followed by the BBQ chicken. Serve with the corn bread on the side.

AP: 10/20/25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<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 Each

Amount Per Serving	
<b>Calories</b>	561.33
<b>Fat</b>	18.20g
<b>Saturated Fat</b>	8.94g
<b>Trans Fat</b>	0.07g
<b>Cholesterol</b>	109.40mg
<b>Sodium</b>	1180.88mg
<b>Carbohydrates</b>	65.72g
<b>Fiber</b>	5.17g
<b>Total Sugar</b>	12.59g
<b>Added Sugar</b>	4.67g
<b>Protein</b>	33.82g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.89mg	<b>Iron</b> 2.89mg

## Nutrition - Per 100g

<b>Calories</b>	1049.42
<b>Fat</b>	34.02g
<b>Saturated Fat</b>	16.71g
<b>Trans Fat</b>	0.13g
<b>Cholesterol</b>	204.52mg
<b>Sodium</b>	2207.66mg
<b>Carbohydrates</b>	122.87g
<b>Fiber</b>	9.67g
<b>Total Sugar</b>	23.53g
<b>Added Sugar</b>	8.72g
<b>Protein</b>	63.22g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 244.69mg	<b>Iron</b> 5.40mg