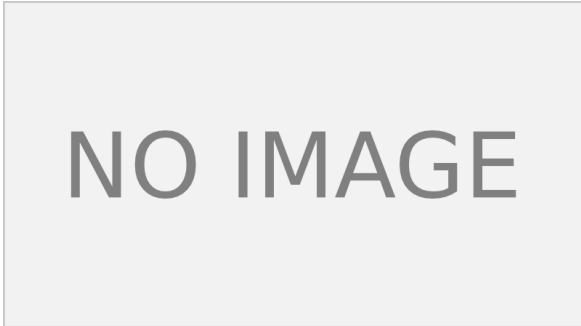


Popcorn Chicken Bowl



Servings:	46.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8954

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Cup	Serving per bowl 2 Tablespoons or 1/8 cup or 1 Fluid Ounce	150250
CORN SUPER SWT	11 1/2 Cup	Serving per bowl is 1/4 cup or 2 Fluid Ounce	358991
CHIX BRST CHNK BRD WGRAIN CKD	230 Each	Serving size per bowl is 5 each	536790
Mashed Potatoes	23 Cup	Boil water, boil more than you actually need. Add 8oz of melted butter to your container of mashed potatoes. Put 1/2 of your boiling water into your mixing bowl before you add your dry mashed potatoes. Using whip attachment, set mixer on low speed. Slowly add your potato mixture into your mixing bowl over the boiled water. Add remaining boiling water. Scrape down the bowl and whip on high speed until fluffy. (3-5 minutes). Transfer potatoes to 4" steamtable pans. Updated: 7/14/25 AP	R-8956
Chicken Gravy Mix	11 1/2 Cup	STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE jsh 12.20.24	R-21610

Preparation Instructions

Prepare Mashed Potatoes as directed in R-8956
 Prepare Gravy as directed on package.
 Prepare Corn as directed on package.
 Prepare Popcorn Chicken as directed on package.
 jsh 12.20.24

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.750

Nutrition Facts

Servings Per Recipe: 46.00

Serving Size: 1.00 Bowl

Amount Per Serving	
Calories	497.88
Fat	14.76g
Saturated Fat	5.04g
Trans Fat	0.00g
Cholesterol	66.12mg
Sodium	1028.28mg
Carbohydrates	63.01g
Fiber	4.83g
Total Sugar	1.65g
Added Sugar	1.65g
Protein	25.30g
Vitamin A 200.00mcg RAE	Vitamin C 0.00mg
Calcium 91.12mg	Iron 1.83mg

Nutrition - Per 100g

Calories	1335.52
Fat	39.59g
Saturated Fat	13.53g
Trans Fat	0.00g
Cholesterol	177.37mg
Sodium	2758.27mg
Carbohydrates	169.02g
Fiber	12.96g
Total Sugar	4.43g
Added Sugar	4.43g
Protein	67.88g
Vitamin A 536.48mcg RAE	Vitamin C 0.00mg
Calcium 244.42mg	Iron 4.91mg