

# Memphis BBQ Bowl

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-21403

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EZ - Mac & Cheese	1/2 Cup	Cheese Sauce: 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. Pasta: 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. Combine & Season: 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. Serving: Portion 1 cup per serving using a #6 disher/scoop. AP 12/5/25 PR 8/20/2025 jsh 1.21.25	R-53979
CORNBREAD SNAC FORT WGRAIN IW	1 Each		159791
BBQ Pulled Pork	1/2 Cup	Mix BBQ sauce and pork together Cook pulled pork according to directions on package. Heat to 165* Use #8 scoop	R-54847

## Preparation Instructions

Cook ingredients according to directions. In a bowl layer the ingredient. Mac and Cheese on the bottom followed by the pulled pork mixed with the BBQ sauce. Serve with the corn bread on the side.

Updated 7.28.25 JSH

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.500
<b>Grain</b>	1.500
<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>	463.64
<b>Fat</b>	13.19g
<b>Saturated Fat</b>	4.18g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	38.34mg
<b>Sodium</b>	392.55mg
<b>Carbohydrates</b>	71.16g
<b>Fiber</b>	4.77g
<b>Total Sugar</b>	20.07g
<b>Added Sugar</b>	17.00g
<b>Protein</b>	16.04g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 146.06mg	<b>Iron</b> 2.93mg

## Nutrition - Per 100g

<b>Calories</b>	420.76
<b>Fat</b>	11.97g
<b>Saturated Fat</b>	3.80g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	34.79mg
<b>Sodium</b>	356.25mg
<b>Carbohydrates</b>	64.58g
<b>Fiber</b>	4.33g
<b>Total Sugar</b>	18.21g
<b>Added Sugar</b>	15.43g
<b>Protein</b>	14.56g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.55mg	<b>Iron</b> 2.66mg