

CopyCat KFC BOWL

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46126
School:	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-Steamed	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 Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	492.47
Fat	19.11g
Saturated Fat	4.83g
Trans Fat	0.00g
Cholesterol	38.27mg
Sodium	1176.29mg
Carbohydrates	58.82g
Fiber	5.97g
Total Sugar	6.00g
Added Sugar	0.92g
Protein	21.57g
Vitamin A 100.15mcg RAE	Vitamin C 0.05mg
Calcium 153.45mg	Iron 2.39mg

Nutrition - Per 100g

Calories	261.69
Fat	10.16g
Saturated Fat	2.57g
Trans Fat	0.00g
Cholesterol	20.34mg
Sodium	625.05mg
Carbohydrates	31.26g
Fiber	3.17g
Total Sugar	3.19g
Added Sugar	0.49g
Protein	11.46g
Vitamin A 53.22mcg RAE	Vitamin C 0.03mg
Calcium 81.54mg	Iron 1.27mg