



RC Product Code: 91401

# Korean BBQ Bowl

Roasted Garlic Basil Chicken Meatballs  
with Mozzarella Cheese, Fully Cooked

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**Serving Size:** 1 bowl  
**Yield:** 100 servings  
**Contribution:** 2oz meat/meat alternate, 2oz grain, 1cup dark green vegetable

## Nutritional Information

<b>Portion</b>	1 bowl	<b>Cholesterol (mg)</b>	48
<b>Calories</b>	404	<b>Sodium (mg)</b>	557
<b>Total Fat (g)</b>	6	<b>Total Carbohydrates (g)</b>	63.1
<b>Saturated Fat (g)</b>	1.4	<b>Sugar (g)</b>	10
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	24

Ingredients	Amount	Instructions
Roasted Garlic Basil Chicken Meatballs with Mozzarella Cheese, Fully Cooked	20lbs	Place 5 lbs of chicken meatballs in single layer in hotel pan, cover with foil, heat in 350° F convection oven for 14-16 minutes or until meatballs reach an internal temperature of 165° F.
Broccoli Florets	35lbs	Steam Broccoli florets until tender crisp according to package directions.
Brown Rice	13lbs	Cook brown rice according to package directions.
Korean BBQ Sauce	1gal	In a bowl layer, 1cup brown rice, 1cup broccoli florets and 5 meatballs. Before serving drizzle 1oz Korean BBQ sauce over bowl. Serve.

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.

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