Rich Chicks
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Korean BBQ Bowl

with Roasted Garlic Basil Chicken Meatballs with Mozzarella Cheese, Fully Cooked

RC Product Code: 91401

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

Nutritional Information

Portion	1 Bowl	**Cholesterol (mg)**	48
Calories	404	**Sodium (mg)**	557
Total Fat (g)	6	**Total Carbohydrates (g)**	63
Saturated Fat (g)	1.4	**Sugar (g)**	10
Trans Fat (g)	0	**Protein (g)**	24

Ingredients	Amount	Instructions
Rich Chicks Garlic Basil Meatballs	20 lbs	**Recommended Heating Instructions:** (Do not thaw. Prepare from frozen.) Place frozen product in single layer on sheet pan. **For Best Results:** Do NOT use parchment paper. Appliances may vary. Targeted temperature is **165°F** **Convection Oven – 100% Fan Speed:** Bake at 400°F for 7-10 minutes **Combi Oven – Convection Mode – 100% Fan Speed with 100% Steam:** Bake at 400°F for 7-10 minutes **Conventional Oven:** Bake at 400°F for 10-13 minutes **Suggested Holding Times:** Hold at 150°F for 1.5-2 hours.
Broccoli Florets	35 lbs	Steam Broccoli florets until tender crisp according to package directions.
Brown Rice	13 lbs	Cook brown rice according to package directions.
Korean BBQ Sauce	1 gal	In a bowl layer, 1 cup brown rice, 1 cup broccoli florets and 5 meatballs. Before serving drizzle 1 oz Korean BBQ sauce over bowl. Serve.

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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.