



# Korean BBQ Bowl

with Roasted Garlic Basil Chicken Meatballs  
with Mozzarella Cheese, Fully Cooked  
RC Product Code: 91401

www.richchicks.com

**Serving Size:** 1 bowl  
**Yield:** 100 servings  
**Contribution:** 2 oz meat/meat alternate, 2 grains, 1 cup 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
<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

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.



**#ourcommitment**  
**YUM · YOU · NUTRITION**

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.