

BBQ Mashed Potato Bowls

Gold Kist® Breaded Chicken Popcorn (691600) tossed with BBQ sauce served on top of mashed potatoes and broccoli for a comforting and easy bowl-concept meal.

YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2 oz eq M/MA

1 oz Grain

1 cup vegetable (1/2 cup starchy + 1/2 cup dark green)

DIFFICULTY

Easiest

ALLERGENS

Milk, Soy, Wheat

PHOTO COMING SOON!

INGREDIENTS AND PREPARATION

100 servings (14 pieces each) Gold Kist Breaded Chicken Bites (691600)

100 servings dehydrated instant mashed potatoes

1/2 gallon low-sodium BBQ sauce

3 1/4 pounds shredded Cheddar cheese

18.4 pounds frozen broccoli, steamed

1. Preheat oven to 350 ° F.
2. Place frozen chicken pieces in a single layer on an ungreased baking sheet. Bake in a conventional oven for 10-14 minutes or in a convection oven for 8-10 minutes or until internal temperature reaches 165 ° F.
3. Meanwhile prepare vegetables and keep warm.
4. When chicken bites are done cooking, combine with BBQ sauce.
5. Right before service, assemble individual bowls by layering 1/2 cup mashed potatoes, 1 serving BBQ chicken (14 pieces), 1/2 ounce shredded cheese and garnish with 1/2 cup broccoli.
6. Serve immediately.

Nutrition Facts	
Serving Size (174g) (1 bowl)	
Amount Per Serving	
Calories 350	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 550mg	23%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 19g	
Vitamin A 10%	Vitamin C 90%
Calcium 15%	Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9</small>	<small>Carbohydrate 4</small> • <small>Protein 4</small>

Serving Suggestion: Make it a meal with fresh fruit and milk.



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