

# BBQ Mashed Potato Bowls

Pierce® Dark Meat Menu Strips (1260) tossed with BBQ sauce served on top of mashed potatoes and broccoli for a comforting bowl-concept meal.



## YIELD

100 servings

## MENU FIT/DAYPART

Lunch

## COMPONENTS

2 oz eq M/MA

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

## DIFFICULTY

Easiest

## ALLERGENS

Milk

## INGREDIENTS AND PREPARATION

100 servings (2.47oz each) Gold Kist Fully Cooked Dark Meat Menu Strips (1260)

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 90 minutes or in a convection oven for 45 minutes or until internal temperature reaches 165 ° F.
3. Meanwhile prepare vegetables and keep warm.
4. When chicken is done cooking, combine with BBQ sauce.
5. Right before service, assemble individual bowls by layering 1/2 cup mashed potatoes, 1 serving BBQ chicken (2.47oz, one #8 spoodle), 1/2 ounce shredded cheese and garnish with 1/2 cup broccoli.
6. Serve immediately.

**Serving suggestion:** Make it a meal with seasonal fruit and milk. Use fresh broccoli and potatoes if available.

## Nutrition Facts

Serving Size (220g) (1 bowl)

Amount Per Serving

**Calories 330**    Calories from Fat 80

% Daily Value\*

**Total Fat 9g**    **14%**

Saturated Fat 3.5g    **18%**

Trans Fat 0g

**Cholesterol 90mg**    **30%**

**Sodium 720mg**    **30%**

**Total Carbohydrate 39g**    **13%**

Dietary Fiber 5g    **20%**

Sugars 9g

**Protein 24g**

Vitamin A 15%    •    Vitamin C 170%

Calcium 15%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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