



RC Product Code: 91401

Korean BBQ Bowl

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With Garlic Basil Chicken Meatballs

Serving Size: 1 Bowl
Yield: 100 Servings
Contribution: 2 oz Meat/Meat Alternate, 2 oz Grain, 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)	63.1
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	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	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.

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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