



# Korean BBQ Bowl

## With Rich Chicks Garlic Basil Chicken Meatballs

**Serving Size:** 1 Bowl

**Yield:** 123

**Contribution:** 2oz Meat/Meat Alternate, 1 Dark Green Vegetable, 2oz Grain

**RC Product Code:** 91401

Ingredients	Amount	Preparation Instructions
Rich Chicks Garlic Basil Meatballs	20 lbs	1. Place 5# of meatballs in single layer in hotel pan, cover with foil, heat in 350 degree convection oven for 20 minutes or until meatballs reach an internal tempera-
Broccoli florets	37 lbs	2. Steam Broccoli florets until tender crisp according to package directions.
Brown Rice	16 pounds	3. Cook brown rice according to package directions
Korean BBQ sauce	1 gal	4. 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

Nutritional Information			
Portion	1 bowl		
Calories	405	Sodium	583
Total Fat (g)	6	Total Carbohydrates (g)	63.1
Saturated Fat (g)	1.35	Dietary Fiber (g)	6.6
Trans Fat (g)	0	Protein (g)	22.6
Cholesterol (mg)	48		

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.