

# PLANT-BASED KICKIN' POPCORN MASHED POTATO BOWL

**rebellyous**  
*Kickin' Popcorn*

per  
serving



2.25 MMA CREDITS  
.25 GRAIN CREDIT

## INGREDIENTS

- ½ cup of prepared mashed potatoes
- 1 oz of shredded cheddar cheese
- 8 pieces of Kickin Popcorn
- 1 Tablespoon of finely sliced green onions

## PREPARATION

1. Preheat oven to 400F
2. Place Kickin Popcorn on parchment paper lined baking sheet one layer deep
3. Cook for approximately 8 minutes or until internal temperature of 165F is reached  
HACCP – Critical Control Point: Hold at internal temperature of 135°F or above.
4. Prepare mashed potatoes according to manufacturer instructions
5. Finely slice green onions

## ASSEMBLY

Portion the prepared mashed potatoes then layer with shredded cheese, cooked Kickin Popcorn and garnish with the finely sliced green onions

### Optional

Add your favorite hot sauce or gravy on top of the mashed potatoes to enhance flavor and spiciness!

## Nutrition Facts

Serving size 1 bowl

**Calories** 406

Amount per serving

**Total Fat** 22.3 g  
Saturated Fat 5.6 g  
Trans Fat 0 g

**Cholesterol** 22.7 mg

**Sodium** 909.5 mg

**Total Carb** 33.3 g  
Dietary Fiber. 4.7g  
Sugars 2.9 g  
Added Sugars 0g

**Protein** 22.9 g

**Vitamin D** 11.1 mcg

**Calcium** 242.1 mg

**Iron** .4 mg

**Potassium** 369.8 mg

HACCP – Standard Operating Procedure – Use hand washing procedures before starting recipe. Wash all produce before starting this recipe.

**NO HARM. NO FOWL.®**

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