

PLANT-BASED KICKIN' POPCORN RAMEN BOWL

rebellyous
Kickin' Popcorn

per
serving



2.25 MMA CREDITS
.25 GRAIN CREDIT

INGREDIENTS

- 8 ea pieces of Kickin Popcorn
- 1 package of "Woodles" Noodles or similar serving size of Ramen style noodles
- ¼ cup of quarter cut mushrooms
- ¼ cup of shredded carrots
- 2 Tablespoons Sesame Ginger Dressing (Newman's Own)

Garnish:

- 2 ea pieces of "Gimme Seaweed" or similar product
- Drizzle of sesame oil
- 1 Tablespoon of thinly sliced green onions
- Toasted sesame seeds

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 ramen style noodles according to manufacturer instructions
5. Portion/Serve ramen noodles dressed with sesame ginger dressing
6. Portion/Serve cooked Kickin Popcorn on top of noodles
7. Top dressed noodles with mushroom and carrots
8. Garnish with choice of seaweed, sesame oil, green onions and sesame seeds

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

Nutrition Facts

Serving size 1 bowl

Calories	466
Fat Calories	213.8
Amount per serving	
Total Fat	24.3 g
Saturated Fat	7.4 g
Trans Fat	0.0 g
Cholesterol	29.6 mg
Sodium	766 mg
Total Carb	40.2g
Dietary Fiber.	4.5g
Sugars	1.9g
Added Sugars	0.0g
Protein	25.2 g
Vitamin D	31.9 mcg
Calcium	250.6 mg
Iron	1.2 mg
Potassium	151.1 mg

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