Rachel Masser
+1 (480) 485-9750
Tailored Bites Nutrition Concierge
services@tailoredbites.com

B-REGULAR ASIAN BEEF LETTUCE WRAPS

1 Bowl

INGREDIENTS

- 1 3 ounce of A-Ground Beef (90 g)
- 1 cup of quinoa, cooked (185 g)
- 2 outer leaves of lettuce, cos or romaine, raw (56 g)
- 1 half cup of A-Cauli Rice and Mixed Vegetables (Peas, Carrots, Green Bean, Corn) (72 g)
- 1 Tablespoon of A-Asian Chogan Sauce (29 g)

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (432 g)	% DRI
ENERGY	121 kcal	521 kcal	26 %
FAT	4 g	17 g	25 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	24 %
CHOLESTEROL	17 mg	75 mg	25 %
SODIUM	272 mg	1174 mg	49 %
CARBOHYDRATE	13 g	56 g	19 %
SUGARS	2 g	7 g	–
FIBER	2 g	9 g	37 %
PROTEIN	9 g	37 g	–