

B-SMALL MEXI SHREDDED BEEF BOWL

🍽️ 1 bowl

INGREDIENTS

- 1 2 tbsp of a- Chipotle Salsa [56 g]
- 1/2 half cup of A-Rice and quinoa [49 g]
- 1 1/4 cup of A-Root Vegetable [52 g]
- 1/4 half cup of A-Bean and Corn Mix [24 g]
- 1/2 half cup of A-Roasted Bell Peppers [37 g]
- 1 3 oz of A-Shredded Plain Beef [89 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (307 g)	% DRI
ENERGY	119 kcal	365 kcal	18 %
FAT	4 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	27 mg	84 mg	28 %
SODIUM	34 mg	104 mg	4 %
CARBOHYDRATE	11 g	34 g	11 %
SUGARS	2 g	6 g	—
FIBER	2 g	6 g	22 %
PROTEIN	11 g	33 g	—