

**Nutrition Info-TurkeyBurgerRice-
Small**

Nutrition Facts

Serving size: 1 Bowl (202 g)

Amount per serving

Calories: 297 Fat Calories: 77

% Daily Value*

| | |
|-------------------------|-----|
| Total Fat 9g | 14% |
| Saturated Fat 2g | 9% |
| Trans Fat 0g | |
| Cholesterol 44mg | 15% |
| Sodium 276mg | 12% |
| Calcium 51mg | 5% |
| Potassium 484mg | 14% |
| Phosphorus 259mg | 26% |
| Total Carb 39g | 13% |
| Dietary Fiber 6g | 24% |
| Sugars 1g | |
| Protein 18g | 35% |

Vitamin A 98% **Vitamin C** 18%

Calcium 5% **Iron** 14%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

| | | | |
|--------------------|-----------|---------|---------|
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |