

## B-SMALL TURKEY PATTY, RICE, & VEGETABLE BOWL

 1 bowl

### INGREDIENTS

- 1 half cup of A-Rice and quinoa [97 g]
- 1 half cup of A-Mixed Vegetables [Peas, Carrots, Green Bean, Corn] [72 g]
- 1 3 ounce of A-Ground Turkey Patty [90 g]
- 2 Tablespoons of A-Pickle Pico [20 g]

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (279 g)	% DRI
ENERGY	139 kcal	387 kcal	19 %
FAT	5 g	14 g	21 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	32 mg	89 mg	30 %
SODIUM	116 mg	325 mg	14 %
CARBOHYDRATE	13 g	38 g	13 %
SUGARS	0 g	1 g	—
FIBER	2 g	6 g	24 %
PROTEIN	10 g	29 g	—