

B- SMALL TURKEY BOLOGNESE BAKER (WITH BROCCOLI)

 1 portion

INGREDIENTS

- 1 3 ounce of A-Ground Turkey [90 g]
- 1 8 Tbsp of A-Italian Gravy [221 g]
- 1 half cup of A-Steamed Broccoli [78 g]
- 84 grams of potatoes, Russet, flesh and skin, baked

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (473 g)	% DRI
ENERGY	91 kcal	432 kcal	22 %
FAT	4 g	18 g	27 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	18 %
CHOLESTEROL	19 mg	89 mg	30 %
SODIUM	42 mg	201 mg	8 %
CARBOHYDRATE	9 g	43 g	14 %
SUGARS	2 g	11 g	—
FIBER	2 g	9 g	37 %
PROTEIN	7 g	31 g	—