

B-FAMILY STYLE ROASTED ROOT VEGETABLE

 1 bowl

INGREDIENTS

- 16 1/4 cup of A-Root Vegetable [836 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (836 g)	% DRI
ENERGY	123 kcal	1026 kcal	51 %
FAT	4 g	37 g	57 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	27 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	23 mg	193 mg	8 %
CARBOHYDRATE	19 g	161 g	54 %
SUGARS	4 g	32 g	—
FIBER	2 g	20 g	82 %
PROTEIN	2 g	17 g	—