

## B- REGULAR BEEFY SHEPARD BOWL

 1 bowls

### INGREDIENTS

- 1 3 ounce of A-Ground Beef [90 g]
- 2 half cups of a- Mashed potato [178 g]
- 2 half cups of A-Mixed Vegetables [Peas, Carrots, Green Bean, Corn] [144 g]

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWLS (412 g)	% DRI
ENERGY	126 kcal	517 kcal	26 %
FAT	4 g	17 g	26 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	29 %
CHOLESTEROL	19 mg	80 mg	27 %
SODIUM	196 mg	808 mg	34 %
CARBOHYDRATE	14 g	57 g	19 %
SUGARS	0 g	2 g	—
FIBER	2 g	9 g	37 %
PROTEIN	8 g	33 g	—