

## B- REGULAR BUFFALO BREAKFAST BOWL

 1 bowl

### INGREDIENTS

- 1/2 half cup of A-Roasted Bell Peppers [37 g]
- 2 large units of egg, white, raw, fresh [66 g]
- 1 half cup of A-Rice and quinoa [97 g]
- 1 tablespoon of A-Buffero Sauce [18 g]
- 1 3 oz of A-Shredded Plain Chicken [89 g]
- 2 1/4 cup of A-Root Vegetable [105 g]
- 1/8 cup of cheese, mozzarella, low moisture, part-skim, shredded [11 g]

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (422 g)	% DRI
ENERGY	124 kcal	522 kcal	26 %
FAT	4 g	17 g	26 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	19 %
CHOLESTEROL	22 mg	95 mg	32 %
SODIUM	190 mg	803 mg	33 %
CARBOHYDRATE	12 g	53 g	18 %
SUGARS	2 g	9 g	—
FIBER	1 g	6 g	24 %
PROTEIN	10 g	41 g	—