

## B-REGULAR HAMBURGER MAC BOWL

 1 bowl

### INGREDIENTS

- 1 3 ounce of A-Ground Beef [90 g]
- 112 grams of pasta, whole-wheat, cooked
- 1.5 four tbsps of a- Mac Gravy [155 g]
- 1 half cup of A-Steamed Broccoli [78 g]

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (435 g)	% DRI
ENERGY	128 kcal	558 kcal	28 %
FAT	5 g	22 g	34 %
FATTY ACIDS, TOTAL SATURATED	2 g	10 g	51 %
CHOLESTEROL	23 mg	102 mg	34 %
SODIUM	73 mg	318 mg	13 %
CARBOHYDRATE	13 g	55 g	18 %
SUGARS	1 g	3 g	—
FIBER	2 g	9 g	35 %
PROTEIN	9 g	38 g	—