

## B-REGULAR MEATBALL SWEET MASH BOWL

 1 bowl

### INGREDIENTS

- 2 meatballs of A-Turkey Quinoa Meatball [141 g]
- 2 half cups of A-Mashed Sweet Potato [206 g]
- 1 half cup of A-Sauteed Kale [15 g]
- 1/8 cup of seeds, pumpkin and squash seed kernels, dried [16 g]

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (378 g)	% DRI
ENERGY	136 kcal	513 kcal	26 %
FAT	6 g	23 g	36 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	23 %
CHOLESTEROL	22 mg	82 mg	27 %
SODIUM	192 mg	727 mg	30 %
CARBOHYDRATE	14 g	52 g	17 %
SUGARS	4 g	15 g	—
FIBER	3 g	10 g	39 %
PROTEIN	7 g	28 g	—