

B-REGULAR PHILLY BEEF BREAKFAST BOWL

 1 bowl

INGREDIENTS

- 1 3 oz of A-Shredded Plain Beef [89 g]
- 2 large units of egg, white, raw, fresh [66 g]
- 1 tbsp of cheese, parmesan, grated [5 g]
- 1 half cup of A-Roasted Red Potato [80 g]
- 1 half cup of A-Rice and quinoa [97 g]
- 1/2 half cup of A-Roasted Bell Peppers [37 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (379 g)	% DRI
ENERGY	124 kcal	470 kcal	23 %
FAT	4 g	15 g	24 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	22 %
CHOLESTEROL	24 mg	90 mg	30 %
SODIUM	75 mg	283 mg	12 %
CARBOHYDRATE	11 g	42 g	14 %
SUGARS	1 g	3 g	—
FIBER	1 g	4 g	17 %
PROTEIN	11 g	42 g	—