

B- SMALL BEEFY SHEPARD BOWL

 1 bowls

INGREDIENTS

- 1 3 ounce of A-Ground Beef [90 g]
- 1 half cup of a- Mashed potato [89 g]
- 1 half cup of A-Mixed Vegetables [Peas, Carrots, Green Bean, Corn] [72 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWLS (251 g)	% DRI
ENERGY	144 kcal	362 kcal	18 %
FAT	5 g	14 g	21 %
FATTY ACIDS, TOTAL SATURATED	2 g	5 g	25 %
CHOLESTEROL	31 mg	78 mg	26 %
SODIUM	182 mg	458 mg	19 %
CARBOHYDRATE	12 g	30 g	10 %
SUGARS	0 g	1 g	—
FIBER	2 g	5 g	19 %
PROTEIN	12 g	29 g	—