

B- SMALL 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]
- 1/2 half cup of A-Rice and quinoa [49 g]
- 1 tablespoon of A-Buffero Sauce [18 g]
- 1 3 oz of A-Shredded Plain Chicken [89 g]
- 1 1/4 cup of A-Root Vegetable [52 g]
- 0.065 cups of cheese, mozzarella, low moisture, part-skim, shredded [6 g]

NUTRITIONAL INFORMATION

| | PER 100 g | PER BOWL (316 g) | % DRI |
|------------------------------|-----------|------------------|-------|
| ENERGY | 122 kcal | 387 kcal | 19 % |
| FAT | 4 g | 13 g | 20 % |
| FATTY ACIDS, TOTAL SATURATED | 1 g | 3 g | 14 % |
| CHOLESTEROL | 29 mg | 91 mg | 30 % |
| SODIUM | 239 mg | 755 mg | 31 % |
| CARBOHYDRATE | 10 g | 31 g | 10 % |
| SUGARS | 2 g | 7 g | — |
| FIBER | 1 g | 4 g | 15 % |
| PROTEIN | 12 g | 38 g | — |