

## B-SMALL HAMBURGER MAC BOWL

 1 bowl

### INGREDIENTS

- 1 3 ounce of A-Ground Beef (90 g)
- 56 grams of pasta, whole-wheat, cooked
- 1 four tbsp of a- Mac Gravy (103 g)
- 1 half cup of A-Steamed Broccoli (78 g)

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (327 g)	% DRI
ENERGY	129 kcal	422 kcal	21 %
FAT	6 g	18 g	28 %
FATTY ACIDS, TOTAL SATURATED	2 g	8 g	41 %
CHOLESTEROL	28 mg	93 mg	31 %
SODIUM	79 mg	257 mg	11 %
CARBOHYDRATE	10 g	34 g	11 %
SUGARS	1 g	2 g	—
FIBER	2 g	6 g	24 %
PROTEIN	10 g	33 g	—