

B-SMALL MEATBALL SWEET MASH BOWL

 1 bowl

INGREDIENTS

- 2 meatballs of A-Turkey Quinoa Meatball [141 g]
- 1 half cup of A-Mashed Sweet Potato [103 g]
- 1 half cup of A-Sauteed Kale [15 g]
- 0.0625 cups of seeds, pumpkin and squash seed kernels, dried [8 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (267 g)	% DRI
ENERGY	137 kcal	365 kcal	18 %
FAT	7 g	18 g	28 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	18 %
CHOLESTEROL	31 mg	82 mg	27 %
SODIUM	179 mg	478 mg	20 %
CARBOHYDRATE	11 g	29 g	10 %
SUGARS	3 g	8 g	—
FIBER	2 g	6 g	23 %
PROTEIN	9 g	23 g	—