

B-SMALL 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]
- 1/2 half cup of A-Roasted Red Potato [40 g]
- 1/2 half cup of A-Rice and quinoa [49 g]
- 1/2 half cup of A-Roasted Bell Peppers [37 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (286 g)	% DRI
ENERGY	136 kcal	390 kcal	19 %
FAT	5 g	14 g	22 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	19 %
CHOLESTEROL	31 mg	89 mg	30 %
SODIUM	86 mg	245 mg	10 %
CARBOHYDRATE	9 g	27 g	9 %
SUGARS	1 g	3 g	—
FIBER	1 g	3 g	11 %
PROTEIN	14 g	40 g	—