

B- REGULAR BEEFY NINJA BOWL

 1 bowl

INGREDIENTS

- 1/2 half cup of A-Steamed Broccoli [39 g]
- 1 3 oz of A-Shredded Plain Beef [89 g]
- 1/2 half cup of A-Roasted Bell Peppers [37 g]
- 2 half cups of A-Rice and quinoa [194 g]
- 2 Tablespoons of A-Teriyaki Sauce [38 g]
- 1/3 tbsps chopped of onions, spring or scallions (includes tops and bulb), raw [2 g]
- 0.06 tbsps of seeds, sesame seeds, whole, dried [1 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (400 g)	% DRI
ENERGY	122 kcal	486 kcal	24 %
FAT	3 g	10 g	16 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	21 mg	84 mg	28 %
SODIUM	103 mg	413 mg	17 %
CARBOHYDRATE	16 g	64 g	21 %
SUGARS	2 g	9 g	—
FIBER	2 g	6 g	24 %
PROTEIN	9 g	35 g	—