

## B- REGULAR BRUSSELS SPICED TURKEY PATTY BOWL

 1 bowl

### INGREDIENTS

- 1.5 half cups of A-Roasted Brussels Sprout (120 g)
- 1 3 ounce of a- Spiced Turkey Patty (103 g)
- 2 half cups of A-Rice and quinoa (194 g)

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (417 g)	% DRI
ENERGY	117 kcal	486 kcal	24 %
FAT	3 g	15 g	22 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	17 %
CHOLESTEROL	21 mg	89 mg	30 %
SODIUM	172 mg	717 mg	30 %
CARBOHYDRATE	14 g	59 g	20 %
SUGARS	1 g	4 g	—
FIBER	2 g	8 g	32 %
PROTEIN	8 g	32 g	—