

## B- SMALL 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]
- 1 half cup of A-Rice and quinoa [97 g]
- 2 Tablespoons of A-Teriyaki Sauce [38 g]
- 1/4 tbsp chopped of onions, spring or scallions (includes tops and bulb), raw [2 g]
- 0.03 tbsps of seeds, sesame seeds, whole, dried [0 g]

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (302 g)	% DRI
ENERGY	124 kcal	375 kcal	19 %
FAT	3 g	9 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
CHOLESTEROL	28 mg	84 mg	28 %
SODIUM	136 mg	411 mg	17 %
CARBOHYDRATE	14 g	41 g	14 %
SUGARS	3 g	9 g	—
FIBER	1 g	4 g	17 %
PROTEIN	11 g	33 g	—