

B- SMALL BRUSSELS SPICED TURKEY PATTY BOWL

 1 bowl

INGREDIENTS

- 1 half cup of A-Roasted Brussels Sprout [80 g]
- 1 3 ounce of a- Spiced Turkey Patty [103 g]
- 1 half cup of A-Rice and quinoa [97 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (280 g)	% DRI
ENERGY	127 kcal	356 kcal	18 %
FAT	5 g	13 g	20 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	32 mg	89 mg	30 %
SODIUM	249 mg	698 mg	29 %
CARBOHYDRATE	12 g	34 g	11 %
SUGARS	1 g	3 g	—
FIBER	2 g	5 g	20 %
PROTEIN	10 g	28 g	—