

## B- REGULAR BBQ MEATBALL AND ROOT BOWL

 1 bowl

### INGREDIENTS

- 2 meatballs of A-Turkey Quinoa Meatball [141 g]
- 1 Tablespoon of a- Homemade BBQ Sauce [15 g]
- 3 1/4 cup of A-Root Vegetable [157 g]
- 1.5 half cups of a- Squash, Carrot, Broccoli Veg [86 g]

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (398 g)	% DRI
ENERGY	111 kcal	443 kcal	22 %
FAT	4 g	18 g	27 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	18 %
CHOLESTEROL	21 mg	82 mg	27 %
SODIUM	39 mg	154 mg	6 %
CARBOHYDRATE	13 g	50 g	17 %
SUGARS	4 g	15 g	—
FIBER	2 g	7 g	29 %
PROTEIN	6 g	24 g	—