

## B-REGULAR BEEFY PICADILLO

 1 bowl

### INGREDIENTS

- 1 3 ounce of A-Ground Beef [90 g]
- 6 quarter cups of A-Roasted Sweet Potatoes [cubes] [210 g]
- 1 half cup of A-Picadillo Sofrito [163 g]
- 1 half cup of A-Roasted Squash Cubes [91 g]

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (554 g)	% DRI
ENERGY	95 kcal	524 kcal	26 %
FAT	4 g	20 g	30 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	27 %
CHOLESTEROL	14 mg	75 mg	25 %
SODIUM	98 mg	544 mg	23 %
CARBOHYDRATE	11 g	58 g	19 %
SUGARS	3 g	16 g	—
FIBER	2 g	10 g	42 %
PROTEIN	6 g	31 g	—