

B- REGULAR NINJA CHICKEN BOWL

🍽 1 bowl

INGREDIENTS

- 1.5 half cups of A-Rice and quinoa [146 g]
- 1 half cup of A-Steamed Broccoli [78 g]
- 1 3 ounce of A-Roasted OG Chicken Breast [95 g]
- 2 Tablespoons of A-Teriyaki Sauce [38 g]
- 1.5 grams of onions, spring or scallions (includes tops and bulb), raw
- 1.5 grams of seeds, sesame seeds, whole, dried
- 16 grams of seeds, pumpkin and squash seeds, whole, roasted, without salt

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (376 g)	% DRI
ENERGY	126 kcal	475 kcal	24 %
FAT	3 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	24 mg	88 mg	29 %
SODIUM	269 mg	1009 mg	42 %
CARBOHYDRATE	17 g	63 g	21 %
SUGARS	2 g	8 g	—
FIBER	2 g	9 g	38 %
PROTEIN	10 g	36 g	—