

B- REGULAR CUMIN SPICED TURKEY LENTIL LETTUCE CUPS

🍽 1 bowl

INGREDIENTS

- 1 3 ounce of A-Ground Turkey [90 g]
- 4 Tablespoons of a- Hummus [42 g]
- 2 outer leaves of lettuce, green leaf, raw [48 g]
- 2 half cups of A-Lentils [338 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (518 g)	% DRI
ENERGY	108 kcal	559 kcal	28 %
FAT	4 g	18 g	28 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	18 %
CHOLESTEROL	17 mg	89 mg	30 %
SODIUM	187 mg	970 mg	40 %
CARBOHYDRATE	11 g	58 g	19 %
SUGARS	1 g	5 g	—
FIBER	2 g	11 g	45 %
PROTEIN	8 g	44 g	—