

B-SMALL 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]
- 2 1/4 cup of A-Root Vegetable [105 g]
- 1 half cup of a- Squash, Carrot, Broccoli Veg [57 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (318 g)	% DRI
ENERGY	115 kcal	364 kcal	18 %
FAT	5 g	15 g	23 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	15 %
CHOLESTEROL	26 mg	82 mg	27 %
SODIUM	41 mg	132 mg	5 %
CARBOHYDRATE	12 g	38 g	13 %
SUGARS	4 g	13 g	—
FIBER	2 g	5 g	21 %
PROTEIN	7 g	22 g	—