

B-SMALL BEEFY PICADILLO

 1 bowl

INGREDIENTS

- 1 3 ounce of A-Ground Beef [90 g]
- 3 quarter cups of A-Roasted Sweet Potatoes [cubes] [105 g]
- 1/2 half cup of A-Picadillo Sofrito [82 g]
- 1 half cup of A-Roasted Squash Cubes [91 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (368 g)	% DRI
ENERGY	102 kcal	375 kcal	19 %
FAT	4 g	15 g	24 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	24 %
CHOLESTEROL	21 mg	75 mg	25 %
SODIUM	89 mg	328 mg	14 %
CARBOHYDRATE	9 g	32 g	11 %
SUGARS	2 g	9 g	—
FIBER	2 g	6 g	24 %
PROTEIN	8 g	28 g	—