

## B- SMALL NINJA CHICKEN BOWL

 1 bowl

### INGREDIENTS

- 1 half cup of A-Rice and quinoa [97 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]
- 1/8 grams of onions, spring or scallions (includes tops and bulb), raw
- 1/8 grams of seeds, sesame seeds, whole, dried
- 8 grams of seeds, pumpkin and squash seeds, whole, roasted, without salt

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (316 g)	% DRI
ENERGY	119 kcal	376 kcal	19 %
FAT	2 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	8 %
CHOLESTEROL	28 mg	88 mg	29 %
SODIUM	318 mg	1007 mg	42 %
CARBOHYDRATE	15 g	47 g	16 %
SUGARS	2 g	8 g	—
FIBER	2 g	7 g	27 %
PROTEIN	11 g	33 g	—