

B- SMALL CUMIN SPICED TURKEY LENTIL LETTUCE CUPS

🍽 1 bowl

INGREDIENTS

- 1 3 ounce of A-Ground Turkey [90 g]
- 2 Tablespoons of a- Hummus [21 g]
- 2 outer leaves of lettuce, green leaf, raw [48 g]
- 1 half cup of A-Lentils [169 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (328 g)	% DRI
ENERGY	116 kcal	381 kcal	19 %
FAT	4 g	14 g	22 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	27 mg	89 mg	30 %
SODIUM	162 mg	532 mg	22 %
CARBOHYDRATE	10 g	31 g	10 %
SUGARS	1 g	3 g	—
FIBER	2 g	6 g	26 %
PROTEIN	10 g	34 g	—