

# Eggroll Bowl with Turkey

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>(497g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 21g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 27g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 2.9mg	15%
Potassium 1010mg	20%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: GROUND TURKEY, CABBAGE, CABBAGE, ONION, CARROT, COCONUT AMINOS, GREEN ONIONS, RICE VINEGAR, SESAME OIL, GINGER

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104

# Eggroll Bowl Without Turkey

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>(385g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 21g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.8mg	10%
Potassium 730mg	15%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: CABBAGE, CABBAGE, ONION, CARROT, COCONUT AMINOS, GREEN ONIONS, RICE VINEGAR, SESAME OIL, GINGER

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