



# BOWL NUTRITION FACTS

## CHICKEN BREAST BOWL

Nutrition Facts		
Serving Size: 1 Bowl		Servings Per Container: 1
Calories 275	Amount per Serving	%Daily Value*
<b>Total Fat</b>	<b>2.5g</b>	
Sat. Fat	0.5g	
<b>Cholesterol</b>	<b>65mg</b>	
<b>Sodium</b>	<b>152g</b>	
<b>Total Carbs.</b>	<b>34g</b>	
Dietary Fiber	6g	
Sugars	3g	
<b>Protein</b>	<b>28g</b>	

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

## SALMON BOWL

Nutrition Facts		
Serving Size: 1 Bowl		Servings Per Container: 1
Calories 295	Amount per Serving	%Daily Value*
<b>Total Fat</b>	<b>5g</b>	
Sat. Fat	0g	
<b>Cholesterol</b>	<b>98mg</b>	
<b>Sodium</b>	<b>180mg</b>	
<b>Total Carbs.</b>	<b>34g</b>	
Dietary Fiber	6g	
Sugars	2.5g	
<b>Protein</b>	<b>27.5g</b>	

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established

## STEAK BOWL

Nutrition Facts		
Serving Size: 1 Bowl		Servings Per Container: 1
Calories 368	Amount per Serving	%Daily Value*
<b>Total Fat</b>	<b>12g</b>	
Sat. Fat	5g	
<b>Cholesterol</b>	<b>59mg</b>	
<b>Sodium</b>	<b>112mg</b>	
<b>Total Carbs.</b>	<b>34g</b>	
Dietary Fiber	6g	
Sugars	3g	
<b>Protein</b>	<b>33g</b>	

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet. †Daily Value not established