

Avocado Energy Bowl

Nutrition Facts	
1 servings per container	
Serving size	1 bowl (202g)
Amount Per Serving	320
Calories	
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 187mg	62%
Sodium 674mg	29%
Total Carbohydrate 17g	6%
Dietary Fiber 9g	32%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	26%
Not a significant source of vitamin D, calcium, iron, and potassium	
* 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	

Ingredients:

egg, hummus, avocado,
cucumbers, Za'atar (thyme,
sumac, roasted wheat, salt, citric
acid, sesame seed, vegetable oil),
salt, pepper