

# Protein Energy Bowl

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 bowl (181g)</b>
<b>Amount Per Serving</b>	<b>280</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 374mg	<b>125%</b>
<b>Sodium</b> 731mg	<b>32%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	<b>32%</b>
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, cucumbers,  
Za'atar (thyme, sumac, roasted  
wheat, salt, citric acid, sesame  
seed, vegetable oil), salt, pepper