

Cycle 2

Harvest Quinoa Bowl

Quinoa with roasted sweet potato and Brussels sprouts, tart dried cranberries, toasted pecans, and a shallot-cider vinaigrette



Allergens: Tree nuts (pecans)

Harvest Quinoa Bowl

Nutrition Facts	
1 servings per container	
Serving size	1 meal (240 g)
Amount per serving	
Calories	
400	
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 50g	18%
Dietary Fiber 3g	11%
Total Sugars 14g	
Protein 6g	
Vitamin D 0.00mcg	0%
Calcium 70mg	6%
Iron 3mg	19%
Potassium 550mg	14%

* 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.