



Mamabowl's nutritional facts

Date : 01/11/2021

| BOWL | Quantity | Energy (kcal) | Total Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sugar (g) | Protein (g) | Sodyum (mg) | Fiber (g) |
|----------------------|--------------------|---------------|---------------|-------------------|------------------|-----------|-------------|-------------|-----------|
| Burrata Bowl | One portion : 420G | 641 | 35 | 13 | 53 | 11 | 31 | 1046 | 8,9 |
| | % Daily Values* | 32% | 45% | 65% | 19% | 22% | 62% | 45% | 32% |
| Mozzarella Bowl | One portion : 400G | 606 | 30 | 13 | 56 | 9,2 | 31 | 1135 | 8 |
| | % Daily Values* | 30% | 38% | 65% | 20% | 18% | 62% | 49% | 29% |
| Parmesan Bowl | One portion : 390G | 411 | 16 | 6,7 | 48 | 12 | 21 | 925 | 8,1 |
| | % Daily Values* | 21% | 21% | 34% | 17% | 24% | 42% | 40% | 29% |
| Humus Bowl | One portion : 390G | 436 | 18 | 2,7 | 61 | 17 | 14 | 1007 | 15 |
| | % Daily Values* | 22% | 23% | 12% | 22% | 34% | 28% | 44% | 54% |
| Falafel Bowl | One portion : 400G | 508 | 16 | 2,5 | 74 | 12 | 21 | 862 | 18 |
| | % Daily Values* | 25% | 21% | 12% | 27% | 24% | 42% | 37% | 64% |
| SAUCE | | | | | | | | | |
| Pesto | One portion : 30G | 147 | 16 | 2,5 | 0,8 | 0,1 | 1,1 | 215 | 0,3 |
| | % Daily Values* | 7% | 21% | 12% | 0% | 0% | 2% | 9% | 1% |
| Lemon | One portion : 30G | 146 | 17 | 2,4 | 1 | 0,5 | 0,1 | 127 | 0 |
| | % Daily Values* | 7% | 22% | 12% | 0% | 1% | 0% | 6% | 0% |
| Honey mustard | One portion : 30G | 113 | 11 | 1,5 | 5,6 | 5,1 | 0,3 | 244 | 0,3 |
| | % Daily Values* | 6% | 14% | 8% | 2% | 10% | 1% | 11% | 1% |
| Old mustard | One portion : 30G | 157 | 17 | 1,7 | 2,2 | 0,6 | 0,3 | 213 | 0,4 |
| | % Daily Values* | 8% | 22% | 8% | 1% | 1% | 1% | 9% | 1% |
| Tahin | One portion : 30G | 182 | 19 | 2,7 | 3,8 | 1,5 | 1,6 | 127 | 1 |
| | % Daily Values* | 9% | 24% | 14% | 1% | 3% | 3% | 6% | 4% |
| Balsamic Walnut | One portion : 30G | 202 | 21 | 1,9 | 3,7 | 3,3 | 0,1 | 140 | 0,1 |
| | % Daily Values* | 10% | 27% | 10% | 1% | 7% | 0% | 6% | 0% |
| Hibiscus | One portion : 30G | 102 | 10 | 1,4 | 3,8 | 3 | 0,2 | 173 | 0,2 |
| | % Daily Values* | 5% | 13% | 7% | 1% | 6% | 0% | 8% | 1% |
| DRINK | | | | | | | | | |
| Ginger Lemonade | One portion : 25CL | 43 | 0,1 | 0 | 11 | 10 | 0,1 | 3,2 | 0,2 |
| | % Daily Values* | 2% | 0% | 0% | 4% | 20% | 0% | 0% | 1% |
| Jasmin Ice Tea | One portion : 25CL | 33 | 0 | 0 | 8,6 | 8,5 | 0 | 2,5 | 0 |
| | % Daily Values* | 2% | 0% | 0% | 3% | 17% | 0% | 0% | 0% |
| Hibiscus Ice Tea | One portion : 25CL | 40 | 0 | 0 | 10 | 9,7 | 0,2 | 17 | 0,2 |
| | % Daily Values* | 2% | 0% | 0% | 4% | 19% | 2% | 1% | 1% |
| San Pellegrino | One portion : 25CL | 0 | 0 | 0 | 0 | 0 | 0 | 7,5 | 0 |
| | % Daily Values* | 0% | 0% | 0% | 0% | 0% | 0% | 1% | 0% |
| Beypazarı soda | One portion : 20CL | 0 | 0 | 0 | 0 | 0 | 0 | 27 | 0 |
| | % Daily Values* | 0% | 0% | 0% | 0% | 0% | 0% | 1% | 0% |
| Kestane water | One portion : 33CL | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| | % Daily Values* | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% |
| DESSERT | | | | | | | | | |
| Apple Pie | One portion : 120G | 257 | 12 | 6,8 | 36 | 14 | 2,6 | 85 | 1,9 |
| | % Daily Values* | 13% | 15% | 34% | 13% | 28% | 5% | 4% | 7% |
| Matchamisu | One portion : 150G | 335 | 22 | 15 | 25 | 16 | 7,3 | 95 | 0,2 |
| | % Daily Values* | 17% | 28% | 75% | 9% | 32% | 15% | 4% | 1% |
| Chocalmond pie | One portion : 130G | 524 | 35 | 13 | 43 | 35 | 12 | 154 | 4,3 |
| | % Daily Values* | 26% | 45% | 65% | 16% | 70% | 24% | 7% | 15% |
| Panna cotta lavender | One portion : 130G | 305 | 27 | 15 | 15 | 14 | 2,4 | 20 | 0,6 |
| | % Daily Values* | 15% | 35% | 70% | 5% | 28% | 5% | 1% | 2% |
| Purple banana cake | One portion : 150G | 404 | 18 | 2,7 | 55 | 31 | 8,2 | 303 | 4,5 |
| | % Daily Values* | 20% | 23% | 14% | 20% | 62% | 16% | 13% | 16% |
| EXTRA | | | | | | | | | |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.