

Nutrition Comparison: Bowl Ingredients (Per 100g)

Ingredient	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Sweet Potato (baked)	90	2	21	0.1	3.3
Ground Beef (90% lean)	230	23	0	15	0
Low-fat Cottage Cheese	90	11	3	2.5	0