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> Healthy Choice Power Bowls Spicy Beef Teriyaki with Riced Cauliflower 9.25 OZ Instruction Manual

Healthy Choice 20072655002504

Healthy Choice Power Bowls Spicy Beef Teriyaki with Riced Cauliflower - Instruction Manual

Model: 20072655002504

PRODUCT OVERVIEW

The Healthy Choice Power Bowls Spicy Beef Teriyaki with Riced Cauliflower is a convenient frozen meal designed to provide a balanced and flavorful option. It features tender braised, all-natural USDA choice beef and a variety of vegetables, including dark leafy greens, broccoli, shoestring carrots, red bell pepper strips, and scallions. These ingredients are served over riced cauliflower and coated in a sweet and spicy teriyaki sauce. This gluten-free power bowl offers 13 grams of protein and 5 grams of dietary fiber per serving, making it suitable for a low-carb lifestyle.

The meal comes in a plant-based fiber serving bowl, ready for microwave preparation.

SETUP AND PREPARATION

This product is a frozen meal and requires no thawing prior to cooking. Keep the bowl frozen until you are ready to prepare it.

- Ensure the film covering the bowl is intact. Do not use if the film is broken.
- This product is designed for microwave cooking only. Do not cook in conventional or toaster ovens.
- Cook only one bowl at a time for optimal results.

OPERATING INSTRUCTIONS (MICROWAVE COOKING)

Follow these steps for safe and proper cooking of your Healthy Choice Power Bowl:

1. **Microwave on HIGH:** Place the frozen bowl in the microwave. Heat on HIGH for 3 1/2 to 4 1/2 minutes. There is no need to vent the film.
2. **Stand Time:** Carefully remove the bowl from the microwave. Let it stand for 1 minute. The bowl will be hot, so handle with caution.
3. **Check Temperature:** Stir the contents thoroughly. Ensure the food is cooked to an internal temperature of 165°F (74°C).
4. **Enjoy:** Once thoroughly cooked, the meal is ready to be consumed.

Important Note: Microwave cooking times are based on an 1100-watt microwave oven. Appliances vary, and cooking times may

need to be adjusted accordingly. Always ensure food is cooked thoroughly to 165°F.

HEATING INSTRUCTIONS

MICROWAVE OVEN

DO NOT use if film is broken. **COOK** only one at a time.
DO NOT cook in conventional or toaster ovens.



MICROWAVE on HIGH for **4 to 5** minutes.
No need to vent film.



LET stand for 1 minute in microwave.
HANDLE CAREFULLY;
IT'S HOT!



CHECK that food is cooked thoroughly.
Stir and enjoy!

FOR FOOD SAFETY AND QUALITY

- **Keep frozen.** Do not thaw.
- **Microwave directions** developed with 1100-watt microwave ovens.
- **Appliances vary.** Adjust cooking times as needed.
- **Food** must be cooked thoroughly to 165°F.
- **Read** and follow these cooking directions.

Image: Detailed heating instructions for microwave preparation, showing microwave time, stand time, and temperature check.

STORAGE AND MAINTENANCE

For optimal quality and safety, keep this product frozen at 0°F (-18°C) or below until you are ready to cook it. Do not refreeze once thawed.

The serving bowl is made from plant-based fiber. While designed for convenience, some users have noted that the bowl may absorb sauce. This does not affect the safety or quality of the food, but for best experience, consume promptly after cooking.

TROUBLESHOOTING AND SAFETY INFORMATION

Allergen Information:

This product contains **Sesame** and **Soy**. Do not consume if you have allergies to these ingredients.

General Safety:

- Always ensure food is cooked thoroughly to 165°F (74°C) for food safety.
- Handle the bowl carefully after microwaving as it will be hot.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

INGREDIENTS AND NUTRITIONAL INFORMATION

Below are the detailed ingredients and nutritional facts for the Healthy Choice Power Bowls Spicy Beef Teriyaki with Riced Cauliflower, as presented on the product packaging.

Ingredients List:

Cauliflower, Sauce (Chicken Broth, Honey, Tamari Soy Sauce [Water, Soybeans, Salt, Sugar], Pineapple Juice Concentrate, Ginger Puree, Tapioca Starch, Chili Paste [Red Chili Peppers, Distilled Vinegar, Garlic, Salt], Garlic Puree, Contains 2% or Less of: Sesame Seed Oil, Balsamic Vinegar [Wine Vinegar, Concentrated Grape Must], Molasses), Seasoned Braised Beef (Beef, Water, Brown Sugar, Sea Salt, Seasoning [Onion, Garlic, Spices], Flavorings, Olive Oil, Sunflower Lecithin), Carrots, Broccoli, Leafy Greens (Cauliflower Leaves, Kale, Chard, Spinach), Red Bell Peppers, Scallions. Contains: Sesame, Soy.

INGREDIENTS

Cauliflower, Sauce (Chicken Broth, Honey, Tamari Soy Sauce [Water, Soybeans, Salt, Sugar], Pineapple Juice Concentrate, Tapioca Starch, Ginger Puree, Chili Paste [Red Chili Peppers, Distilled Vinegar, Garlic, Salt], Garlic Puree, Sesame Seed Oil, Balsamic Vinegar [Wine Vinegar, Concentrated Grape Must], Molasses), Seasoned Braised Beef (Beef, Water, Brown Sugar, Sea Salt, Seasoning [Onion, Garlic, Spices], Flavorings, Olive Oil, Sunflower Lecithin), Carrots, Broccoli, Leafy Greens (Cauliflower Leaves, Kale, Chard, Spinach), Red Bell Peppers, Scallions.
Contains: Sesame, Soy.

Image: A visual representation of the ingredients list for the product, including allergen information.

Nutrition Facts:

Based on the Nutrition Facts label (1 serving per container, serving size 1 meal (262g)):

Calories: 170

Total Fat: 5g (6% Daily Value*)

Saturated Fat: 2g (10% Daily Value*)

Trans Fat: 0g

Cholesterol: 40mg (13% Daily Value*)

Sodium: 580mg (25% Daily Value*)

Total Carbohydrate: 19g (7% Daily Value*)

Dietary Fiber: 5g (18% Daily Value*)

Total Sugars: 9g (Includes 7g Added Sugars, 14% Daily Value*)

Protein: 13g (20% Daily Value*)

*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.

NUTRITION FACTS

1 serving per container
Serving size 1 meal (262g)

Amount per serving
Calories 170

% Daily Value*

Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 40mg	13%
Sodium 580mg	25%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 7g Added Sugars	14%
Protein 13g	20%
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 1.9mg	10%
Potassium 560mg	10%
Vitamin A	30%
Vitamin C	35%

* 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Image: Official Nutrition Facts label providing detailed dietary information per serving.



13g
PROTEIN
PER BOWL

**A TASTY, HIGH-
PROTEIN BOWL**

Image: Visual emphasizing the 13 grams of protein content per bowl.

EACH INGREDIENT MATTERS

**RICED
CAULIFLOWER**

**LEAFY
GREENS
BLEND**

VEGETABLES
Broccoli, Carrots,
Red Bell Pepper,
Scallions

**SEASONED
BRAISED BEEF**
Made with All Natural*
USDA Choice Beef

*No Artificial Ingredients.
Minimally Processed.

**SPICY
TERIYAKI
SAUCE**



Image: A diagram illustrating the key components of the Power Bowl, including riced cauliflower, leafy greens, vegetables, seasoned beef, and spicy teriyaki sauce.

DELICIOUS & FILLING

Grain Free

Gluten Free

Made with All Natural*
USDA Choice Beef.

*No Artificial Ingredients. Minimally Processed.

Image: Highlights key product features such as being delicious, filling, grain-free, gluten-free, and made with all-natural USDA Choice Beef.

PRODUCT SPECIFICATIONS

Product Dimensions	1.63 x 7.44 x 7.44 inches
Item Weight	9.25 ounces (0.58 Pounds)
Model Number	20072655002504
UPC	072655002500
Brand	Healthy Choice
Manufacturer	Conagra
Flavor	Spicy Beef Teriyaki

Diet Type	Gluten Free
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ADDITIONAL INFORMATION

Product Video:

Your browser does not support the video tag.

Video: An official video from Healthy Choice showcasing Power Bowls, highlighting their grain-free and gluten-free aspects. This video provides a general overview of the product line.

WARRANTY AND SUPPORT

Specific warranty information for this food product is not typically provided. For any concerns regarding product quality or safety, please contact Healthy Choice customer support directly.

For further assistance or inquiries, please visit the official Healthy Choice website or refer to the contact information provided on the product packaging.

You can also visit the [Healthy Choice Store on Amazon](#) for more products and information.

This manual provides instructions for the Healthy Choice Power Bowls Spicy Beef Teriyaki with Riced Cauliflower. All rights reserved.