

## Chicken Katsu

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>3oz (85g)</b>
Amount Per Serving	
<b>Calories</b>	<b>290</b>
% Daily Value*	
<b>Total Fat</b> 0g	25%
Saturated Fat 2g	30%
<i>Trans</i> Fat 2g	
<b>Cholesterol</b> 15mg	15%
<b>Sodium</b> 240mg	11%
<b>Total Carbohydrate</b> 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
<b>Protein</b> 5g	
<b>Vitamin D</b> 5mcg	0%
<b>Potassium</b> 470mg	1%
<b>Calcium</b> 200mg	0%
<b>Iron</b> 1mg	3%

\*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.

## Chicken Teriyaki

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>3oz (85g)</b>
Amount Per Serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 6g	25%
Saturated Fat 2g	30%
<i>Trans</i> Fat 2g	
<b>Cholesterol</b> 15mg	15%
<b>Sodium</b> 240mg	11%
<b>Total Carbohydrate</b> 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
<b>Protein</b> 5g	
<b>Vitamin D</b> 5mcg	0%
<b>Potassium</b> 470mg	1%
<b>Calcium</b> 200mg	0%
<b>Iron</b> 1mg	3%

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## Pork Katsu

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>3oz (85g)</b>
Amount Per Serving	
<b>Calories</b>	<b>310</b>
% Daily Value*	
<b>Total Fat</b> 11g	25%
Saturated Fat 2g	30%
<i>Trans</i> Fat 2g	
<b>Cholesterol</b> 15mg	15%
<b>Sodium</b> 240mg	11%
<b>Total Carbohydrate</b> 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
<b>Protein</b> 5g	
<b>Vitamin D</b> 5mcg	0%
<b>Potassium</b> 470mg	1%
<b>Calcium</b> 200mg	0%
<b>Iron</b> 1mg	3%

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## Pork Shoulder

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>3oz (85g)</b>
Amount Per Serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 11g	25%
Saturated Fat 2g	30%
<i>Trans</i> Fat 2g	
<b>Cholesterol</b> 15mg	15%
<b>Sodium</b> 240mg	11%
<b>Total Carbohydrate</b> 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
<b>Protein</b> 5g	
<b>Vitamin D</b> 5mcg	0%
<b>Potassium</b> 470mg	1%
<b>Calcium</b> 200mg	0%
<b>Iron</b> 1mg	3%

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## Tempura Shrimp

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>3oz (85g)</b>
Amount Per Serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 10g	25%
Saturated Fat 2g	30%
<i>Trans</i> Fat 2g	
<b>Cholesterol</b> 15mg	15%
<b>Sodium</b> 240mg	11%
<b>Total Carbohydrate</b> 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
<b>Protein</b> 5g	
<b>Vitamin D</b> 5mcg	0%
<b>Potassium</b> 470mg	1%
<b>Calcium</b> 200mg	0%
<b>Iron</b> 1mg	3%

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## Tofu

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>3oz (85g)</b>
Amount Per Serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 7g	25%
Saturated Fat 2g	30%
<i>Trans</i> Fat 2g	
<b>Cholesterol</b> 15mg	15%
<b>Sodium</b> 240mg	11%
<b>Total Carbohydrate</b> 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
<b>Protein</b> 5g	
<b>Vitamin D</b> 5mcg	0%
<b>Potassium</b> 470mg	1%
<b>Calcium</b> 200mg	0%
<b>Iron</b> 1mg	3%

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