

Cucumber

Nutrition Facts	
1 Servings Per Container	
Serving Size	1oz (28g)
Amount Per Serving	
Calories	5
% Daily Value*	
Total Fat 0g	25%
Saturated Fat 2g	30%
Trans Fat 2g	
Cholesterol 15mg	15%
Sodium 240mg	11%
Total Carbohydrate 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
Protein 5g	
Vitamin D 5mcg	0%
Potassium 470mg	1%
Calcium 200mg	0%
Iron 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.

Carrot

Nutrition Facts	
1 Servings Per Container	
Serving Size	1oz (28g)
Amount Per Serving	
Calories	10
% Daily Value*	
Total Fat 0g	25%
Saturated Fat 2g	30%
Trans Fat 2g	
Cholesterol 15mg	15%
Sodium 240mg	11%
Total Carbohydrate 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
Protein 5g	
Vitamin D 5mcg	0%
Potassium 470mg	1%
Calcium 200mg	0%
Iron 1mg	3%

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Edamame

Nutrition Facts	
1 Servings Per Container	
Serving Size	1oz (28g)
Amount Per Serving	
Calories	40
% Daily Value*	
Total Fat 1g	25%
Saturated Fat 2g	30%
Trans Fat 2g	
Cholesterol 15mg	15%
Sodium 240mg	11%
Total Carbohydrate 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
Protein 5g	
Vitamin D 5mcg	0%
Potassium 470mg	1%
Calcium 200mg	0%
Iron 1mg	3%

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Shiitake Mushroom

Nutrition Facts	
1 Servings Per Container	
Serving Size	1oz (28g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 0g	25%
Saturated Fat 2g	30%
Trans Fat 2g	
Cholesterol 15mg	15%
Sodium 240mg	11%
Total Carbohydrate 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
Protein 5g	
Vitamin D 5mcg	0%
Potassium 470mg	1%
Calcium 200mg	0%
Iron 1mg	3%

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Pickled Daikon

Nutrition Facts	
1 Servings Per Container	
Serving Size	1oz (28g)
Amount Per Serving	
Calories	5
% Daily Value*	
Total Fat 0g	25%
Saturated Fat 2g	30%
Trans Fat 2g	
Cholesterol 15mg	15%
Sodium 240mg	11%
Total Carbohydrate 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
Protein 5g	
Vitamin D 5mcg	0%
Potassium 470mg	1%
Calcium 200mg	0%
Iron 1mg	3%

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Tamago

Nutrition Facts	
1 Servings Per Container	
Serving Size	1oz (28g)
Amount Per Serving	
Calories	45
% Daily Value*	
Total Fat 2.5g	20%
Saturated Fat 2g	25%
Trans Fat 2g	30%
Cholesterol 15mg	15%
Sodium 240mg	11%
Total Carbohydrate 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
Protein 5g	
Vitamin D 5mcg	0%
Potassium 470mg	1%
Calcium 200mg	0%
Iron 1mg	3%

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Poached Egg

Nutrition Facts	
1 Servings Per Container	
Serving Size	2.12oz (60g)
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 5g	25%
Saturated Fat 2g	30%
Trans Fat 2g	
Cholesterol 15mg	15%
Sodium 240mg	11%
Total Carbohydrate 35g	0%
Dietary Fiber 6g	0%
Total Sugars 7g	
Included 4g Added Sugars	20%
Protein 5g	
Vitamin D 5mcg	0%
Potassium 470mg	1%
Calcium 200mg	0%
Iron 1mg	3%

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