Tofu

Nutr	ition	Facts
l	Per Container	
Serving Si	70	1oz (28g)
our villig of	20	102 (20g)
Amount Per S	erving	
Calori	es	40
		% Daily Value*
Total Fat 2.5	ig	25%
Saturated F	at 2g	30%
Trans Fat	2g	
Cholesterol 1	5mg	15%
Sodium 2	40mg	11%
Total Carbohy	drate 35g	0%
Dietary Fibe	er 6g	0%
Total Sugar	s 7g	
	g Added Sugars	20%
Protein 5g		
Vitamin D	5mcq	0%
Potassium	470mg	1%
Calcium	200mg	0%
Iron 1mg		3%
*The % Daily nutrient in a se	ories a day is use	tributes to a daily

Inari (Fried Tofu Strips)

Nutrition	Facts
1 Servings Per Contain	
Serving Size	1oz (28g)
	` ',
Amount Per Serving	00
Calories	60
	% Daily Value*
Total Fat 1.5g	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 Suga	rs 20%
Protein 5g	
Vitamin D 5mcg	0%
Potassium 470mg	1%
Calcium 200mg	0%
Iron 1mg	3%
*The % Daily Value (DV) tell nutrient in a serving of food diet. 2,000 calories a day is nutrition advice.	contributes to a daily

Chicken Katsu

Nutrition F 1 Servings Per Container	acis
Serving Size	1oz (28g)
, in the second second	102 (20g)
Amount Per Serving	400
Calories	100
	% 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 nutrient in a serving of food contr diet. 2,000 calories a day is used nutrition advice.	ibutes to a daily

Pork Katsu

Serving Siz	ze	1oz (28g)
Amount Per Se	rving	
Calori	es	100
		% Daily Value
Total Fat 3.5		25%
Saturated Fa	ıt 2g	30%
Trans Fat	2g	
Cholesterol 1	5mg	15%
Sodium 24	0mg	11%
Total Carbohyd	rate 35g	0%
Dietary Fibe Total Sugars		0%
	Added Sugars	20%
Protein 5g		
Vitamin D	5mcg	0%
Potassium	470mg	1%
Calcium	200mg	0%
Iron 1mg		3%

Chicken Teriyaki

1 oci viligo F	er Container	
Serving Size)	1oz (28g)
Ţ,		` `
Amount Per Sen	•	50
Calorie	S	50
		% Daily Value
Total Fat 2g		25%
Saturated Fat	2g	30%
Trans Fat	2g	
Cholesterol 15r	ng	15%
Sodium 240	mg	119
Total Carbohydra	ite 35g	0%
Dietary Fiber	6g	0%
Total Sugars	7g	
	Added Sugars	20%
Protein 5g	_	
Vitamin D	5mcg	0%
Potassium	470mg	19
Calcium 20	00mg	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.

Poached Shrimp

Nutrition F	acts
1 Servings Per Container	
Serving Size	1oz (28g)
Corving Cizo	102 (20g)
Amount Per Serving	
Calories	30
	% 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 nutrient in a serving of food contr diet. 2,000 calories a day is used nutrition advice.	ibutes to a daily

Shrimp Tempura

Nutrition Facts	<u>s</u>
1 Servings Per Container	
Serving Size 1oz (28	<u>(g)</u>
Amount Per Serving	
	n
Calories 7	U
% Daily Va	lue*
Total Fat 3.5g	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%
*The % Daily Value (DV) tells you how much nutrient in a serving of food contributes to a di diet. 2,000 calories a day is used for general nutrition advice.	a aily

Crab Stick

Nutrition	Facts
1 Servings Per Containe	er
Serving Size	1oz (28g
Amount Per Serving	
	0.0
Calories	30
	% Daily Valu
Total Fat 0.5g	25
Saturated Fat 2g	30
Trans Fat 2g	
Cholesterol 15mg	15
Sodium 240mg	11
Total Carbohydrate 35g	0
Dietary Fiber 6q	0
Total Sugars 7g	
Included 4g Added Sugars	20
Protein 5g	
Vitamin D 5mcg	0
Potassium 470mg	1
Calcium 200mg	0
Iron 1mg	3

Yellowfin Tuna

Nutrition Facts 1 Servings Per Container Serving Size 1oz (28g) Amount Per Serving **Calories** 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 Suga 20% 470mg 1% 200mg 0% Calcium 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.

Salmon

Nutrition Facts 1 Servings Per Container
Serving Size 1oz (28g)
Amount Per Serving
Calories 50
% 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.