

Tofu

Nutrition Facts		
1 Servings Per Container		
Serving Size	1 oz (28g)	
Amount Per Serving		
Calories	40	
% Daily Value*		
Total Fat	2.5g	25%
Saturated Fat	2g	30%
<i>Trans Fat</i>	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.

Inari (Fried Tofu Strips)

Nutrition Facts		
1 Servings Per Container		
Serving Size	1oz (28g)	
Amount Per Serving		
Calories	60	
% Daily Value*		
Total Fat	1.5g	25%
Saturated Fat	2g	30%
<i>Trans Fat</i>	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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Chicken Katsu

Nutrition Facts		
1 Servings Per Container		
Serving Size	1oz (28g)	
Amount Per Serving		
Calories	100	
% Daily Value*		
Total Fat	0g	25%
Saturated Fat	2g	30%
<i>Trans Fat</i>	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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Pork Katsu

Nutrition Facts		
1 Servings Per Container		
Serving Size	1oz (28g)	
Amount Per Serving		
Calories	100	
% Daily Value*		
Total Fat	3.5g	25%
Saturated Fat	2g	30%
<i>Trans Fat</i>	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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Chicken Teriyaki

Nutrition Facts		
1 Servings Per Container		
Serving Size	1oz (28g)	
Amount Per Serving		
Calories	50	
% Daily Value*		
Total Fat	2g	25%
Saturated Fat	2g	30%
<i>Trans Fat</i>	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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Poached Shrimp

Nutrition Facts		
1 Servings Per Container		
Serving Size	1oz (28g)	
Amount Per Serving		
Calories	30	
% Daily Value*		
Total Fat	0g	25%
Saturated Fat	2g	30%
<i>Trans Fat</i>	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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Shrimp Tempura

Nutrition Facts		
1 Servings Per Container		
Serving Size	1oz (28g)	
Amount Per Serving		
Calories	70	
% Daily Value*		
Total Fat	3.5g	25%
Saturated Fat	2g	30%
<i>Trans Fat</i>	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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Crab Stick

Nutrition Facts		
1 Servings Per Container		
Serving Size	1oz (28g)	
Amount Per Serving		
Calories	30	
% Daily Value*		
Total Fat	0.5g	25%
Saturated Fat	2g	30%
<i>Trans Fat</i>	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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Yellowfin Tuna

Nutrition Facts		
1 Servings Per Container		
Serving Size	1oz (28g)	
Amount Per Serving		
Calories	30	
% Daily Value*		
Total Fat	0g	25%
Saturated Fat	2g	30%
<i>Trans Fat</i>	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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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%
<i>Trans Fat</i>	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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