

## Pickled Daikon

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>1oz (28g)</b>
Amount Per Serving	
<b>Calories</b>	<b>5</b>
% 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.

## Shiitake Mushroom

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>1oz (28g)</b>
Amount Per Serving	
<b>Calories</b>	<b>80</b>
% 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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## Mango

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>1oz (28g)</b>
Amount Per Serving	
<b>Calories</b>	<b>20</b>
% 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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## Green Leaf Lettuce

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>1oz (28g)</b>
Amount Per Serving	
<b>Calories</b>	<b>5</b>
% 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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## Cucumber

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>1oz (28g)</b>
Amount Per Serving	
<b>Calories</b>	<b>5</b>
% 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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## Carrot

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>1oz (28g)</b>
Amount Per Serving	
<b>Calories</b>	<b>10</b>
% 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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## Cream Cheese

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>1oz (28g)</b>
Amount Per Serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
Total Fat 10g	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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## Avocado

Nutrition Facts	
1 Servings Per Container	
<b>Serving Size</b>	<b>1oz (28g)</b>
Amount Per Serving	
<b>Calories</b>	<b>45</b>
% Daily Value*	
Total Fat 4.5g	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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