

Asian Slaw

Ingredients

Bok Choy, Carrots, Sauce, fish, rts, Rice
Vinegar, Onion, Basil, Sugar, Chili Pepper.

Nutrients per serving

Nutrition Facts

Serving Size 3 ounce (122g)
Servings Per Container 1

Amount Per Serving

Calories 45 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1210mg **50%**

Total Carbohydrate 10g **3%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 2g

Vitamin A 150% • **Vitamin C 45%**

Calcium 15% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4