

Asian Tofu Stir Fry

Heating Instructions: Remove plastic lid.
Heat at 350° for 10-15 minutes or until
warm. May be warmed in microwave.

Nutrition Facts

Serving Size: 12 oz (397g)

Servings Per Container: Varied

Amount per serving

Calories 450

Calories from Fat 310

% Daily Value*

Total Fat 34g **52%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1640mg **68%**

Total Carbohydrate 28g **9%**

Dietary Fiber 5g **20%**

Sugars 19g

Protein 16g

Vitamin A 100% • Vitamin C 180%

Calcium 25% • Iron 20%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ZUCCHINI, TOFU (WATER, WHOLE SOYBEANS, NIGARI (SEA WATER EXTRACT), CALCIUM SULFATE), BROCCOLI, ONION, TAMARI (WATER, SOYBEANS, SALT, ALCOHOL (TO PRESERVE FRESHNESS)), SESAME OIL, SNOW PEAS, CELERY, RED PEPPERS, CARROTS, HONEY, GARLIC
CONTAINS: SOY