

NUTRITIONAL INFORMATION - TOFU STIR FRY W/RICE

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	247 cal	335 cal	434 cal
Protein	13g	17g	22g
Fat, total	6g	7g	9g
saturated	1g	2g	2g
Carbohydrate, total	39g	54g	70g
sugars	6g	6g	6g
Sodium	690mg	692mg	694mg

NUTRITIONAL INFORMATION - TOFU STIR FRY W/SWEET POTATO

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	209 cal	278 cal	358 cal
Protein	12g	15g	20g
Fat, total	6g	7g	9g
saturated	1g	1g	2g
Carbohydrate, total	28g	39g	50g
sugars	6g	6g	6g
Sodium	690mg	692mg	694mg

NUTRITIONAL INFORMATION - TOFU STIR FRY W/PASTA

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	290 cal	399 cal	520 cal
Protein	18g	24g	32g
Fat, total	7g	9g	12g
saturated	1g	2g	2g
Carbohydrate, total	39g	54g	70g
sugars	8g	9g	10g
Sodium	706mg	715mg	724mg

NUTRITIONAL INFORMATION - TOFU STIR FRY W/VEGETABLES

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	144 cal	163 cal	194 cal
Protein	12g	15g	19g
Fat, total	6g	7g	9g
saturated	1g	1g	2g
Carbohydrate, total	11g	12g	12g
sugars	9g	9g	10g
Sodium	721mg	722mg	724mg