



**Salmon Teriyaki**

"Karaage" : Japanese fried chicken

"Kimpira" : Stir fried burdock and carrot

Kale with sesame sauce

Vinegared red onion

"Umeboshi" : Pickled plum

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>(375g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>550</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 1.5g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 990mg	<b>43%</b>
<b>Total Carbohydrate</b> 76g	<b>28%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 9g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 23g	
Vitamin D 4.5mcg	25%
Calcium 120mg	10%
Iron 4.3mg	25%
Potassium 690mg	15%
Vitamin A 1740mcg	190%
Vitamin C 53mg	60%
Vitamin E 2.4mg	15%
Thiamin 0.5mg	45%
Riboflavin 0.2mg	20%
Vitamin B6 0.6mg	35%
Vitamin B12 1.4mcg	60%

\* 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.

INGREDIENTS: RICE, CHICKEN, SALMON, KALE, ONION, BURDOCK ROOT, RAW, CARROTS, PLUMS, DRIED (PRUNES), UNCOOKED, WHOLE GRAIN WHEAT FLOUR, POTATO FLOUR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), RICE VINEGAR (WATER, RICE), MIRIN, VEGETABLE OIL, GINGER, GARLIC, POWDERED SUGAR (SUGAR, CORNSTARCH), SESAME SEEDS, SALT, SAKE SEASONING (WATER, ALCOHOL, CORN SYRUP, RICE, SALT, FERMENTED WHEAT PROTEIN, LACTIC ACID, CITRIC ACID, SUCCINIC ACID, DL-MALIC ACID)



**Tofu Hamburg**

Braised vegetables

"Kimpira" : Stir fried burdock and carrot

Kale with sesame sauce

Vinegared red onion

"Umeboshi" : Pickled plum

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>(374g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>410</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 980mg	<b>43%</b>
<b>Total Carbohydrate</b> 79g	<b>29%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 12g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 290mg	20%
Iron 4.5mg	25%
Potassium 610mg	15%
Vitamin A 2240mcg	250%
Vitamin C 56mg	60%
Vitamin E 1.1mg	8%
Thiamin 0.4mg	30%
Riboflavin 0.2mg	15%
Vitamin B6 0.4mg	20%
Vitamin B12 0mcg	0%

\* 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.

INGREDIENTS: RICE, KALE, ONION, TOFU (WATER, WHOLE SOYBEANS, NIGARI (SEA WATER EXTRACT), CALCIUM SULFATE), BURDOCK ROOT, RAW, PUMPKIN, ONION, CARROTS, SHIITAKE MUSHROOMS, RADISH, PANKO CRUMBS (WHEAT FLOUR, <2% OF SUGAR, YEAST, SOYBEAN OIL, SALT), PLUMS, DRIED (PRUNES), UNCOOKED, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), KONJAC, RICE VINEGAR (WATER, RICE), POWDERED SUGAR (SUGAR, CORNSTARCH), MIRIN, POTATO FLOUR, SALT, SESAME SEEDS, VEGETABLE OIL, SAKE SEASONING (WATER, ALCOHOL, CORN SYRUP, RICE, SALT, FERMENTED WHEAT PROTEIN, LACTIC ACID, CITRIC ACID, SUCCINIC ACID, DL-MALIC ACID), DASHI KOMBU, WHITE PEPPER