



Author

Categories Grill

Tools

Locations STUDENT CENTER CAFE

Plate/Store

Yield 14.05 oz

Portion 14.05 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 14.1 oz (398g)

Servings Per Container 1

Amount Per Serving

Calories 441 **Calories From Fat** 98

% Daily Value

Total Fat 11g 16%

Saturated Fat 2g 7%

Cholesterol 0mg 0%

Sodium 1788mg 74%

Total Carbohydrates 63g 21%

Dietary Fiber 3g 12%

Protein 24g

Vitamin A 6% Vitamin C 27%

Calcium 79% Iron 71%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Cholesterol Free
High in Vitamin C
High in Calcium
High in Iron
High in Carbohydrates
High in Protein
Good Source of Fiber

Ingredients

TOFU FIRM, WATER, ASIAN BLEND, sauce teriyaki kikoman glaze, RICE JASMINE, SESAME SEED, SPICE SALT