

Bok Choy Wellness Value Meal

Nutrition Facts			
Serving Size 1 each (377g)			
Servings Per Container 1			
Amount Per Serving			
Calories	390	Calories from Fat	10
% Daily Value*			
Total Fat	9g		14%
Saturated Fat	1.5g		7%
Trans Fat	0g		
Polyunsaturated Fat	4.5g		
Monounsaturated Fat	2.5g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Potassium	1000mg		28%
Total Carbohydrate	63g		21%
Dietary Fiber	11g		42%
Sugars	7g		
Protein	17g		
Vitamin A	15%	• Vitamin C	90%
Calcium	30%	• Iron	35%
Thiamin	35%	• Riboflavin	15%
Niacin	15%	• Vitamin B6	10%
Folacin	4%	• Vitamin B12	0%
Phosphorus	30%	• Zinc	10%
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	* Carbohydrate	4 * Protein 4