

Stir Fry Tofu

Nutrition Facts			
Serving Size 8 ounces (444g)			
Servings Per Container 1			
Amount Per Serving			
Calories	330	Calories from Fat 0	
% Daily Value*			
Total Fat	16g		24%
Saturated Fat	1g		5%
Trans Fat	0g		
Polyunsaturated Fat	3.5g		
Monounsaturated Fat	3g		
Cholesterol	0mg		0%
Sodium	890mg		37%
Potassium	570mg		16%
Total Carbohydrate	33g		11%
Dietary Fiber	5g		20%
Sugars	6g		
Protein	16g		
Vitamin A	90%	•	Vitamin C 25%
Calcium	10%	•	Iron 8%
Thiamin	15%	•	Riboflavin 10%
Niacin	4%	•	Vitamin B6 10%
Folacin	6%	•	Vitamin B12 0%
Phosphorus	25%	•	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