

## Tofu with Green Beans

Nutrition Facts			
Serving Size 6 ounces (179g)			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b>	120	Calories from Fat	0
% Daily Value*			
<b>Total Fat</b>	4.5g		7%
Saturated Fat	0g		2%
Trans Fat	0g		
Polyunsaturated Fat	1g		
Monounsaturated Fat	1g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	390mg		16%
<b>Potassium</b>	330mg		9%
<b>Total Carbohydrate</b>	13g		4%
Dietary Fiber	3g		13%
Sugars	4g		
<b>Protein</b>	6g		
Vitamin A	15%	• Vitamin C	25%
Calcium	4%	• Iron	6%
Thiamin	8%	• Riboflavin	6%
Niacin	4%	• Vitamin B6	6%
Folacin	6%	• Vitamin B12	0%
Phosphorus	10%	• Zinc	4%
*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
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2400mg	2400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Dietary Fiber</b>		25g	30g
Calories per gram:			
Fat	9	* Carbohydrate	4 * Protein 4