

## Tofu with Peanut Butter Sauce

Nutrition Facts			
Serving Size 8 ounces (224g)			
Servings Per Container 1			
Amount Per Serving			
<b>Calories</b>	220	Calories from Fat	15
% Daily Value*			
<b>Total Fat</b>	12g		18%
Saturated Fat	1g		6%
Trans Fat	0g		
Polyunsaturated Fat	2.5g		
Monounsaturated Fat	3g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	300mg		13%
<b>Potassium</b>	320mg		9%
<b>Total Carbohydrate</b>	20g		7%
Dietary Fiber	3g		14%
Sugars	4g		
<b>Protein</b>	10g		
Vitamin A	4%	• Vitamin C	15%
Calcium	4%	• Iron	4%
Thiamin	6%	• Riboflavin	6%
Niacin	6%	• Vitamin B6	8%
Folacin	6%	• Vitamin B12	0%
Phosphorus	15%	• Zinc	8%
*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