

SHIITAKE RICE

Nutrition Facts Valeur nutritive

Per 1 (420 g)
1 (420 g)

Calories 530	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 17 g	23 %
Saturated / saturés 13 g	65 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 80 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 700 mg	30 %
Potassium 450 mg	10 %
Calcium 225 mg	17 %
Iron / Fer 5.5 mg	31 %

*5% or less is **a little** 15% or more is **a lot**

*5% ou moins c'est **peu** 15% ou plus c'est **beaucoup**

Ingredients: Rice, Scallions, Shiitake, Tofu, Vegetable Oil, Cabbage, Shaoxing Rice Wine, Soy Sauce, Ginger, Garlic

Ingrédients: Riz, Échalotes, Shiitaké, Tofu, Huile Végétale, Chou, Vin de riz Shaoxing, Sauce soja, Gingembre, Ail

RED THAI

Nutrition Facts	
1 serving per container	
Serving size	1 (325g)
Amount Per Serving	
Calories	740
% Daily Value*	
Total Fat 45g	58%
Saturated Fat 15g	75%
<i>Trans Fat</i> 2.5g	
Cholesterol 145mg	48%
Sodium 1300mg	57%
Total Carbohydrate 52g	19%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 33g	
Vitamin D 1.1mcg	6%
Calcium 190mg	15%
Iron 7.3mg	40%
Potassium 490mg	10%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: PORK,, WHEAT FLOUR, COCONUT MILK, WATER, PRAWNS, CHILI PASTE, LEMONGRASS, SCALLIONS, KAFFIR LIME LEAF, SUGAR, SPICES, GALANGAL ROOT, SALT

CONTAINS: WHEAT, SHRIMP

CHICKEN RICE

Nutrition Facts	
1 serving per container	
Serving size	1 (350g)
Amount Per Serving	
Calories	670
% Daily Value*	
Total Fat 32g	41%
Saturated Fat 22g	110%
<i>Trans Fat</i> 0g	
Cholesterol 65mg	22%
Sodium 1340mg	58%
Total Carbohydrate 71g	26%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 4.1mg	25%
Potassium 510mg	10%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: RICE, CHICKEN, VEGETABLE OIL, SOY SAUCE, CABBAGE, SHAOXING RICE WINE, SUGAR, GINGER, GARLIC

CONTAINS: WHEAT, SOY

CHAR SIU WONTON

Nutrition Facts Valeur nutritive

Per 16 (430 g)

Enter French Serving on Recipe Edit Page (430 g)

Calories 980	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 21 g	28 %
Saturated / saturés 7 g	36 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 149 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 27 g	27 %
Protein / Protéines 41 g	
Cholesterol / Cholestérol 85 mg	28 %
Sodium 690 mg	30 %
Potassium 750 mg	16 %
Calcium 125 mg	10 %
Iron / Fer 4.5 mg	25 %

*5% or less is **a little** 15% or more is **a lot**

*5% ou moins c'est **peu** 15% ou plus c'est **beaucoup**

Ingredients: All purpose flour, Pork, Scallions, Cabbage, Water, Ground Pork, Sugars (honey, sugar), Hoisin Sauce, Shaoxing Rice Wine, Tofu (fuyu), Chinese 5-Spice, Black Pepper, Ginger, Garlic

Ingrédients: Farine tout usage, Porc, Échalotes, Chou, Eau, Porc haché, Sucres (miel, sucre), Sauce Hoisin, Vin de riz Shaoxing, Tofu (fuyu), 5 épices chinoises, Poivre noir, Gingembre, Ail