

TAKOREAN NUTRITION FACTS

	SERVING SIZE (oz)	CALORIES	TOTAL FAT (g)	SAT. FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
WHITE RICE	5	184	0	0	0	0	41	0	0	3
BROWN RICE	5	159	1	0	0	1	33	3	0	3
TORTILLA	THREE	300	3	3	0	60	63	9	0	6
KALE SLAW	2 - Bowl	160	11	1.5	0	790	11	2	4	4
	6 - Slaw Bowl	480	33	5	0	2370	33	6	12	12
	1.5 - Taco	120	8	1	0	593	8	2	3	3
ROMAINE SLAW	3 - Bowl	50	3	0	0	55	6	2	4	1
	8 - Slaw Bowl	133	8	0	0	147	16	5	11	3
	2.25 - Taco	100	6	0	0	110	12	4	8	2
KIMCHI SLAW	5 - Bowl	100	1	0	0	1550	19	3	12	6
	12 - Slaw Bowl	240	2	0	0	3720	46	7	29	14
	4.5 - Taco	90	1	0	0	1395	17	3	11	5
CHICKEN	4.5	350	20	8	180	800	4	0	2	40
STEAK	4.5	310	18	6	100	340	5	0	3	33
PORK	4.5	300	25	9	70	690	2	0	2	15
TOFU	4.5	370	17	3.4	0	450	20	4	9	35
CAULIFLOWER	4.5	110	2.3	0	0	370	18	6	9	6
SALSA ROJA	0.5	15	0	0	0	50	3	0.5	0.5	0.5
GOCHU-POW	0.5	17	1	0	0	75	2	0	1	1.5
LIME CREMA	0.5	31	2.4	1.4	7.45	25	1.5	0	1.5	0.3
CILANTRO	1 tbsp	1	0	0	0	2	0	0	0	0
SESAME SEEDS	1 tsp	17	1.5	0.2	0	0	0.7	0.4	0	0.5
CRUNCHY SHALLOTS	2 tsp	42	3	1	0	0	4	0.13	0.6	0.7
GUAKAMOLE	2	100	9	1	0	250	7	3	2	2
EGG	ONE	72	4.5	1.5	185	150	0	0	0	6
DAIKON	1	15	0	0	0	105	4	0	3	0
CHIPS	BAG	220	11	1	0	120	27	3	2	3
COOKIE	ONE	320	14	9	60	90	45	1	29	4