

Thai Vegetable Stir Fry

Nutrition Facts

Serving Size 1 Cup (185g)

Servings Per Container 1

Amount Per Serving

Calories 174 **Calories From Fat** 99

		% Daily Value*
Total Fat	11g	17%
Saturated Fat	1g	6%
Trans Fat	<1 g	0%
Cholesterol	<1g	0%
Sodium	117mg	5%
Total Carbohydrate	9g	3%
Dietary Fiber	2g	9%
Sugars	5g	

Protein 11g

Vitamin A 9% ● Vitamin C 51%

Calcium 13% ● Iron 14%

*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	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Extra Firm Tofu; Bok Choy; Carrots; Spanish Onions; Bean Sprouts; Snow Pea Pods; Coconut Milk (Coconut Milk, Water, Sodium Metabisulfite, Polysorbate 60, Guar Gum); Peanut Sauce (Peanut Butter, Water, Soy Sauce [Water, Wheat, Soybeans, Salt], Vinegar, Sugar, Sesame Seed Oil, Sherry Wine, Dried Garlic, Hydrolyzed Wheat Protein, Spice, Salt, Modified Food Starch, Xanthan Gum, Sodium Benzoate, Disodium Inosinate, Disodium Guanylate, Natural Flavors of Ginger, Coriander, Lemon Grass, Tamarind); Vegetable Oil; Chopped Garlic (Garlic, Water, Soy Oil, Phosphoric Acid, Sodium Benzoate, Potassium Sorbate).

Allergy Information: Soybeans, Wheat, Peanuts

