



Nutritional & Storage Information

Tofu Entrees

	Tofu Spaghetti	Tofu Spaghetti Sauce	Spicy Tofu Stew	Tofu Fried Rice*
Serving Size	1 container	170g	1 container	1 container
Servings per Container	1	5	1	1
Calories	370	110	280	180
Calories from Fat	45	35	100	45
Total Fat	5g - 8%	3.5g - 6%	11g - 16%	5g - 8%
Saturated Fat	0.5g - 4%	0g - 0%	2g - 9%	0.5g - 4%
Polyunsaturated Fat	0.39g	0.11g	1.62g	1.54g
Monounsaturated Fat	0.75g	0.58g	0.91g	0.64g
Trans Fatty Acids	0.01g	0.01g	0g	0g
Cholesterol	0mg - 0%	0mg - 0%	0mg - 0%	0mg - 0%
Sodium	310mg - 13%	310mg - 13%	200mg - 8%	270mg - 11%
Total Carbohydrate	64g - 21%	12g - 4%	27g - 9%	24g - 8%
Dietary Fiber	8g - 23%	3g - 13%	3g - 12%	5g - 20%
Sugars	8g	7g	1g	5g
Protein	18g	8g	19g	10g
Vitamin A	25%	25%	8%	80%
Vitamin C	30%	30%	15%	25%
Calcium	10%	8%	20%	8%
Iron	15%	10%	20%	10%

*vegetables not included in nutrition info

Storage Information:

All have a 1 week refrigerated shelf life, and can be frozen up to 1 month