

Noodles & Rice

	Portion	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Total Carb	Dietary Fiber	Sugar	Protein
Ramen Noodle	3.5 oz	275 cal	0 g	0 g	0 g	7 mg	52 g	2.5 g	0 g	10 g
Fire Noodle	3.5 oz	275 cal	0 g	0 g	0 g	97 mg	52 g	2.5 g	0 g	10 g
Udon Noodle	3.5 oz	195 cal	0 g	0 g	0 g	160 mg	31 g	2 g	0 g	6 g
Shirataki Noodle	3.5 oz	0 cal	0g	0 g	0 g	0 g	1g	0g	0 g	0 g
Rice Noodle	3.5 oz	250 cal	0 g	0 g	0 g	0 g	47 g	0 g	0 g	4 g
Steamed Rice	3.5 oz	130 cal	0.2 g	0 g	0 g	0 g	28.7 g	0.3 g	0 g	2.3 g

Broths

Tonkotsu Broth	4 fl oz	44 cal	2.5 g	2.4 g	4 mg	879 mg	3.5 g	0.3 g	0.5 g	1.5 g
Beef Broth	4 fl oz	46 cal	0.5 g	0 g	0 g	903 mg	9 g	1g	3 g	2 g
Chicken Broth	4 fl oz	47 cal	0.2 g	0 g	0 g	1011 mg	9 g	1g	3 g	2 g
Veggie Broth	4 fl oz	68 cal	0 g	0 g	0 g	1627 mg	13 g	4 g	3 g	0.5 g

Proteins

Pork Belly	4 fl oz	305 cal	27.6 g	9 g	49 mg	307 mg	3 g	0.2 g	0.5 g	10 g
Chicken Thigh	4 fl oz	206 cal	10 g	2.6 g	157 mg	101 mg	0 g	0 g	0 g	28 g
Fried Chicken Wing	1 pc	103 cal	7.1 g	1.9 g	26 mg	25 mg	0.8 g	< 0.1g	3 g	8.4 g
Beef	4 fl oz	135 cal	3 g	1 g	41 mg	70 mg	0 g	0 g	0 g	25 g
Tofu	4 fl oz	93 cal	5 g	0.5 g	0 g	13 mg	2.6 g	2.6 g	0 g	9 g

Vegetables

Baby Bok Choy	70 g	9 cal	0 g	0 g	0 g	45 mg	1.5 g	0.7 g	0.8 g	1.1 g
Bean Sprouts	104 g	31 cal	0 g	0 g	0 g	0 g	6 g	2 g	4 g	3 g
Corn	180 cal	177 cal	2 g	0 g	0 g	630 mg	27 g	6 g	6 g	3 g
Bamboo Shoot	151 g	58 cal	0.5 g	0 g	0 g	696 mg	11 g	3.3 g	7 g	5 g
Grilled Veggie	140 g	74 cal	4 g	0 g	0 g	33 mg	10 g	3 g	5 g	3 g
Mushroom	1 oz	7 cal	0 g	0 g	0 g	1.5 mg	1 g	0.5 g	0.5 g	1 g

Toppings

Carrots	1 oz	13 cal	0 g	0 g	0 g	22 mg	3 g	1 g	1.5 g	0.3 g
Scallions	1 oz	10 cal	0 g	0 g	0 g	4 mg	2 g	1 g	0.5 g	0.5 g
Cilantro	1 oz	5 cal	0 g	0 g	0 g	0 g	1g	0 g	0 g	0.5 g
Lime	1 oz	5 cal	0 g	0 g	0 g	0 g	3 g	1g	1 g	0.2 g
Hot Peppers	1 oz	9 cal	0 g	0 g	0 g	1 mg	2 g	1g	1 g	0.3 g
Red Onion	1 oz	10 cal	0 g	0 g	0 g	1 mg	2.4 g	0.4 g	1.1g	0.3 g
Nori	1/4 sheet	0 cal	0 g	0 g	0 g	0 g	0.1 g	0.1 g	0 g	0.1 g
Basil	1 oz	1 cal	0 g	0 g	0 g	0 g	0.1 g	0.1 g	0 g	0.2 g

