

# NUTRITIONAL OVERVIEW

SUPERBOWL	CALORIES	PROTEIN	CARBS	FAT
LE CAJUN	460	24.9	53.5	18.2
KUNGFU TOFU	360	18.1	44.4	9.4
KUNGFU TOFU VEGETARIAN	343	7.4	48.7	3.9
MEDITERRANEAN DELIGHT	409	28.1	51.4	8.5
MR. ITALIAN	423	34	45	11.5
IMPOSSIBLE ME	419	20.7	46.4	15.7
SUPERBURRITO	CALORIES	PROTEIN	CARBS	FAT
LE CAJUN	710	31.5	94.5	24.4
KUNGFU TOFU	610	24.7	85.4	15.6
KUNGFU TOFU VEGETARIAN	593	14	89.7	10.1
MEDITERRANEAN DELIGHT	659	34.7	92.4	14.7
MR. ITALIAN	673	40.6	86	17.7
IMPOSSIBLE ME	669	27.3	87.4	21.9
GRAINS	CALORIES	PROTEIN	CARBS	FAT
ASIAN SPICED BROWN RICE	120	2.2	23.1	2.1
BARLEY BROWN RICE	117	2.4	25.6	0.7
SPICED MOROCCAN COUSCOUS	122	5.3	23.7	0.7
FURIKAKE FUSILLI PASTA	133	4.5	24	1
QUINOA	108	3.9	19	2
PROTEIN	CALORIES	PROTEIN	CARBS	FAT
CAJUN CHICKEN	106	12.6	1.2	6.6
SOUS VIDE CHICKEN BREAST	86	15.9	0	1.9
HONEY SOY CHICKEN	109	11.9	2.7	6.2
TANDOORI	114	13	1.7	6.8
SMOKED DUCK	123	14	0.3	7.4
SMOKEY BEEF RAGU	163	24.6	3.3	5.1
IMPOSSIBLE BEEF CON CARNE	175	13.4	6.4	9.9
SMOKED SALMON	70	11	0	2.6

SUPPLEMENTS	CALORIES	PROTEIN	CARBS	FAT
LETTUCE	14	0.9	3	0.1
TOMATO SALSA	10	0.5	2.5	0
CHILI PICKLED PINEAPPLE CARROTS	23	0.4	5.7	0
BUTTERED SWEET CORN	55	1.3	7.3	2.9
SEA-SALT ROASTED PUMPKIN	34	0.6	2	1
OLIVE CHICKPEAS	52	1.5	6.8	2.3
SALTED EDAMAME	18	1.8	1.3	0.8
ROSEMARY ROASTED POTATOES	34	0.6	5.3	1.3
PICKLED RED ONIONS	27	0.2	6.9	0
BURNT BROCCOLI	8	0.6	1.5	0.1
CUCUMBER	5	0.2	1.1	0
CORIANDER	1	0.1	0.2	0
ROASTED PEANUT	88	3.6	3.2	7.5
ROASTED CASHEW NUT	87	2.5	4.5	7.2
RED CAPSICUM	8	0.4	1.8	0.1
ALFAFA	1	0.1	0.1	0
BLACK OLIVES	23	0	0.9	2.3
CRISPY TOFU BALLS	110	1.9	1.9	1
AVOCADO GUACAMOLE	75	0.9	4.2	6.7
HUMMUS PEANUT BUTTER	83	3.5	11.2	3
BEETROOT	8	0.4	1.5	0
MANGO	30	0.4	7.5	0.2
PEACHES	22	0.3	5.8	0
PARMESAN CHEESE	16	1.6	0.2	1.1
FETA CHEESE	80	4.3	1.2	6.4
DRESSINGS	CALORIES	PROTEIN	CARBS	FAT
HONEY YOGURT	52	3	3	0.6
SIRACHA AIOLI	40.9	0.3	2.5	5.1
TOM YUM AIOLI	43	0.3	5.7	5.3
SZECHUAN AIOLI	42	0.3	7.3	5.3
GARLIC AIOLI	41	0.3	2	5.1
THAI CHILLI	52	0.4	6.8	0.2
CHILI SPICE MIX	4	0.2	1.3	0