

AFC RETAIL PRODUCTS - NUTRITION INFORMATION 2017

AFC Retail Item	Serving Size	Calorie (Cal)	Calorie from Fat (g)	Total Fat (g)	%DV	Saturated Fat (g)	%DV	Trans Fat (g)	Cholesterol (mg)	%DV	Sodium (mg)	%DV	Carbohydrate (g)	%DV	Dietary Fiber (g)	%DV	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Canned Green Tea	1 Can (340mL)	0	0	0	0	0	0	0	0	0	25	1	1	0	0	0	0	0	0	140	0	0
Grated Sushi Wasabi	1 tsp (5g)	15	5	0.5	1	0	0	0	0	0	100	4	2	1	0	0	2	0	0	0	0	0
Miso Soup	1 Cup (250mL)	30	10	1	1	0	0	0	0	0	740	31	4	1	>1	3	3	2	0	2	0	2
Pickled Ginger Gari	1 oz (28g)	20	0	0	0	0	0	0	0	0	430	14	5	2	0	0	0	0	0	0	0	0
Reduced Sodium Soy Sauce	1 Tbsp (15mL)	15	0	0	0	0	0	0	0	0	570	24	2	1	0	0	1	1	0	0	0	0
Sesame Seeds	2 Tbsp (2g)	15	10	1	2	0	0	0	0	0	0	0	>1	0	0	0	0	0	0	0	0	0
Sushi Seaweed	1 Sheet (2.5g)	10	0	0	0	0	0	0	0	0	20	1	1	0	0	0	0	1	20	0	0	2
Tofu Miso Soup	1 Cup (250mL)	35	10	1	2	0	0	0	0	0	690	29	4	1	>1	2	3	2	0	0	0	2
Wasabi Sauce	1 Tbsp (15g)	70	60	7	11	0	0	0	0	0	110	5	2	1	0	0	1	0	0	0	0	0

2000 calories a day is used for general nutrition advice, but calorie needs may vary.