

# Asian Bourbon Vegetable Stir Fry

Number of Servings: 1 (113.4 g per serving)

Ingredient	Comments
Steamed Vegetable Blend	
Asian Bourbon Sauce	Contains: Wheat, or Rye, Malt Barley

Nutrition Facts	
Serving Size (113g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 60</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 2g	8%
Sugars 7g	
<b>Protein 2g</b>	
Vitamin A 70% • Vitamin C 30%	
Calcium 2% • Iron 4%	
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

10/1/2007

11:18:35 AM