

Asian Bourbon Vegetable Stir Fry

Ingredient	Comments
Steamed Vegetable Blend	Vegan; contains soy, wheat
Asian Bourbon Sauce	
Beans, garbanzo, mature	
Brown Rice	

Nutrition Facts	
Serving Size About One Cup (198g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 42g	14%
Dietary Fiber 8g	32%
Sugars 11g	
Protein 9g	
Vitamin A 70%	• Vitamin C 35%
Calcium 6%	• Iron 15%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes:

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