

## THE HOLLA BOK CHOY

### Ingredients

Romaine, bok choy, cucumber, red bell pepper, green onion, Tofu(water, organic soybeans, calcium sulfite) radish, cashews, sesame seeds

**\*Gluten Free**

**\*Vegan**



### Salad

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 salad (423g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>220</b>
% Daily Value*	
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	<b>28%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Grain Bowl

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 grain bowl (827g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>600</b>
% Daily Value*	
<b>Total Fat</b> 27g	<b>35%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1020mg	<b>44%</b>
<b>Total Carbohydrate</b> 170g	<b>62%</b>
Dietary Fiber 28g	<b>100%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 37g	<b>74%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Wrap

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 wrap (421g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>320</b>
% Daily Value*	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 660mg	<b>29%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 30g	<b>107%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 25g	<b>50%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
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### Common Allergies

Always let us know if you have an allergy before we prepare your salad.

Dairy: None

Eggs: None

Peanuts: None

Tree Nuts: None

Soy: Tofu, Gochugaru Vini

Wheat: Wraps

Fish: None

Shellfish: None

### Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 fl oz (28g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 1.6g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars < 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> < 1g	<b>1%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### Gochugaru Vini

**Gochugaru chili flakes, granulated garlic, brown sugar, rice vinegar, lime juice, soy sauce, sesame oil, pure olive oil**

\*1 ounce dressing is, "lightly dressed"