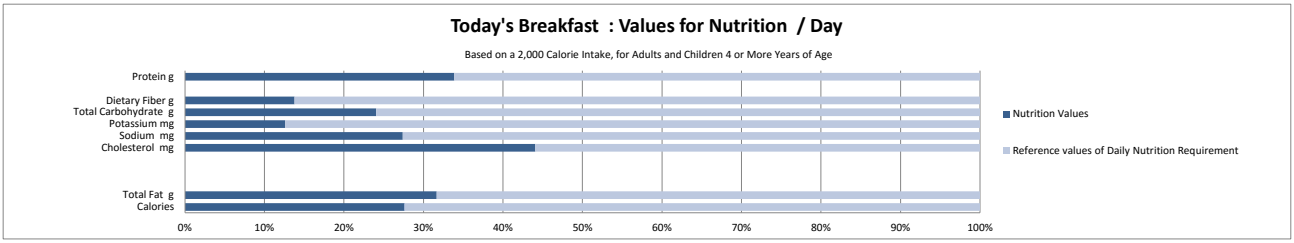
bkf May 02, 2016



Mashed Potato Omelette	Mini Tomato	White Rice	Daikon Wakame Miso Soup	natto	Kanten agar sweets	TOTAL		Reference Values for Nutrition Labeling, Based on a 2,000 Calorie Intake, for Adults and Children 4 or More Years of Age
Nutrition Facts	**Nutrition Facts**	**Nutrition Facts**	**Nutrition Facts**	**Nutrition Facts**	**Nutrition Facts**	**Nutrition**		
Servings Per Recipe: 1	Servings Per Recipe: 1	Servings Per Recipe: 1	Servings Per Recipe: 1	Servings Per Recipe: 1	Servings Per Recipe: 1	Servings Per		
Serving Size: 1 serving	Serving Size: 1 serving	Serving Size: 1 serving	Serving Size: 1 serving	Serving Size: 1 serving	Serving Size: 1 serving	Serving Size:		
					data only available shown			
Amount Per Serving	Amount Per Serving	Amount Per Serving	Amount Per Serving	Amount Per Serving	Amount Per Serving			
Calories309.6	**Calories**6.7	**Calories**290.4	**Calories**18.4	**Calories**90.0	**Calories**48.0	**Calories**	**762.7**	**2000**
Total Fat21.4 g	**Total Fat**0.0 g	**Total Fat**0.5 g	**Total Fat**0.2 g	**Total Fat**4.0 g	**Total Fat**0.0 g	**Total Fat g**	**30.1**	65
Saturated Fat10.4 g	Saturated Fat0.0 g	Saturated Fat0.1 g	Saturated Fat0.1 g	Saturated Fat0.0 g	Saturated Fat0.0 g			
Polyunsaturated Fat1.9 g	Polyunsaturated Fat0.0 g	Polyunsaturated Fat0.1 g	Polyunsaturated Fat0.3 g	Polyunsaturated Fat0.0 g	Polyunsaturated Fat0.0 g			
Monounsaturated Fat6.2 g	Monounsaturated Fat0.0 g	Monounsaturated Fat0.1 g	Monounsaturated Fat0.1 g	Monounsaturated Fat0.0 g	Monounsaturated Fat0.0 g			
Cholesterol235.7 mg	**Cholesterol**0.0 mg	**Cholesterol**0.0 mg	**Cholesterol**0.0 mg	**Cholesterol**0.0 mg	**Cholesterol**0.0 mg	**Cholesterol** mg	**236.3**	**300**
Sodium517.9 mg	**Sodium**0.0 mg	**Sodium**0.0 mg	**Sodium**138.4 mg	**Sodium**250.0 mg	**Sodium**0.0 mg	**Sodium** mg	**906.3**	**2400**
Potassium442.8 mg	**Potassium**0.0 mg	**Potassium**57.6 mg	**Potassium**5.0 mg	**Potassium**0.0 mg	**Potassium**0.0 mg	**Potassium** mg	**505.9**	**3500**
Total Carbohydrate20.6 g	**Total Carbohydrate**1.6 g	**Total Carbohydrate**64.1 g	**Total Carbohydrate**2.2 g	**Total Carbohydrate**6.0 g	**Total Carbohydrate**0.0 g	**Total Carbohydrate g**	**95.1**	300
Dietary Fiber2.1 g	Dietary Fiber0.0 g	Dietary Fiber0.0 g	Dietary Fiber0.5 g	Dietary Fiber0.0 g	Dietary Fiber1.4 g	Dietary Fiber g	4	25
Sugars1.6 g	Sugars0.8 g	Sugars0.0 g	Sugars0.9 g	Sugars6.0 g	Sugars3.0 g			
Protein11.6 g	**Protein**0.0 g	**Protein**5.3 g	**Protein**1.4 g	**Protein**7.0 g	**Protein**0.37 g	**Protein g**	**25.6**	**50**
Vitamin A18.8 %	Vitamin A2.1 %	Vitamin A0.0 %	Vitamin A0.9 %	Vitamin A0.0 %				
Vitamin B-1211.1 %	Vitamin B-120.0 %	Vitamin B-120.0 %	Vitamin B-120.1 %	Vitamin B-120.0 %				
Vitamin B-617.3 %	Vitamin B-60.0 %	Vitamin B-66.6 %	Vitamin B-61.0 %	Vitamin B-60.0 %				
Vitamin C11.7 %	Vitamin C10.7 %	Vitamin C0.0 %	Vitamin C7.9 %	Vitamin C0.0 %				
Vitamin D10.0 %	Vitamin D0.0 %	Vitamin D0.0 %	Vitamin D0.0 %	Vitamin D0.0 %				
Vitamin E3.2 %	Vitamin E0.0 %	Vitamin E0.0 %	Vitamin E0.5 %	Vitamin E0.0 %				
Calcium8.3 %	Calcium0.0 %	Calcium0.2 %	Calcium2.7 %	Calcium4.0 %				
Copper7.7 %	Copper0.0 %	Copper8.1 %	Copper3.5 %	Copper0.0 %				
Folate9.5 %	Folate0.0 %	Folate32.9 %	Folate5.4 %	Folate0.0 %				
Iron8.5 %	Iron0.5 %	Iron18.1 %	Iron3.0 %	Iron8.0 %				
Magnesium5.3 %	Magnesium0.0 %	Magnesium4.4 %	Magnesium3.9 %	Magnesium0.0 %				
Manganese6.4 %	Manganese0.0 %	Manganese39.9 %	Manganese11.3 %	Manganese0.0 %				
Niacin6.0 %	Niacin0.0 %	Niacin16.7 %	Niacin1.3 %	Niacin0.0 %				
Pantothenic Acid6.2 %	Pantothenic Acid0.0 %	Pantothenic Acid8.9 %	Pantothenic Acid1.0 %	Pantothenic Acid0.0 %				
Phosphorus19.5 %	Phosphorus0.0 %	Phosphorus7.3 %	Phosphorus2.4 %	Phosphorus0.0 %				
Riboflavin17.5 %	Riboflavin0.0 %	Riboflavin2.1 %	Riboflavin2.7 %	Riboflavin0.0 %				
Selenium2.4 %	Selenium0.0 %	Selenium23.9 %	Selenium1.1 %	Selenium0.0 %				
Thiamin6.6 %	Thiamin0.0 %	Thiamin24.4 %	Thiamin1.1 %	Thiamin0.0 %				
Zinc7.6 %	Zinc0.0 %	Zinc6.0 %	Zinc2.0 %	Zinc0.0 %				
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			