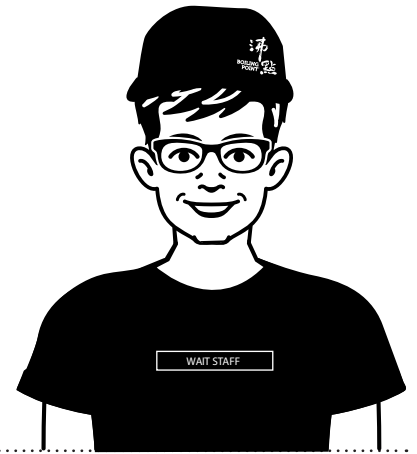




NUTRITIONAL GUIDE

[APPETIZERS]



Spicy Tangy Beef

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BP Soybean Paste	12	4.90%	50.2	1.7	0.2	0	0	34.9	8.1	0.9	2.6	0.7
BBQ Sauce	2	0.80%	13	1.3	0.3	0	1.1	23.8	0.2	0.1	0	0.2
Water, tap, drinking	76	31.10%	0	0	0	0	0	3	0	0	0	0
Beef	150	61.50%	195	7.2	3.1	0.4	94.5	118.5	0.2	0	0	32.5
Garlic, raw	4	1.60%	6	0	0	0	0	0.7	1.3	0.1	0	0.3
Totals (per serving)	244	100%	264	10.2	3.6	0.4	95.6	180.9	9.8	1	2.7	33.6

Garlic Pork Belly

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Garlic	1.7	1.80%	2.5	0	0	0	0	0.3	0.5	0	0	0.1
Soy Sauce	8.4	9.20%	12.5	0	0	0	0	496.8	2.5	0	2.5	0.4
Water	8.6	9.40%	0	0	0	0	0	0.3	0	0	0	0
Sesame Oil	1.4	1.50%	12.4	1.4	0.2	0	0	0	0	0	0	0
Soybean Oil	1.1	1.20%	9.7	1.1	0.2	0	0	0	0	0	0	0
Pork Belly	70	76.80%	362.6	37.1	13.5	0.4	50.4	22.4	0	0	0	6.5
Totals (per serving)	91.1	100%	400	39.6	13.9	0.4	50.4	519.8	3.1	0	2.5	7.1

Spicy Fermented Tofu

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BP Spicy Fermented Tofu	95.8	100.00%	100.8	5.8	1	0	0	710.3	6.9	1.3	4.6	5.4
Totals (per serving)	95.8	100%	101	5.8	1	0	0	710.3	6.9	1.3	4.6	5.4

Spicy Cumin Lamb

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Garlic, raw	2.7	1.20%	4.1	0	0	0	0	0.5	0.9	0.1	0	0.2
BP Soybean Paste	12.5	5.50%	52.2	1.8	0.2	0	0	36.3	8.4	0.9	2.7	0.7
Water, tap, drinking	23.7	10.40%	0	0	0	0	0	0.9	0	0	0	0
Cumin Powder	10	4.40%	35	0	0	0	0	16	4	1.1	0	2
Lamb	150	66.00%	198	7.8	2.8	0.3	96	103.5	0	0	0	30
Yogurt, Greek, plain, nonfat	28.3	12.50%	16.7	0.1	0	0	1.4	10.2	1	0	0.9	2.9
Totals (per serving)	227.2	100%	306	9.7	3.1	0.3	97.4	167.4	14.3	2.1	3.7	35.7

Holy Cow

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Ash Oil	3	1.60%	24	2.7	0	0	0	0	0	0	0	0
BP Soybean Paste	15	7.80%	62.7	2.2	0.3	0	0	43.6	10.1	1.1	3.3	0.8
Water, tap, drinking	15.5	8.00%	0	0	0	0	0	0.6	0	0	0	0
Chili Oil (Factory)	1.5	0.80%	11	1.1	0.2	0	0	25.1	0.3	0.2	0	0
Garlic, raw	3	1.60%	4.5	0	0	0	0	0.5	1	0.1	0	0.2
Oil, sesame, salad	2.5	1.30%	22.1	2.5	0.4	0	0	0	0	0	0	0
Onions	2.5	1.30%	0.7	0	0	0	0	0.4	0.1	0	0.1	0
Coriander	0.1	0.10%	0	0	0	0	0	0	0	0	0	0
Beef	50	25.90%	64	1.9	0.6	0.1	19.5	31.5	0	0	0	10.9
Beef, variety meats	50	25.90%	47	2	0.7	0.1	78.5	34	1	0	0	5.9
Beef Tendon	50	25.90%	75	0.3	0	0	0	0	0	0	0	18.4
Totals (per serving)	193.1	100%	311	12.7	2.1	0.2	98	135.8	12.5	1.4	3.4	36.1

Steamed Veggie

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Taiwanese Bok Choy	200	79.1%	25.7	0	0	0	0	131.4	4.3	2	2.3	2.9
Garlic Soy Sauce	40	15.8%	27.1	0	0	0	0	2494.9	0	0	0	5.4
Pork Lard	10	4%	90.2	10	3.9	0.4	9.5	0	0	0	0	0
Fried Green Onion	3	1.2%	0.8	0	0	0	0	0.5	0.2	0.1	0.1	0
Totals (per serving)	253	100%	144	10	3.9	0.4	9.5	2626.8	4.5	2.1	2.4	8.3

Scallion Gravy Rice



Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Scallions	15	6.4%	4.8	0	0	0	0	2.4	1.1	0.4	0.3	0.3
White Rice	200	84.9%	260	0.4	0.1	0	0	0	57.5	0.6	0.2	4.7
Soy Sauce	14.5	6.1%	9.8	0	0	0	0	901.8	0	0	0	2
Green Onions	5	2.1%	1.4	0	0	0	0	0.8	0.3	0.1	0.2	0
Pork Lard	1	0.4%	9	1	0.4	0	1	0	0	0	0	0
Totals (per serving)	235.5	100%	285	1.4	0.5	0	1	905	58.5	1.1	0.7	7