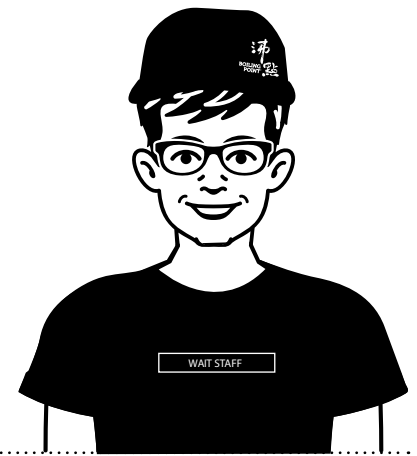




NUTRITIONAL GUIDE

[HOT SOUP]



House Special

| 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) |
|-----------------------------|--------------|-------------|-----------------|---------------|--------------|---------------|--------------|--------------|-------------|------------|------------|-------------|
| Napa Cabbage | 172.3 | 37.20% | 45.5 | 0 | 0 | 0 | 0 | 29.5 | 6.8 | 2.5 | 2.5 | 2.5 |
| Kamaboko | 10.3 | 2.20% | 11.2 | 0 | 0 | 0 | 1.9 | 134.9 | 1.7 | 0 | 0.6 | 0.9 |
| Pork Slices | 102.7 | 22.20% | 191.1 | 12.7 | 4.5 | 0.1 | 63.7 | 62.7 | 0 | 0 | 0 | 17.9 |
| Clam | 28.5 | 6.10% | 24.5 | 0.3 | 0.1 | 0 | 8.5 | 171.3 | 1 | 0 | 0 | 4.2 |
| Nira | 7.7 | 1.70% | 2.3 | 0.1 | 0 | 0 | 0 | 0.2 | 0.3 | 0.2 | 0.2 | 0.2 |
| Preserved Vegetables | 19.2 | 4.10% | 1.8 | 0 | 0 | 0 | 0 | 147.8 | 0.3 | 0.1 | 0 | 0.1 |
| Pork Meatballs | 8.9 | 1.90% | 12.5 | 0.8 | 0.4 | 0 | 3.1 | 57.7 | 0.5 | 0 | 0 | 1.1 |
| Pork Intestine | 47.2 | 10.20% | 77.8 | 6.1 | 0 | 0 | 6.1 | 303.3 | 0 | 0 | 0 | 5.7 |
| Enoki Mushrooms | 11.2 | 2.40% | 4.1 | 0 | 0 | 0 | 0 | 0.3 | 0.9 | 0.3 | 0 | 0.3 |
| Quail egg | 8.7 | 1.90% | 15 | 1 | 0.4 | 0 | 54.2 | 20.2 | 0 | 0 | 0 | 1.2 |
| Tomatoes | 30.1 | 6.50% | 5.4 | 0.1 | 0 | 0 | 0 | 1.5 | 1.2 | 0.4 | 0.8 | 0.3 |
| Rice cake | 16.7 | 3.60% | 19.2 | 0.1 | 0 | 0 | 0.7 | 35.4 | 4 | 0.1 | 0 | 0.6 |
| Totals (per serving) | 463.4 | 100% | 411 | 21.2 | 5.3 | 0.1 | 138.3 | 964.8 | 16.6 | 3.6 | 4 | 34.9 |

Seafood & 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 Vermicelli | 13.9 | 3.70% | 52.2 | 0 | 0 | 0 | 0 | 0 | 13.1 | 0.6 | 0 | 0 |
| Octopus | 37.6 | 9.90% | 30.9 | 0.4 | 0.1 | 0 | 18.1 | 86.5 | 0.8 | 0 | 0 | 5.6 |
| Fish fillet | 35.5 | 9.40% | 42.2 | 2.1 | 0.5 | 0 | 19.5 | 34.7 | 0 | 0 | 0 | 5.4 |
| Enoki Mushrooms | 9.9 | 2.60% | 3.7 | 0 | 0 | 0 | 0 | 0.3 | 0.8 | 0.3 | 0 | 0.3 |
| cuttlefish | 18.4 | 4.90% | 14.6 | 0.1 | 0 | 0 | 20.6 | 68.6 | 0.2 | 0 | 0 | 3 |
| Pork Slices | 102.7 | 27.20% | 191.1 | 12.7 | 4.5 | 0.1 | 63.7 | 62.7 | 0 | 0 | 0 | 17.9 |
| Fish Ball | 22.9 | 6.00% | 16 | 0.1 | 0 | 0 | 3.4 | 194.5 | 1.8 | 0 | 0.2 | 1.6 |
| clam | 57 | 15.10% | 49 | 0.5 | 0.1 | 0 | 17.1 | 342.5 | 2 | 0 | 0 | 8.4 |
| Tofu | 80.4 | 21.20% | 116.5 | 7 | 1 | 0 | 0 | 11.3 | 3.4 | 1.8 | 0.6 | 12.7 |
| Totals (per serving) | 378.3 | 100% | 516 | 23 | 6.2 | 0.1 | 142.4 | 801.1 | 22.1 | 2.7 | 0.8 | 54.8 |

Korean Bean Paste

| 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) |
|-----------------------------|--------------|-------------|-----------------|---------------|--------------|---------------|--------------|---------------|-------------|------------|------------|-------------|
| Soybean Sprouts | 100 | 20.20% | 45 | 1 | 0 | 0 | 0 | 0 | 4 | 1 | 0 | 6 |
| Nira Grass (garlic chives) | 5 | 1.00% | 1.5 | 0.1 | 0 | 0 | 0 | 0.2 | 0.2 | 0.2 | 0.1 | 0.2 |
| Zucchini | 35 | 7.10% | 7.4 | 0.1 | 0 | 0 | 0 | 1.1 | 1.1 | 0.4 | 0.5 | 0.9 |
| Kimchi | 65 | 13.10% | 17.1 | 0 | 0 | 0 | 0 | 387.7 | 2.3 | 0.6 | 0.6 | 0.6 |
| Pork Belly | 100 | 20.20% | 518 | 53 | 19.3 | 0.5 | 72 | 32 | 0 | 0 | 0 | 9.3 |
| Fish Tofu | 17 | 3.40% | 20.4 | 0.5 | 0.3 | 0 | 1.9 | 98.6 | 2 | 0 | 0 | 1.7 |
| Kamaboko | 12 | 2.40% | 13.1 | 0 | 0 | 0 | 2.2 | 157.1 | 2 | 0 | 0.7 | 1.1 |
| Kakiage tempura | 12 | 2.40% | 25.4 | 0.4 | 0 | 0 | 1.1 | 93.1 | 3.8 | 0 | 0.4 | 1.3 |
| Rice Cakes | 25 | 5.00% | 55 | 0.2 | 0 | 0 | 0 | 23.8 | 12.1 | 0.1 | 0 | 1.1 |
| Enoki Mushrooms | 12 | 2.40% | 4.4 | 0 | 0 | 0 | 0 | 0.4 | 0.9 | 0.3 | 0 | 0.3 |
| Fish Fillet | 30 | 6.10% | 35.7 | 1.8 | 0.4 | 0 | 16.5 | 29.4 | 0 | 0 | 0 | 4.6 |
| Instant Noodles | 30 | 6.10% | 112.5 | 0.5 | 0 | 0 | 0 | 192.5 | 23 | 1 | 1 | 4 |
| Lobster Ball | 20 | 4.00% | 26 | 0.6 | 0.2 | 0 | 9 | 186 | 2.8 | 0 | 0.2 | 2.2 |
| Kelp | 2.5 | 0.50% | 6.5 | 0 | 0 | 0 | 0 | 5 | 1.5 | 0 | 0 | 0 |
| Soybean Paste | 21.2 | 4.30% | 47.2 | 1.2 | 0 | 0 | 0 | 572.9 | 7.1 | 0 | 3.5 | 2.4 |
| Fermented Red Pepper Paste | 9.1 | 1.80% | 9.1 | 0 | 0 | 0 | 0 | 167.4 | 4.6 | 0 | 2.3 | 0.5 |
| Totals (per serving) | 495.8 | 100% | 944 | 59.4 | 20.3 | 0.5 | 102.6 | 1947.1 | 67.4 | 3.6 | 9.3 | 36.1 |

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) |
|-----------------------------|--------------|-------------|-----------------|---------------|--------------|---------------|-------------|--------------|-------------|------------|------------|-------------|
| Napa Cabbage | 190.9 | 36.80% | 22.9 | 0.3 | 0 | 0 | 0 | 21 | 4.3 | 1.9 | 1.9 | 2.1 |
| Tomatoes | 30.1 | 5.80% | 5.4 | 0.1 | 0 | 0 | 0 | 1.5 | 1.2 | 0.4 | 0.8 | 0.3 |
| Pork Meatballs | 8.9 | 1.70% | 12.5 | 0.8 | 0.4 | 0 | 3.1 | 57.7 | 0.5 | 0 | 0 | 1.1 |
| Beef Slices | 102.6 | 19.80% | 133.4 | 4.9 | 2.1 | 0.3 | 64.7 | 81.1 | 0.1 | 0 | 0 | 22.2 |
| Fried Tofu Skin | 8.8 | 1.70% | 64.6 | 6.2 | 1.1 | 0 | 0 | 0.9 | 0.8 | 0.1 | 0 | 1.6 |
| Vermicelli | 7.8 | 1.50% | 29.4 | 0 | 0 | 0 | 0 | 0 | 7.4 | 0.3 | 0 | 0 |
| Tofu | 38.3 | 7.40% | 55.5 | 3.3 | 0.5 | 0 | 0 | 5.4 | 1.6 | 0.9 | 0.3 | 6 |
| Kamaboko | 10.3 | 2.00% | 11.2 | 0 | 0 | 0 | 1.9 | 134.9 | 1.7 | 0 | 0.6 | 0.9 |
| Enoki Mushrooms | 16.8 | 3.20% | 6.2 | 0 | 0 | 0 | 0 | 0.5 | 1.3 | 0.5 | 0 | 0.4 |
| Corn | 60.2 | 11.60% | 59 | 0.5 | 0.1 | 0 | 0 | 3 | 14.1 | 1.7 | 2.3 | 2 |
| Crustaceans | 26.6 | 5.10% | 22.9 | 0.3 | 0 | 0 | 15.7 | 78.6 | 0.2 | 0 | 0 | 4.6 |
| Kakiage tempura | 17 | 3.30% | 36 | 0.6 | 0 | 0 | 1.5 | 132 | 5.4 | 0 | 0.6 | 1.8 |
| Totals (per serving) | 518.4 | 100% | 459 | 17 | 4.2 | 0.3 | 86.9 | 516.6 | 38.5 | 5.7 | 6.5 | 43.1 |

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) |
|-----------------------------|--------------|-------------|-----------------|---------------|--------------|---------------|-------------|---------------|-------------|------------|------------|-------------|
| Napa Cabbage | 179.3 | 32.60% | 47.4 | 0 | 0 | 0 | 0 | 30.7 | 7 | 2.6 | 2.6 | 2.6 |
| Lamb Slices | 105.7 | 19.20% | 139.6 | 5.5 | 2 | 0.2 | 67.7 | 73 | 0 | 0 | 0 | 21.1 |
| Crustaceans | 26.6 | 4.80% | 22.9 | 0.3 | 0 | 0 | 15.7 | 78.6 | 0.2 | 0 | 0 | 4.6 |
| Sour Mustard Greens | 88.5 | 16.10% | 29.5 | 0 | 0 | 0 | 0 | 1387 | 5.9 | 0 | 3 | 3 |
| Vermicelli | 9 | 1.60% | 33.8 | 0 | 0 | 0 | 0 | 0 | 8.4 | 0.4 | 0 | 0 |
| Clam | 28.5 | 5.20% | 24.5 | 0.3 | 0.1 | 0 | 8.5 | 171.3 | 1 | 0 | 0 | 4.2 |
| Enoki Mushrooms | 9.2 | 1.70% | 3.4 | 0 | 0 | 0 | 0 | 0.3 | 0.7 | 0.2 | 0 | 0.2 |
| Fried Tofu Skin | 4.8 | 0.90% | 35.3 | 3.4 | 0.6 | 0 | 0 | 0.5 | 0.4 | 0 | 0 | 0.9 |
| Tofu | 38.3 | 7.00% | 55.5 | 3.3 | 0.5 | 0 | 0 | 5.4 | 1.6 | 0.9 | 0.3 | 6 |
| Bunashimeji Mushrooms | 16.5 | 3.00% | 6.6 | 0.1 | 0 | 0 | 0 | 0.2 | 1.2 | 0.5 | 0 | 0.3 |
| Rice Cake Pork Blood | 16.7 | 3.00% | 19.2 | 0.1 | 0 | 0 | 0.7 | 35.4 | 4 | 0.1 | 0 | 0.6 |
| Kamaboko | 10.3 | 1.90% | 11.2 | 0 | 0 | 0 | 1.9 | 134.9 | 1.7 | 0 | 0.6 | 0.9 |
| Kakiage tempura | 17 | 3.10% | 36 | 0.6 | 0 | 0 | 1.5 | 132 | 5.4 | 0 | 0.6 | 1.8 |
| Totals (per serving) | 550.6 | 100% | 465 | 13.6 | 3.1 | 0.2 | 96.1 | 2049.2 | 37.6 | 4.7 | 7 | 46.3 |

Mushroom Veggie

| Ingredient | Serving Size | Calories (kcal) | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | CHOL (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|-------------------------|--------------|-----------------|---------------|--------------|---------------|-----------|-------------|-----------|-----------|------------|-------------|
| napa | 200g | 44.4 | 0 | 0 | 0 | 0 | 44.4 | 8.9 | 4.4 | 4.4 | 4.4 |
| firm tofu | 2 servings | 80 | 4 | 0.5 | 0 | 0 | 25 | 3 | 1 | 0 | 9 |
| wide vermicelli | 25g | 136 | 0 | 0 | 0 | 0 | 8.5 | 34 | 0 | 0 | 0 |
| green zucchini | 18g | 2.9 | 0 | 0 | 0 | 0 | 0.5 | 0.7 | 0.3 | 0.3 | 0.1 |
| tomato | 28g | 5.00 | 0.06 | 0.01 | 0.00 | 0.00 | 1.00 | 1.10 | 0.30 | 0.74 | 0.25 |
| organic bunapi mushroom | 22g | 5 | 0.1 | 0 | 0 | 0 | 1 | 0.7 | 0.2 | 0.5 | 0.7 |
| organic bunashimeji | 22g | 8.8 | 0.1 | 0 | 0 | 0 | 0 | 1.5 | 0.7 | 0 | 0.4 |
| broccoli | 15g | 5 | 0.06 | 0 | 0 | 0 | 5 | 1 | 0.4 | 0.26 | 0.42 |
| oyster mushroom | 16.5g | 5 | 0.1 | 0 | 0 | 0 | 3 | 0.9 | 0.3 | 0.2 | 0.5 |
| shiitake mushroom | 13g | 38 | 0.13 | 0 | 0 | 0 | 2 | 9.8 | 1.5 | 2.91 | 1.25 |
| konjac jelly | 18g | 18 | 0 | 0 | 0 | 0 | 1 | 4.29 | 0.6 | 0.07 | 0.23 |
| bean curd | 58g | 157 | 11.7 | 1.69 | 0 | 0 | 9 | 6 | 2.3 | 1.58 | 9.9 |
| enoki mushroom | 15g | 6 | 0.06 | 0 | 0 | 0 | 0 | 1.04 | 0.4 | 0.03 | 0.4 |
| wood ear mushroom | 13g | 48.8 | 0 | 0 | 0 | 0 | 0 | 6.5 | 0 | 0 | 0 |

Taiwanese Spicy

| 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 Cabbage | 217 | 28.80% | 52.1 | 0 | 0 | 0 | 0 | 39.1 | 8.7 | 0 | 0 | 4.3 |
| Rice cake pork blood | 42.9 | 5.70% | 49.3 | 0.4 | 0 | 0 | 1.9 | 91.1 | 10.2 | 0.4 | 0 | 1.5 |
| Tofu | 27.6 | 3.70% | 40 | 2.4 | 0.3 | 0 | 0 | 3.9 | 1.2 | 0.6 | 0.2 | 4.4 |
| Beef Slices | 176 | 23.40% | 225.2 | 7.9 | 3.4 | 0.4 | 112.6 | 140.8 | 0.3 | 0 | 0 | 38.3 |
| Fish Ball | 22.9 | 3.00% | 16 | 0.1 | 0 | 0 | 3.4 | 194.5 | 1.8 | 0 | 0.2 | 1.6 |
| Fried Tofu Skin | 14.9 | 2.00% | 108.9 | 10.4 | 1.8 | 0 | 0 | 1.5 | 1.3 | 0.1 | 0.1 | 2.7 |
| Ramen noodle | 40 | 5.30% | 140 | 1 | 0 | 0 | 0 | 480 | 28.4 | 1.1 | 0.3 | 4.4 |
| Clam | 57 | 7.60% | 49 | 0.5 | 0.1 | 0 | 17.1 | 342.5 | 2 | 0 | 0 | 8.4 |
| Pork Intestine | 78.8 | 10.50% | 130.1 | 10.2 | 0 | 0 | 10.2 | 506.9 | 0 | 0 | 0 | 9.5 |
| Enoki Mushrooms | 23.6 | 3.10% | 8.7 | 0.1 | 0 | 0 | 0 | 0.7 | 1.8 | 0.6 | 0.1 | 0.6 |
| Cuttlefish | 18.4 | 2.40% | 14.6 | 0.1 | 0 | 0 | 20.6 | 68.6 | 0.2 | 0 | 0 | 3 |
| Bunashimeji Mushrooms | 16.5 | 2.20% | 6.6 | 0.1 | 0 | 0 | 0 | 0.2 | 1.2 | 0.5 | 0 | 0.3 |
| Kakiage tempura | 17 | 2.30% | 36 | 0.6 | 0 | 0 | 1.5 | 132 | 5.4 | 0 | 0.6 | 1.8 |
| Totals (per serving) | 752.7 | 100% | 877 | 33.9 | 5.7 | 0.4 | 167.4 | 2001.7 | 62.5 | 3.4 | 1.5 | 80.7 |

Tonkotsu Miso

| Ingredient | Serving Size | Calories (kcal) | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | CHOL (mg) | Sodium (mg) | Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|------------------------------|--------------|-----------------|---------------|--------------|---------------|-----------|-------------|-----------|-----------|------------|-------------|
| cabbage | 190g | 46 | 0.23 | 0.03 | - | 0 | 34 | 10.6 | 4.4 | 6.8 | 2.74 |
| chasu pork | 66g | 140.3 | 6.9 | 2.3 | - | 48.3 | 315.1 | 2.3 | 0 | 0 | 12.8 |
| bamboo shoot | 16g | 4 | 0 | 0 | - | 0 | 1 | 1 | 0.4 | 0.5 | 0.4 |
| shrimp | 2pc | 12 | 0.2 | 0.04 | - | 18 | 18 | 0.2 | 0 | 0 | 2.44 |
| soft tofu | | 80 | 4 | 0.5 | 0 | 0 | 25 | 3 | 1 | 0 | 9 |
| sliced fish | 36g | 22.3 | 0.5 | 0.2 | - | 9.6 | 66.9 | 0 | 0 | 0 | 4.5 |
| organic bunashimeji mushroom | 25g | 10 | 0.1 | 0 | | 0 | 0 | 1.8 | 0.8 | 0 | 0.5 |
| fried tofu skin | 12g | 82.95 | 7.95 | 1.36 | 0.00 | 0.00 | 1.14 | 1.02 | 0.11 | 0.00 | 2.05 |
| udon | 1serving | 229 | 0.62 | 0.1 | 0 | 5 | 623 | 47 | 0.2 | 0.06 | 7 |
| wood ear mushroom | 15g | 56.3 | 0 | - | - | 0 | 0 | 7.5 | 0 | 0 | 0 |
| corn | 1pc | 19.25 | 0.27 | 0.05 | - | 0.00 | 3.50 | 4.25 | 0.60 | 0.73 | 0.73 |
| pickled ginger | 10g | 3.3 | 0 | 0 | - | 0 | 14 | 0.3 | 0 | 0.3 | 0 |
| seaweed | 2g | 6.7 | 0 | - | - | 0 | 13.3 | 0.7 | 0.7 | 0 | 0.7 |
| egg | 1pc | 78 | 5 | 1.6 | 0 | 187 | 62 | 0.6 | 0 | 0.6 | 6 |
| green onion | 74g | 29.6 | 0 | 0.024 | - | 0 | 29.6 | 5.9 | 3 | 3 | 0 |

Thai Tomato

| 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) |
|-----------------------------|--------------|-------------|-----------------|---------------|--------------|---------------|--------------|---------------|-------------|-------------|-------------|--------------|
| Cabbage | 200 | 20.90% | 50 | 0.2 | 0.1 | 0 | 0 | 36 | 11.6 | 5 | 6.4 | 2.6 |
| Taro Stem | 60 | 6.30% | 14.4 | 0.2 | 0 | 0 | 0 | 1.2 | 2.4 | 1.2 | 1.2 | 1.6 |
| Mussels | 10 | 1.00% | 8.6 | 0.2 | 0 | 0 | 2.8 | 28.6 | 0.4 | 0 | 0 | 1.2 |
| Fish Fillet | 130 | 13.60% | 107 | 1.7 | 0.8 | 0 | 0 | 81 | 0.7 | 0 | 0.7 | 22.6 |
| Clams | 27 | 2.80% | 23.2 | 0.3 | 0.1 | 0 | 8.1 | 162.3 | 1 | 0 | 0 | 4 |
| Cuttlefish Ring | 85 | 8.90% | 67.2 | 0.6 | 0.1 | 0 | 95.2 | 316.2 | 0.7 | 0 | 0 | 13.8 |
| Cuttlefish Ball | 100 | 10.40% | 70 | 0.5 | 0 | 0 | 15 | 850 | 8 | 0 | 1 | 7 |
| Baby corn | 28.4 | 3.00% | 5 | 0 | 0 | 0 | 0 | 55.9 | 0.8 | 0.4 | 0.2 | 0.4 |
| Straw Mushroom | 22 | 2.30% | 7 | 0.1 | 0 | 0 | 0 | 84.5 | 1 | 0.6 | 0.2 | 0.8 |
| Tomato | 40 | 4.20% | 7.2 | 0.1 | 0 | 0 | 0 | 2 | 1.6 | 0.5 | 1.1 | 0.4 |
| Spam | 9 | 0.90% | 28.9 | 2.6 | 1 | 0 | 6.4 | 93.2 | 0.2 | 0 | 0 | 1.1 |
| Sliced Pork | 100 | 10.40% | 468 | 35.1 | 12 | 0.1 | 99 | 1684 | 1.7 | 0 | 0 | 33.9 |
| Shrimp | 42.5 | 4.40% | 44.5 | 0.8 | 0 | 0 | 64.7 | 121.3 | 0 | 0 | 0 | 8.9 |
| Coconut milk | 28.4 | 3.00% | 55.8 | 6 | 5.4 | 0 | 0 | 3.7 | 0.8 | 0.3 | 0.4 | 0.6 |
| Cilantro | 1 | 0.10% | 0.2 | 0 | 0 | 0 | 0 | 0.5 | 0 | 0 | 0 | 0 |
| Thai Tomato paste | 76 | 7.90% | 62.3 | 0.4 | 0.1 | 0 | 0 | 600.4 | 14.4 | 3.1 | 9.3 | 3.3 |
| Totals (per serving) | 959.2 | 100% | 1019 | 48.8 | 19.5 | 0.1 | 291.2 | 4120.7 | 45.2 | 11.1 | 20.5 | 102.2 |

BP Classic

CONCEPT
STORE

| 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) |
|-----------------------------|--------------|-------------|-----------------|---------------|--------------|---------------|-------------|-------------|-----------|-----------|------------|-------------|
| Napa Cabbage | 160 | 34.60% | 42.3 | 0 | 0 | 0 | 0 | 27.4 | 6.3 | 2.3 | 2.3 | 2.3 |
| Quail Egg | 8.5 | 1.80% | 14.7 | 1 | 0.4 | 0 | 53.2 | 19.8 | 0 | 0 | 0 | 1.1 |
| Pork Intestine | 48 | 10.40% | 79.2 | 6.2 | 0 | 0 | 6.2 | 308.6 | 0 | 0 | 0 | 5.8 |
| Pork Meatballs | 9 | 1.90% | 12.6 | 0.8 | 0.4 | 0 | 3.2 | 58.4 | 0.5 | 0 | 0 | 1.1 |
| Rice cake pork blood | 17 | 3.70% | 19.6 | 0.2 | 0 | 0 | 0.8 | 36.1 | 4.1 | 0.2 | 0 | 0.6 |
| Preserved Vegetables | 20 | 4.30% | 1.9 | 0 | 0 | 0 | 0 | 153.9 | 0.4 | 0.1 | 0 | 0.1 |
| Tomatos | 30.1 | 6.50% | 5.4 | 0.1 | 0 | 0 | 0 | 1.5 | 1.2 | 0.4 | 0.8 | 0.3 |
| Enoki Mushrooms | 12 | 2.60% | 4.4 | 0 | 0 | 0 | 0 | 0.4 | 0.9 | 0.3 | 0 | 0.3 |
| Nira | 8 | 1.70% | 2.4 | 0.1 | 0 | 0 | 0 | 0.2 | 0.3 | 0.2 | 0.2 | 0.2 |
| Tofu | 110 | 23.80% | 159.5 | 9.6 | 1.4 | 0 | 0 | 15.4 | 4.7 | 2.5 | 0.8 | 17.4 |
| Clam | 30 | 6.50% | 25.8 | 0.3 | 0.1 | 0 | 9 | 180.3 | 1.1 | 0 | 0 | 4.4 |
| Kamaboko | 10 | 2.20% | 10.9 | 0 | 0 | 0 | 1.8 | 130.9 | 1.6 | 0 | 0.5 | 0.9 |
| Totals (per serving) | 462.6 | 100% | 379 | 18.2 | 2.3 | 0 | 74.1 | 933 | 21 | 6 | 4.6 | 34.5 |

Tomato Delight

CONCEPT
STORE

| 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) |
|-----------------------------|--------------|-------------|-----------------|---------------|--------------|---------------|-------------|--------------|-------------|-------------|-------------|-------------|
| Vermicelli | 9 | 1.60% | 33.8 | 0 | 0 | 0 | 0 | 0 | 8.5 | 0.4 | 0 | 0 |
| Beancurd Pouch | 39 | 6.90% | 125.2 | 7.5 | 0 | 0 | 0 | 34.2 | 2.1 | 4.1 | 0 | 12.3 |
| Tofu | 38 | 6.70% | 55.1 | 3.3 | 0.5 | 0 | 0 | 5.3 | 1.6 | 0.9 | 0.3 | 6 |
| Napa Cabbage | 160 | 28.10% | 19.2 | 0.3 | 0 | 0 | 0 | 17.6 | 3.6 | 1.6 | 1.6 | 1.8 |
| Tomatos | 79 | 13.90% | 14.2 | 0.2 | 0 | 0 | 0 | 3.9 | 3.1 | 0.9 | 2.1 | 0.7 |
| Enoki Mushrooms | 19 | 3.30% | 7 | 0.1 | 0 | 0 | 0 | 0.6 | 1.5 | 0.5 | 0 | 0.5 |
| Bunapi Mushroom | 17 | 3.00% | 6.8 | 0.2 | 0 | 0 | 0 | 0 | 1 | 0.5 | 0 | 0.3 |
| Poached Lotus Slice | 24 | 4.20% | 17.7 | 0 | 0 | 0 | 0 | 10.1 | 3.8 | 0.1 | 3.5 | 0.5 |
| Beans | 21 | 3.70% | 8.2 | 0 | 0 | 0 | 0 | 0.6 | 1.6 | 0.5 | 0.5 | 0.4 |
| Corn | 60 | 10.50% | 58.8 | 0.5 | 0.1 | 0 | 0 | 3 | 14.1 | 1.7 | 2.3 | 2 |
| Pork Slices | 102.7 | 18.10% | 191.1 | 12.7 | 4.5 | 0.1 | 63.7 | 62.7 | 0 | 0 | 0 | 17.9 |
| Totals (per serving) | 568.7 | 100% | 537 | 24.7 | 5.1 | 0.1 | 63.7 | 138.1 | 40.8 | 11.3 | 10.3 | 42.4 |