

# Nutrition Facts

**Serving size** 1/2 cup tofu & broccoli + 1/2 cup rice

**Amount Per Serving**

**Calories** **320**

**% Daily Value\***

**Total Fat** 11g **14%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 5g

**Cholesterol** 0mg **0%**

**Sodium** 600mg **26%**

**Total Carbohydrate** 44g **16%**

Dietary Fiber 7g **25%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 18g **36%**

Vitamin D 0mcg **0%**

Calcium 316mg **25%**

Iron 3.7mg **20%**

Potassium 814mg **15%**

\*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.