

Hawaiian Luau



Soup Asian Spinach Shitake & Tofu

1 Cup = 92 Calories 5.1g Fat 4.4 Protein 7.7 Carbs

Teriyaki Chicken

1 Quarter = 337 Calories 16.8 Fat 38.3 Protein 6.2 Carbs

Salmon Cakes

2 Cakes = 185 Calories 7.7 Fat 21.0 Protein 6.6 Carbs

Steamed Rice

$\frac{3}{4}$ Cup = 155 Calories 0.7 Fat 2.8 Protein 33.4 Carbs

Potato Aloha Sweet Potatoes

5 Ounces = 92 Calories 5.1 Fat 4.4 Protein 7.7 Carbs

Asian Vegetable Blend

$\frac{1}{2}$ Cup = 47 Calories 0.4 Fat 3.3 Protein 8.9 Carbs

Snow Peas Gingered & Yellow Squash

$\frac{1}{2}$ Cup = 71 Calories 3.7 Fat 2.7 Protein 7.7 Carbs

Japanese Vegetable Stir Fry

$\frac{3}{4}$ Cup = 79 Calories 2.4 Fat 3.7 Protein 12.6 Carbs

