

# NUTRITIONAL INFORMATION

## ENTREES

		CALORIES	FAT(g)	CAL/FAT%	PROTEIN(g)	CARBOHYDRATES(g)	FIBER(g)	SODIUM(mg)	CHOLESTEROL(mg)	SUGAR(g)	
1	TERIYAKI CHICKEN.....	with Rice	591	4.5	7%	35	98	4	1896	80	5
		with Noodles	492	4.7	9%	30	80	4	3280	80	5
2	TERIYAKI STEAK.....	with Rice	684	13	17%	46	92	4	269	97	5
		with Noodles	586	13	20%	41	75	4	1656	97	6
3	YAKITORI CHICKEN.....	with Rice	696	15	20%	42	94	4	248	121	6
		with Noodles	597	15	23%	37	76	4	1636	121	7
4	SHICHIMI CHICKEN.....	with Rice	591	5	8%	40	92	4	110	104	4
		with Noodles	492	5	10%	35	74	4	1497	104	5
5	TEN SHRIMP.....	with Rice	521	2	3%	21	104	6	161	107	14
		with Noodles	423	2	5%	16	86	6	1548	107	15
6	MIX IT UP										
		TERIYAKI CHICKEN/TERIYAKI STEAK.....	with Rice	681	10	13%	47	96	4	1368	107
		with Noodles	596	10	15%	42	81	4	2755	107	5
	TERIYAKI CHICKEN/YAKITORI CHICKEN.....	with Rice	688	11	15%	45	97	4	1394	121	6
		with Noodles	586	12	18%	40	78	4	2725	121	5
	TERIYAKI STEAK/YAKITORI CHICKEN.....	with Rice	718	15	19%	48	93	4	210	121	6
		with Noodles	618	15	23%	43	75	4	1598	121	6
	SHRIMP/TERIYAKI CHICKEN.....	with Rice	565	4	5%	30	101	5	1132	98	9
		with Noodles	467	4	7%	25	98	5	2519	98	10
	SHRIMP/YAKITORI CHICKEN.....	with Rice	624	9	13%	33	99	5	217	121	10
		with Noodles	524	10	16%	29	81	5	1603	121	11
	SHRIMP/SHICHIMI CHICKEN.....	with Rice	595	4	7%	37	98	5	151	129	10
		with Noodles	496	5	8%	32	80	5	1539	129	10
	SHRIMP/TERIYAKI STEAK.....	with Rice	519	8	12%	35	98	5	228	107	10
		with Noodles	519	8	14%	31	81	5	1615	107	10
7	FRESH VEGGIE COMBO.....	with Rice	478	2	4%	13	103	6	49	0	7
		with Noodles	378	2	5%	8	85	6	1436	0	7

## SUSHI ROLLS

CALIFORNIA ROLL.....	4 Pack	132	1	5%	4	26	1	124	3	1
VEGGIE ROLL.....	4 Pack	119	1	4%	2	25	1	4	0	1

## EXTRA'S

CHICKEN STEAMROLLERS.....	Single	120	5	7%	8	14	2	470	20	2
VEGGIE STEAMROLLER.....	Single	70	2.5	4%	2	13	2	180	0	1

INFORMATION ANALYZED & PROVIDED BY COLORADO STATE UNIVERSITY COOPERATIVE EXTENSION DEPARTMENT OF FOOD SCIENCE & HUMAN NUTRITION



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