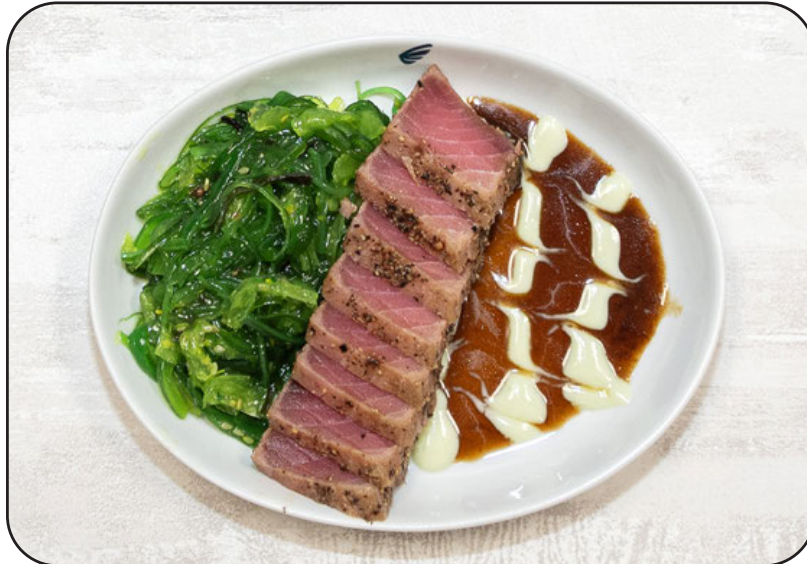


Cycle 2

Ahi Tuna Plate

Seared Ahi tuna served with seaweed salad and a wasabi and miso-soy sauce



WIMS# 30109

Allergens: egg, milk, fish, sesame, soy

Ahi Tuna Plate	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (155 g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 2.5g	13%
Trans Fat 0.5g	
Cholesterol 35mg	12%
Sodium 1330mg	58%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 17g	
Protein 18g	
Vitamin D 0.00mcg	0%
Calcium 73mg	6%
Iron 1.4mg	8%
Potassium 327mg	7%

* 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.

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