



Vegetarian Sweet and Sour Tofu

with rice pilaf, carrots and broccoli



Available on these menus

- General Wellness**
- Diabetes Friendly**
- Heart Healthy**
- Low Sodium**
- Vegetarian**

TO PLACE YOUR ORDER

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Nutrition Facts

| | |
|-------------------------------|------------------------|
| 1 servings per container | |
| Serving size | 1 MEAL (425.8g) |
| Amount per serving | 350 |
| Calories | |
| <small>% Daily Value*</small> | |
| Total Fat 6g | 8% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 280mg | 12% |
| Total Carbohydrate 60g | 22% |
| Dietary Fiber 8g | 29% |
| Total Sugars 14g | |
| Includes g of Added Sugars | |
| Protein 15g | |
| Vitamin D 0mcg | 0% |
| Calcium 255mg | 20% |
| Iron 3mg | 15% |
| Potassium 734mg | 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.

INGREDIENTS:

TOFU [WATER,SOYBEANS,CALCIUM SULFATE}SWEET AND SOUR SAUCE[WATER,SUGAR,SOY SAUCE,WATER,SOYBEANS,WHEAT,SALT,VINEGAR,MODIFIED CORN STARCH,TOMATO PASTE,PINEAPPLE JUICE CONCENTRATE,ONION POWDER,CARMINE COLOR,HYDRATED GREEN BELL PEPPER,SODIUM BENZOATE: LESS THAN 1/10 OF 1 AS A PRESERVATIVE,CITRIC ACID,GARLIC POWDER,DISODIUM INOSINATE,DISODIUM GUANYLATE,SPICE] WATER), BROWN RICE PILAF (MIREPOIX [ONIONS, CELERY, CARROTS], WATER, PARBOILED LONG GRAIN BROWN RICE, MARGARINE [LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, CONTAINS LESS THAN 2% OF VEGETABLE MONO & DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE {A PRESERVATIVE}, CITRIC ACID, NATURAL & ARTIFICIAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, BETA CAROTENE {COLOR}, VITAMIN A PALMITATE ADDED]), CARROTS, BROCCOLI

CONTAINS: SOY, WHEAT