



## Asian Tofu Stir-Fry

**Heating Instructions:** Remove plastic lid.

Heat at 350° for 10-15 minutes or until warm. May be warmed in microwave.

**SMALL**  **MEDIUM**  **LARGE**

**Nutrition Facts** Serv. Size: 12 oz per person (397g), Servings: Varied, Amount Per Serving: **Calories** 450, Fat Cal. 310, **Total Fat** 34g (52% DV), Sat. Fat 4.5g (23% DV), *Trans* Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 1640mg (68% DV), **Total Carb.** 28g (9% DV), Fiber 5g (20% DV), Sugars 19g, **Protein** 16g, Vitamin A (100% DV), Vitamin C (180% DV), Calcium (25% DV), Iron (20% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** ZUCCHINI, TOFU (WATER, WHOLE SOYBEANS, NIGARI (SEA WATER EXTRACT), CALCIUM SULFATE), BROCCOLI, ONION, TAMARI (WATER, SOYBEANS, SALT, ALCOHOL (TO PRESERVE FRESHNESS)), SESAME OIL, SNOW PEAS, CELERY, RED PEPPERS, CARROTS, HONEY, GARLIC  
**CONTAINS: SOY**