

Cabbage and Carrot

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	34 kcal	45 kcal
Protein	0.7 g	0.9 g
Total Fat	2.4 g	3.2 g
Saturated Fat	0.2 g	0.3 g
Trans Fat	0.1 g	0.1 g
Cholesterol	0 mg	0 mg
Carbohydrate	1.7 g	2.2 g
Total Sugar	1.5 g	2.0 g
Dietary Fibre	1.5 g	2.0 g
Sodium	125 mg	167 mg

Broccoli and Carrot

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	39 kcal	52 kcal
Protein	0.8 g	1.1 g
Total Fat	2.5 g	3.3 g
Saturated Fat	0.3 g	0.4 g
Trans Fat	0.1 g	0.1 g
Cholesterol	0 mg	0 mg
Carbohydrate	3.2 g	4.3 g
Total Sugar	1.7 g	2.2 g
Dietary Fibre	1.8 g	2.4 g
Sodium	138 mg	184 mg

Radish and Carrot

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	26 kcal	35 kcal
Protein	0.4 g	0.5 g
Total Fat	2.0 g	2.6 g
Saturated Fat	0.2 g	0.3 g
Trans Fat	0.1 g	0.1 g
Cholesterol	0 mg	0 mg
Carbohydrate	1.4 g	1.8 g
Total Sugar	1.2 g	1.6 g
Dietary Fibre	1.0 g	1.3 g
Sodium	105 mg	140 mg

Cauliflower and Carrot

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	35 kcal	47 kcal
Protein	1.0 g	1.3 g
Total Fat	2.5 g	3.3 g
Saturated Fat	0.2 g	0.3 g
Trans Fat	0.1 g	0.1 g
Cholesterol	0 mg	0 mg
Carbohydrate	1.9 g	2.5 g
Total Sugar	1.5 g	2.0 g
Dietary Fibre	1.0 g	1.3 g
Sodium	136 mg	181 mg

Hairy Gourd with Vermicelli

Nutrition Information

Serving size: **75g (1 piece)**

Serving per package: **4**

	Per Serving	Per 100g
Energy	32 kcal	42 kcal
Protein	0.5 g	0.7 g
Total Fat	0.0 g	0.0 g
Saturated Fat	0.0 g	0.0 g
Trans Fat	0.0 g	0.0 g
Cholesterol	0 mg	0 mg
Carbohydrate	6.7 g	8.9 g
Total Sugar	1.1 g	1.4 g
Dietary Fibre	1.5 g	1.9 g
Sodium	44 mg	59 mg