

L4 Yuzu Fish Bento

Nutrition Information

Serving size: **330g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	587 kcal	178 kcal
Protein	36.6 g	11.1 g
Total Fat	19.8 g	6.0 g
Saturated Fat	6.8 g	2.1 g
Trans Fat	0.0 g	0.0 g
Cholesterol	78 mg	24 mg
Carbohydrate	33.8 g	10.2 g
Total Sugar	9.5 g	2.9 g
Dietary Fibre	1.7 g	0.5 g
Sodium	536 mg	162 mg

L5 Yuzu Fish Bento

Nutrition Information

Serving size: **300g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	333 kcal	111 kcal
Protein	37.6 g	12.5 g
Total Fat	6.1 g	2.0 g
Saturated Fat	2.1 g	0.7 g
Trans Fat	0.0 g	0.0 g
Cholesterol	78 mg	26 mg
Carbohydrate	31.2 g	10.4 g
Total Sugar	10.4 g	3.5 g
Dietary Fibre	2.5 g	0.8 g
Sodium	567 mg	189 mg