

L4 Yuzu Fish Bento

Nutrition Information

Serving size: **330g**

Serving per package: **1**

Per Serving

Per 100g

Energy	384kcal	116kcal
Protein	20.5g	6.2g
Total Fat	19.5g	5.9g
Saturated Fat	2.6g	0.8g
Trans Fat	0.3g	0.1g
Cholesterol	39mg	12mg
Carbohydrate	25.4g	7.7g
Total Sugar	7.9g	2.4g
Dietary Fibre	1.9g	0.6g
Sodium	488mg	148mg

L5 Yuzu Fish Bento

Nutrition Information

Serving size: **300g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	304kcal	101kcal
Protein	32.6g	10.9g
Total Fat	5.7g	1.9g
Saturated Fat	2.4g	0.8g
Trans Fat	0.0g	0.0g
Cholesterol	78mg	26mg
Carbohydrate	30.4g	10.1g
Total Sugar	9.6g	3.2g
Dietary Fibre	1.6g	0.5g
Sodium	591mg	197mg

L6 Yuzu Fish Bento

Nutrition Information

Serving size: **300g**

Serving per package: **1**

Per Serving

Per 100g

Energy	338kcal	471kcal
Protein	33.3g	11.1g
Total Fat	5.8g	1.9g
Saturated Fat	2.25g	0.8g
Trans Fat	0.0g	0.0g
Cholesterol	78mg	26mg
Carbohydrate	37.9g	12.6g
Total Sugar	9.7g	3.3g
Dietary Fibre	1.7g	0.6g
Sodium	617mg	206mg