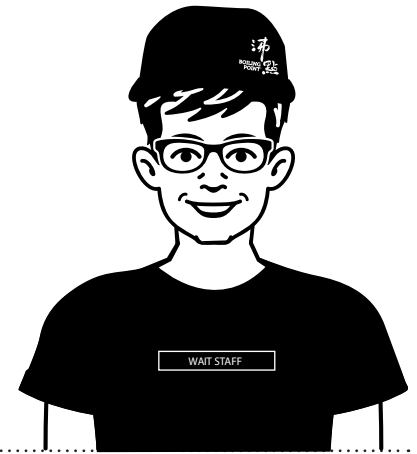




# NUTRITIONAL GUIDE

[ APPETIZERS ]



## Kimchi Tofu

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Tofu	55.7	65.70%	80.8	4.9	0.7	0	0	7.8	2.4	1.3	0.4	8.8
Kimchi	19	22.50%	5	0	0	0	0	113.6	0.7	0.2	0.2	0.2
Chives	0.5	0.60%	0.2	0	0	0	0	0	0	0	0	0
Green Onion	0.5	0.60%	0.1	0	0	0	0	0.1	0	0	0	0
Garlic	0.5	0.50%	0.7	0	0	0	0	0.1	0.1	0	0	0
Sesame Seed	0.2	0.30%	1.4	0.1	0	0	0	0	0.1	0	0	0
Sesame Oil	1.6	1.90%	14.5	1.6	0.2	0	0	0	0	0	0	0
Paprika	0.1	0.20%	0.4	0	0	0	0	0.1	0.1	0	0	0
Sugar	1.6	1.90%	6.4	0	0	0	0	0	1.6	0	1.6	0
Soy Sauce	5	5.80%	3.4	0	0	0	0	308.9	0	0	0	0.7
<b>Totals (per serving)</b>	<b>84.8</b>	<b>100%</b>	<b>113</b>	<b>6.6</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>430.6</b>	<b>5</b>	<b>1.5</b>	<b>2.3</b>	<b>9.7</b>

## Garlic Pork Belly

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Garlic	1.7	1.80%	2.5	0	0	0	0	0.3	0.5	0	0	0.1
Soy Sauce	8.4	9.20%	12.5	0	0	0	0	496.8	2.5	0	2.5	0.4
Water	8.6	9.40%	0	0	0	0	0	0.3	0	0	0	0
Sesame Oil	1.4	1.50%	12.4	1.4	0.2	0	0	0	0	0	0	0
Soybean Oil	1.1	1.20%	9.7	1.1	0.2	0	0	0	0	0	0	0
Pork Belly	70	76.80%	362.6	37.1	13.5	0.4	50.4	22.4	0	0	0	6.5
<b>Totals (per serving)</b>	<b>91.1</b>	<b>100%</b>	<b>400</b>	<b>39.6</b>	<b>13.9</b>	<b>0.4</b>	<b>50.4</b>	<b>519.8</b>	<b>3.1</b>	<b>0</b>	<b>2.5</b>	<b>7.1</b>