

### **Bulgogi Beef**

Nutrition Facts\* Valeur nutritive\*

Per / Par 320 g

<b>Nutrient &amp; Amount</b>	<b>% Daily Value</b>
Calories: 460 kcal	23%
Total Fat: 16 g	25%
- Saturated Fat: 6 g	30%
- Unsaturated Fat: 10 g	N/A
Cholesterol: 50 mg	17%
Sodium: 900 mg	38%
Total Carbohydrates: 54 g	18%
- Dietary Fiber: 3 g	12%
- Sugars: 9 g	N/A
Protein: 22 g	44%
Iron: 2.5 mg	14%
Calcium: 50 mg	5%

### **Bulgogi Chicken**

Nutrition Facts\* Valeur nutritive\*

Per / Par 320 g

<b>Nutrient &amp; Amount</b>	<b>% Daily Value</b>
Calories: 430 kcal	22%
Total Fat: 12 g	18%
- Saturated Fat: 4 g	20%
- Unsaturated Fat: 8 g	N/A
Cholesterol: 70 mg	23%
Sodium: 850 mg	35%
Total Carbohydrates: 55 g	18%
- Dietary Fiber: 3 g	12%
- Sugars: 10 g	N/A
Protein: 25 g	50%
Iron: 2.2 mg	12%
Calcium: 55 mg	5%

### Japchae (Sweet Potato Noodles)

Nutrition Facts\* Valeur nutritive\*

Per / Par 320 g

<b>Nutrient &amp; Amount</b>	<b>% Daily Value</b>
Calories: 380 kcal	19%
Total Fat: 15 g	23%
- Saturated Fat: 3 g	15%
- Unsaturated Fat: 12 g	N/A
Cholesterol: 0 mg	0%
Sodium: 850 mg	35%
Total Carbohydrates: 55 g	18%
- Dietary Fiber: 5 g	20%
- Sugars: 8 g	N/A
Protein: 8 g	16%
Iron: 3 mg	17%
Calcium: 30 mg	3%

### Tteokbokki

Nutrition Facts\* Valeur nutritive\*

Per / Par 320 g

<b>Nutrient &amp; Amount</b>	<b>% Daily Value</b>
Calories: 420 kcal	21%
Total Fat: 12 g	18%
- Saturated Fat: 3 g	15%
- Unsaturated Fat: 9 g	N/A
Cholesterol: 30 mg	10%
Sodium: 800 mg	33%
Total Carbohydrates: 65 g	22%
- Dietary Fiber: 3 g	12%
- Sugars: 15 g	N/A
Protein: 10 g	20%
Iron: 1.5 mg	8%
Calcium: 30 mg	3%

### Spicy Chicken

Nutrition Facts\* Valeur nutritive\*

Per / Par 320 g

<b>Nutrient &amp; Amount</b>	<b>% Daily Value</b>
Calories: 480 kcal	24%
Total Fat: 18 g	28%
- Saturated Fat: 7 g	35%
- Unsaturated Fat: 11 g	N/A
Cholesterol: 60 mg	20%
Sodium: 950 mg	40%
Total Carbohydrates: 52 g	17%
- Dietary Fiber: 4 g	16%
- Sugars: 12 g	N/A
Protein: 22 g	44%
Iron: 2.5 mg	14%
Calcium: 50 mg	5%

### Spicy Pork

Nutrition Facts\* Valeur nutritive\*

Per / Par 320 g

<b>Nutrient &amp; Amount</b>	<b>% Daily Value</b>
Calories: 500 kcal	25%
Total Fat: 20 g	31%
- Saturated Fat: 8 g	40%
- Unsaturated Fat: 12 g	N/A
Cholesterol: 60 mg	20%
Sodium: 1000 mg	42%
Total Carbohydrates: 52 g	17%
- Dietary Fiber: 3 g	12%
- Sugars: 10 g	N/A
Protein: 22 g	44%
Iron: 2.8 mg	16%
Calcium: 55 mg	5%

### Kimchi Fried Rice

Nutrition Facts\* Valeur nutritive\*

Per / Par 320 g

<b>Nutrient &amp; Amount</b>	<b>% Daily Value</b>
Calories: 450 kcal	23%
Total Fat: 18 g	28%
- Saturated Fat: 4 g	20%
- Unsaturated Fat: 14 g	N/A
Cholesterol: 80 mg	27%
Sodium: 950 mg	40%
Total Carbohydrates: 55 g	18%
- Dietary Fiber: 4 g	16%
- Sugars: 10 g	N/A
Protein: 14 g	28%
Iron: 2.5 mg	14%
Calcium: 55 mg	5%