

Lettuce Wraps

One (1) – 12-1/2 oz. serving

NUTRITIONAL INFORMATION

Per Serving / 12-1/2 oz.

Calories 570 **Calories from Fat** 200

	Amount	% Daily Value
Total Fat	22g	35%
Saturated Fat	4.5g	23%
Trans Fat	0g	
Polyunsaturated Fat	6g	
Monounsaturated Fat	10g	
Cholesterol	115mg	39%
Sodium	2380mg	99%
Total Carbohydrate	38g	13%
Dietary Fiber	4g	14%
Sugars	12g	
Protein	52g	104%
Vitamin A		20%
Vitamin C		10%
Calcium		10%
Iron		25%

**Percent Daily Values are based on a 2,000 calorie diet*

Ingredients (per menu item)	Cal	Fat	Carbs
1/2 oz. Wonton Crisps	36.5	0.1g	7.5g
3 oz. Iceberg Lettuce	11.9	0.1g	2.5g
1 pinch Sesame Seeds	1.0	0.1g	0.0g
1 Cilantro Leaf	0.5	0.0g	0.1g
1/2 oz. Peanuts	80.3	7.0g	2.3g
6 oz. Chicken Mix	335.0	15.1g	4.4g
1/2 oz. Fried Rice Noodles	49.7	0.0g	12.2g
2 oz. Sweet Spicy Teriyaki	50.5	0.0g	8.8g

S A U L G O O D

Restaurant & Pub