

# Kung Pao Brussel Sprouts

One (1) – 8 oz. serving

## NUTRITIONAL INFORMATION

Per Serving / 8 oz.

**Calories** 256    **Calories from Fat** 93

	<b>Amount</b>	<b>% Daily Value</b>
<b>Total Fat</b>	9.1 g	14%
<b>Saturated Fat</b>	1.5 g	8%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	554.1 mg	23%
<b>Total Carbohydrate</b>	35.4 g	12%
Dietary Fiber	7.1 g	
Sugars	13.1 g	
<b>Protein</b>	8.8 g	
<b>Vitamin A</b>		21%
<b>Vitamin C</b>		201%
<b>Calcium</b>		6%
<b>Iron</b>		11%

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

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<b>Ingredients (per menu item)</b>	<b>Cal</b>	<b>Fat</b>	<b>Carbs</b>
5 oz. Brussel Sprouts	61	0.4g	12.7g
½ oz. Thai Peanut Sauce	37.5	2.1g	3.3g
½ oz. Chili Garlic Sauce	33.1	0.0g	8.0g
½ oz. Red Bell Pepper	2.9	0.0g	0.7g
½ oz. Peanut	81	6.6g	3.5g
¼ oz. Cilantro	35.4	0.0g	7.1g
½ oz. Cabbage Mix	4.7	0.0g	1.0g

**SAUL GOOD**

restaurant & pub