

Full Report (All Nutrients) 45232665, TOFU SCRAMBLE IN A POCKET SANDWICH, MADE WITH ORGANIC TOFU, BELL PEPPERS & SHITAKE MUSHROOMS, UPC: 042272001163

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Report Date: August 18, 2019 01:01 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer AMY'S KITCHEN INC.

Nutrient	Unit	Data points	Std. Error	113.0 GRM 113g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	190	168
Protein	g	--	--	10.99	9.73
Total lipid (fat)	g	--	--	6.00	5.31
Carbohydrate, by difference	g	--	--	23.00	20.35
Fiber, total dietary	g	--	--	2.0	1.8
Sugars, total	g	--	--	2.00	1.77
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	0.72	0.64
Sodium, Na	mg	--	--	480	425
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	2.4	2.1
Vitamin A, IU	IU	--	--	99	88
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

ORGANIC TOFU (FILTERED WATER, ORGANIC SOYBEANS, MAGNESIUM CHLORIDE), ORGANIC UNBLEACHED WHEAT FLOUR, ORGANIC ONIONS, FILTERED WATER, ORGANIC BELL PEPPERS, ORGANIC SHIITAKE MUSHROOMS, ORGANIC DICED TOMATOES, ORGANIC EXTRA VIRGIN OLIVE OIL, ORGANIC BROCCOLI, SEA SALT, ORGANIC CANE SUGAR, ORGANIC TAMARI (WATER, ORGANIC SOYBEANS, ORGANIC ALCOHOL [TO PRESERVE FRESHNESS], SALT), ORGANIC HIGH OLEIC SAFFLOWER AND/OR SUNFLOWER OIL, YEAST, TURMERIC, SPICES, ORGANIC JALAPENO

