

B-FAMILY STYLE TEMPEH

 1 bowl

INGREDIENTS

- 4 3 ounces of A-Roasted Tempeh (388 g)

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (388 g)	% DRI
ENERGY	233 kcal	906 kcal	45 %
FAT	14 g	56 g	86 %
FATTY ACIDS, TOTAL SATURATED	3 g	11 g	56 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	171 mg	665 mg	28 %
CARBOHYDRATE	12 g	48 g	16 %
SUGARS	1 g	2 g	—
FIBER	2 g	6 g	24 %
PROTEIN	19 g	73 g	—