

Nutrition Facts

Serving Size 1.0 container (171 g / 6.0 oz)

Amount Per Serving

Calories **210**

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 200mg	9%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g of Added Sugars	0%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 6mg	35%
Potassium 0mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Water, Rice, Cooked Surimi {Alaska Pollock, Water, Sugar, Wheat Starch, Corn Starch, Contains 2% or less of the following: Soybean Oil, Sorbitol, Food Starch-Modified, Mirin Wine (Sake, Sugar, Salt, Water, Yeast Extract), Salt, Potassium Chloride, Artificial Crab Flavor, Carrageenan, Sodium Tripolyphosphate, Tetrasodium Pyrophosphate, Citric Acid, Paprika Oleoresin, Carmine, Color Added}, Avocado, Soybean or Canola Oil, Whole Eggs, Water, Vinegar, Egg Yolk, Sugar, Salt, Sesame, Seaweed, Mustard Flour, Calcium Disodium EDTA (to protect flavor). Contains: Wheat, Egg, Fish (Alaska Pollock). May Contain Crustacean Shellfish (Crab). Packets: Wasabi (See Packet). Soy Sauce (Water, Wheat, Soybeans, Salt). Contains: Wheat, Soybeans