

## Chinese Spinach Steamed Bun 菠菜包子



Photo reference: <http://kaleidoscope.cultural-china.com/>

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<b>Nutrition Facts/營養標示</b>	
Serv. Size/每一份 1 bun/個 (100 g/克)	
Servings per container/份 4.8	
Amount Per Serving/每份	
<b>Calories/能量</b> 210 kcal/千卡	<b>Fat cal./脂肪卡</b> 110
% Daily Value*/每日攝取量百分比*	
<b>Total Fat/總脂肪</b> 12.2 g/克	20%
Saturated Fat/飽和脂肪 2.9 g/克	15%
Trans Fat/反式脂肪 0 g/克	
Polyunsat. Fat/多不飽和脂肪 0 g/克	
Monounsat. Fat/單不飽和脂肪 0 g/克	
<b>Cholesterol/膽固醇</b> 0 mg/毫克	0%
<b>Sodium/鈉</b> 171 mg/毫克	9%
<b>Potassium/鉀</b> 0 mg/毫克	0%
<b>Total Carb./碳水化合物</b> 13.6 g/克	4%
Fiber/纖維 2.2 g/克	9%
Sugars/糖 1.8 g/克	
<b>Protein/蛋白質</b> 7.7 g/克	
Vitamin/維他命 A 0%	• Vitamin/維他命 C 0%
Calcium/鈣 8%	• Iron/鐵 5%
* Percent Daily Values are based on a 2,000 calorie diet.	
* 每日建議攝取量的百分比是基於2,000卡路里熱量的食物要求	

**Ingredients / 成分:** wheat flour, purified water, Chinese spinach, green vegetable, white sugar, mushroom, refined edible plant oil, sesame oil, salt, yeast

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