

Vegetable Wonton 素菜雲吞



Photo by: Wing Shan Li, Hunter College, Dietetic Intern

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Nutrition Facts/營養標示	
Serv. Size/每一份 6 pieces/粒	
Servings per container/份 4	
Amount Per Serving/每份	
<b>Calories/能量</b> 160 kcal /千卡	<b>Fat cal./脂肪卡</b> 41
% Daily Value*/每日攝取量百分比*	
<b>Total Fat/總脂肪</b> 4.6g/克	7%
Saturated Fat/飽和脂肪 0g/克	0%
Trans Fat/反式脂肪 0g/克	0%
Polyunsat. Fat/多不飽和脂肪 Not Available	
Monounsat. Fat/單不飽和脂肪 Not Available	
<b>Cholesterol/膽固醇</b> 0 mg/毫克	0%
<b>Sodium/鈉</b> 368mg/毫克	15.3%
<b>Potassium/鉀</b> Not Available	
<b>Total Carb./碳水化合物</b> 24.8g/克	8%
Fiber/纖維 0.6g/克	2.4%
Sugars/糖 0.9g/克	
<b>Protein/蛋白質</b> 4.6g/克	
Vitamin/維他命 A 0%	• Vitamin/維他命 C 0%
Calcium/鈣 5.6%	• Iron/鐵 26%
* 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, water, spinach, Chinese cabbage, bamboo shoot, soy beancurd, dried mushroom, soybean oil, sesame oil, sugar, vegetable essence bouillon, green shallot, salt, white pepper.

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