

SEOUL FOOD

BENTO ITEM	CALORIES	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MILLIGRAMS)	SODIUM (MILLIGRAMS)	TOTAL CARBS (GRAMS)	DIETARY FIBER (GRAMS)	SUGARS (GRAMS)	PROTIEN (GRAMS)
BBQ BEEF PITA	500	18	6	70	800	32	1	7	30
ASIAN PICKLED CUCUMBERS	48	0	0	0	10	11	0	11	0
SAUTEED PEPPERS AND ONIONS	70	7	1	0	45	2.5	1	0.5	2
ORANGES	34	0	0	0	1	9	2	6	1
TOTAL	652	25	7	70	856	54.5	5	24.5	33

DANTE

BENTO ITEM	CALORIES	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MILLIGRAMS)	SODIUM (MILLIGRAMS)	TOTAL CARBS (GRAMS)	DIETARY FIBER (GRAMS)	SUGARS (GRAMS)	PROTIEN (GRAMS)
WHITE BEANS IN LEMON SAUCE	295	10	2	0	274	30	10	2	19
SAUTEED SWEET SQUASH	88	8	2	8	200	4	1	2	1
CROSTINI	90	0.5	0	0	175	17	0.5	1	2.5
ORANGES	34	0	0	0	1	9	2	6	1
TOTAL	507	18.5	4	8	649	60	13.5	11	23.5

FASIAN

BENTO ITEM	CALORIES	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MILLIGRAMS)	SODIUM (MILLIGRAMS)	TOTAL CARBS (GRAMS)	DIETARY FIBER (GRAMS)	SUGARS (GRAMS)	PROTIEN (GRAMS)
RICE NOODLE AND KALE SALAD	350	14	2	0	610	40	3	6	6
EDAMAME	50	1.5	0.5	0	120	4.5	1.5	0.5	6
CHILLI SQUASH	50	1.5	0	0	190	7	1	4	1
ORANGES	34	0	0	0	1	9	2	6	1
TOTAL	524	17	2.5	0	921	60.5	7.5	16.5	14

JEFE

BENTO ITEM	CALORIES	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MILLIGRAMS)	SODIUM (MILLIGRAMS)	TOTAL CARBS (GRAMS)	DIETARY FIBER (GRAMS)	SUGARS (GRAMS)	PROTIEN (GRAMS)
GREEN CHILLI BEEF	450	20	8	120	400	4	1	5	40
SALSA FRESCA	40	0	0	0	200	3	.5	2	0.5
CORN TORTILLAS	128	12	0	0	40	28	4	0	4
ORANGES	34	0	0	0	1	9	2	6	1
TOTAL	652	32	8	120	641	44	7.5	13	45.5

BOLLYWOOD

BENTO ITEM	CALORIES	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MILLIGRAMS)	SODIUM (MILLIGRAMS)	TOTAL CARBS (GRAMS)	DIETARY FIBER (GRAMS)	SUGARS (GRAMS)	PROTIEN (GRAMS)
SAMOSAS STYLE POTATOES	340	14	2	0	430	48	8	5	7
TOMATO YOGURT SALAD	60	4	1.5	9	186	5	.5	4	4
CORN TORTILLAS	128	12	0	0	40	28	4	0	4
ORANGES	34	0	0	0	1	9	2	6	1
TOTAL	582	30	3.5	9	657	90	14.5	15	16

BONITA

BENTO ITEM	CALORIES	TOTAL FAT (GRAMS)	SATURATED FAT (GRAMS)	CHOLESTEROL (MILLIGRAMS)	SODIUM (MILLIGRAMS)	TOTAL CARBS (GRAMS)	DIETARY FIBER (GRAMS)	SUGARS (GRAMS)	PROTIEN (GRAMS)
WHITE BEANS IN ROASTED RED PEPPER ALMOND SAUCE	463	24	2	0	319	20	6	7	19
CUCUMBER & GREEN PEPPER SALAD IN TOMATO BALSAMIC DRESSING	54	4.5	0.5	0	100	5	0.5	4	0.5
CROSTINI	90	0.5	0	0	175	17	0.5	1	2.5
ORANGES	34	0	0	0	1	9	2	6	1
TOTAL	641	29	2.5	0	594	51	7	18	23