



minigrow

Fall 2017 Nutritional Guide

Bases

Product	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Three Wheat Noodles	380	10	1	0	0	0	1,170	79	0	0	11
Spinach Noodles	380	10	1	0	0	0	790	78	0	0	12
White Jasmine Rice	210	5	0	0	0	0	0	45	1	0	4
Raw Zucchini Noodles	40	5	1	0	0	0	20	8	2	6	3
Organic Mesclun Mix	20	0	0	0	0	0	95	3	2	0	2
Organic Baby Spinach	20	0	0	0	0	0	65	3	2	0	2

Sauces + Dressings

Product	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Ginger Scallion Soy	80	40	4.5	0.5	0	0	1,190	6	0	2	2
Red Miso	70	45	5	0.5	0	0	590	5	0	3	2
Green Curry Lemongrass	100	80	9	5	0	0	260	4	0	2	1
Black Pepper Tahini	230	180	20	3	0	0	280	9	2	1	6
Shiso Basil Pesto	350	340	40	3	0	0	340	2	1	0	1
Citrus Herb Dressing	300	290	34	3	0	0	125	3	0	3	0
Balsamic Vinaigrette	380	360	42	4	0	0	200	3	0	2	0
Togarashi Ranch Dressing	80	60	6	2.5	0	15	220	2	0	2	1
Oil + Vinegar	190	190	22	3	0	0	35	1	0	1	0

Proteins

Product	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Roasted Chicken Thighs	180	100	11	2	0	105	780	1	0	0	19
Chashu Pork	210	130	14	5	0	65	135	1	0	1	17
Dashi-Poached Salmon	160	90	9	2	0	50	190	0	0	0	17
Crab	70	0	0	0	0	100	340	0	0	0	17
Marinated Tofu	160	100	11	1	0	0	200	5	2	2	11

Toppings

Product	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Sweet + Sour Onions	80	15	1.5	0	0	0	220	17	1	12	1
Slow Cooked Tomatoes	35	15	2	0	0	0	250	5	1	3	1
Seaweed Kimchi	45	15	2	0	0	0	500	5	1	2	1
Pickled Carrots	10	0	0	0	0	0	10	2	0	1	0
Miso Corn-y	80	50	6	3.5	0	15	170	7	1	1	1
Sesame Cucumbers	15	10	1.5	0	0	0	100	1	0	0	0
Roasted Broccoli	15	10	1	0	0	0	75	2	1	1	1
Roasted Mushrooms	70	60	7	0.5	0	0	90	3	1	1	1
Scallions	10	0	0	0	0	0	0	2	1	1	1

Garnishes

Product	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
Pickled Chillies	2	0	0	0	0	0	0	0	0	0	0
Toasted Sesame Seeds	15	10	1.5	0	0	0	0	1	0	0	0
Roasted Cashews	100	70	8	1.5	0	0	0	5	1	1	3
Nori Strips	0	0	0	0	0	0	0	0	0	0	0
mg Spice	10	5	0.5	0	0	0	60	0	0	0	0
Crispy Shallots	160	70	8	0	0	0	0	0	0	0	0

Signature Dish

Product	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)
The Chicken Jaw	860	290	32	10	0	105	2,340	98	2	8	42