



wasabi

GRILL AND NOODLE

USA Nutritional Information

	Portion	Serving (g)	Calories	Fat (g)	Fat % DV	Sat. Fat (g)	Trans Fat (g)	Sat. + Trans % DV	Cholesterol (mg)	Cholesterol % DV	Sodium (mg)	Sodium % DV	Carbohydrates (g)	Carbohydrates %DV	Fibre (g)	Fibre %DV	Sugar (g)	Protein (g)	# Serving Vegetables
Sushi/Rolls																			
California Roll	1 pc	27	45	0.5	1	0.1	0	1	0	0	35	1	8	3	0	0	0	1	0
Cucumber Roll	1 pc	24	35	0.4	1	0.1	0	1	0	0	2	0	8	3	0	0	0	1	0
Spicy Salmon Roll	1 pc	29	80	6	9	0.5	0	3	5	2	95	4	7	2	0	0	1	2	0
Spicy Tuna Roll	1 pc	29	80	5	8	0.4	0	2	10	3	90	4	7	2	0	0	1	2	0
Eel Sushi	1 pc	44	100	5	8	3	0	15	5	2	160	7	11	4	1	2	2	4	0
Salmon Sushi	1 pc	36	70	2.5	4	0.5	0	3	5	2	15	1	8	3	0	0	0	3	0
Shrimp Sushi	1 pc	29	40	0	0	0	0	0	15	5	40	2	8	3	0	0	0	2	0
Surimi Sushi	1 pc	36	50	0.1	0	0	0	0	0	0	100	4	10	3	0	0	1	2	0
Tuna Sushi	1 pc	36	50	0.2	0	0	0	0	5	2	5	0	8	3	0	0	0	5	0

The Nutrient Data shown above are based on standard preparation methods and average concentrations in ingredients. Small variations due to seasonal variations in ingredients and preparation by different chefs can occur.