



Egg Roll in a Bowl

Ground beef (omitted for vegetarian), mushrooms & cooked rice (vegetarian only) cabbage, carrots, snap peas, sesame oil, minced garlic, ginger, [tamari soy sauce](#), [sriracha sauce](#), [wonton strips](#), green onion, [egg](#)

Nutrition information based on dividing a full-size meal into 6 servings or a half-size meal into 3 servings.

Nutrition Facts

6 servings per container

Serving Size 1.00 each

Amount per serving

Calories 436

%Daily Value*

Total Fat 30g 39%

Saturated Fat 9.1g 46%

Trans Fat 1.3g

Cholesterol 133mg 44%

Sodium 1036mg 45%

Total Carbohydrate 15g 6%

Dietary Fiber 2.9g 10%

Total Sugars 5.1g

Includes 0g Added Sugars 0%

Proteins 26g

Vitamin D 0.1mcg 1%

Calcium 81mg 6%

Iron 3mg 17%

Potassium 585mg 13%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

Vegetarian Egg Roll in a Bowl

6 servings per container

Serving Size 1.00 each

Amount per serving

Calories 236

%Daily Value*

Total Fat 11g 14%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 140mg 47%

Sodium 995mg 43%

Total Carbohydrate 25g 9%

Dietary Fiber 3.9g 14%

Total Sugars 5.9g

Includes 0g Added Sugars 0%

Proteins 12g

Vitamin D 0.1mcg 0%

Calcium 66mg 5%

Iron 1.5mg 8%

Potassium 414mg 9%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

