

## Little Fork'n Bowl Chicken Breast

### Nutrition Facts

Servings: 1

#### Amount per serving

**Calories** 204

#### % Daily Value\*

**Total Fat** 3.1g 4%

Saturated Fat 0g 0%

**Cholesterol** 64mg 21%

**Sodium** 1090mg 47%

**Total Carbohydrate** 17.9g 7%

Dietary Fiber 2.5g 9%

Total Sugars 5.5g

**Protein** 25.3g



## Little Fork'n Bowl Steak

### Nutrition Facts

**Servings: 1**

**Amount per serving**

**Calories 249**

**% Daily Value\***

**Total Fat 5.9g 8%**

Saturated Fat 2g **10%**

**Cholesterol 76mg 25%**

**Sodium 1095mg 48%**

**Total Carbohydrate 17.9g 7%**

Dietary Fiber 2.5g **9%**

Total Sugars 5.5g

**Protein 30.1g**



## Little Fork'n Bowl Half & Half

### Nutrition Facts

Servings: 1

#### Amount per serving

**Calories** 261

#### % Daily Value\*

**Total Fat** 5.5g 7%

Saturated Fat 1.3g 7%

**Cholesterol** 87mg 29%

**Sodium** 1105mg 48%

**Total Carbohydrate** 17.9g 7%

Dietary Fiber 2.5g 9%

Total Sugars 5.5g

**Protein** 33.5g



## Little Fork'n Bowl Tofu

### Nutrition Facts

Servings: 1

#### Amount per serving

**Calories** 164

#### % Daily Value\*

**Total Fat** 5.3g 7%

Saturated Fat 0.5g 2%

**Cholesterol** 0mg 0%

**Sodium** 1046mg 45%

**Total Carbohydrate** 19.5g 7%

Dietary Fiber 2.9g 10%

Total Sugars 6g

**Protein** 12.3g

