

Restaurant Foods Nutrition Facts

Made-to-Order Sushi Poke Station	Serving Size (Household Measure)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Poke Bowls & Salads	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Beet Poke Bowl	1 Bowl	430	12	15	1.5	8	0	0	0	1330	58	75	27	8	29	27	15	30	10	0	6	30	20
Crunchy Yuzu Crab Poke Bowl	1 Bowl	510	17	22	2	10	0	40	13	1810	79	72	26	7	25	19	14	28	19	0	10	25	20
King Salmon Poke Bowl	1 Bowl	660	32	41	6	30	0	30	10	1300	57	70	25	7	25	21	15	30	21	50	6	20	20
Kung Pao Chicken Poke Bowl	1 Bowl	780	41	53	6	30	0	50	17	1650	72	86	31	9	32	25	19	38	23	0	10	30	25
Spicy Tuna Poke Bowl	1 Bowl	610	26	33	4	20	0	65	22	1330	58	66	24	6	21	17	13	26	28	10	6	25	20
Sweet & Spicy Ahi Tuna Poke Bowl	1 Bowl	610	24	31	2.5	13	0	40	13	1270	55	74	27	7	25	22	17	34	28	10	8	30	20
Sweet & Spicy Shrimp Poke Bowl	1 Bowl	570	23	29	2.5	13	0	115	38	1540	67	75	27	7	25	22	18	36	20	0	10	30	15
Crunchy Yuzu Crab Poke Salad	1 Salad	290	16	21	2	10	0	40	13	1030	45	24	9	6	21	11	5	10	16	0	10	10	20
King Salmon Poke Salad	1 Salad	450	31	40	6	30	0	30	10	530	23	22	8	6	21	12	6	12	19	50	8	10	20
Kung Pao Chicken Poke Salad	1 Salad	560	40	51	5	25	0	50	17	880	38	38	14	8	29	17	10	20	20	0	10	15	25
Sweet & Spicy Ahi Tuna Poke Salad	1 Salad	400	22	28	2.5	13	0	40	13	500	22	26	9	6	21	13	8	16	25	10	10	15	20
Sweet & Spicy Shrimp Poke Salad	1 Salad	350	21	27	2.5	13	0	115	38	770	33	27	10	6	21	14	8	16	17	0	10	15	15
Step 1 - Bases	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Quinoa Brown Sushi Rice	1 cup	230	1.5	2	0	0	0	0	0	780	34	49	18	2	7	10	9	18	4	0	0	2	6
White Sushi Rice	1 cup	220	0.5	1	0	0	0	0	0	550	24	51	19	0	0	7	7	14	3	0	0	6	2
Zucchini & Arugula	1 1/4 cup	20	0	0	0	0	0	0	0	15	1	4	1	1	4	3	0	0	2	0	4	6	6

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Step 2 - Vegetables	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Avocado	1/4 piece	60	5	6	0.5	3	0	0	0	0	0	3	1	2	7	0	0	0	1	0	0	0	4
Carrot	1/4 cup	5	0	0	0	0	0	0	0	10	0	1	0	0	0	1	0	0	0	0	0	0	0
Cucumber	1/4 cup	5	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Edamame (Mukimame)	1 tbsp	15	0.5	1	0	0	0	0	0	30	1	1	0	1	4	0	0	0	1	0	0	0	0
Kimchi	Small Tong	15	0	0	0	0	0	0	0	280	12	3	1	1	4	1	1	2	1	0	2	0	0
Pickled Ginger	Small Tong	30	0	0	0	0	0	0	0	420	18	6	2	0	0	6	6	12	0	0	0	0	0
Red Cabbage	Small Tong	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	0
Red Pepper	1/4 cup	10	0	0	0	0	0	0	0	0	0	2	1	1	4	1	0	0	0	0	0	0	2
Sliced Radish	Small Tong	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Step 3 - Protein or Veggie	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Beet	1/2 cup	45	2	3	0	0	0	0	0	170	7	6	2	2	7	4	0	0	1	0	2	10	2
Cooked Shrimp	1/2 cup	45	0	0	0	0	0	95	32	310	13	0	0	0	0	0	0	0	10	0	2	0	2
King Salmon	1/2 cup	260	18	23	3.5	18	0	50	17	40	2	1	0	0	0	0	0	0	15	70	0	0	6
Shrimp Tempura	4 pieces	170	9	12	2	10	0	65	22	360	16	14	5	0	0	0	0	0	8	0	2	0	2
Spicy Tuna Mix	1/2 cup	180	8	10	1	5	0	60	20	360	16	3	1	0	0	3	2	4	21	10	0	6	8
Tuna	1/2 cup	100	1.5	2	0	0	0	35	12	60	3	0	0	0	0	0	0	0	20	10	0	6	6

[illegible]