

Stir Fry Nutrition Information

Protein (2 oz)	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Sugars (g)	Protein (g)	Fiber (g)
Beef	110	5	2	31	32	0	0	16	0
Chicken	102	4	1	50	48	0	0	16	0
Pork	81	2	1	41	32	0	0	15	0
Shrimp	56	1	0	127	0	0	0	12	0
Tofu	82	2	0.5	0	4	1	0	4	1

Grain (1 cup)	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Sugars (g)	Protein (g)	Fiber (g)
White Rice	170	0	0	0	0	37	0	4	1
Brown Rice	170	1.5	0	0	0	36	0	4	2
Lo Mein	310	1	0	0	15	35	3	6	3

Sauce (2 T)	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Sugars (g)	Protein (g)	Fiber (g)
Frank's Red Hot	10	0	0	0	600	0	0	0	0
General Tso	80	0	0	0	480	21	18	0	0
Honey Garlic	55	0	0	0	100	14	12.5	0	0
Soy	20	0	0	0	1840	0	0	4	0
Sweet & Sour	43	0	0	0	110	11	9	0	0
Teriyaki	30	0	0	0	1220	4	4	2	0

Veggies & More	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Sugars (g)	Protein (g)	Fiber (g)
1 cup Mixed Vegetables	47	1	0	0	1	7	1	2	3
¼ cup Mixed Nuts	200	17	2	0	140	6	1	6	2
Chow Mein	130	5	1.5	0	230	19	0	3	<1

Info obtained from nutritiondata.com, caloriecount.com or product labels

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