

# HelloFresh Market Multi-Course Asian Dinner Party

<b>Nutrition Facts</b>	Crispy Panko Chicken with Bang Bang Sauce	Sesame Cucumber Slaw	Rice with Ginger-Scallion Oil
	servings per container	4	4
<b>Serving size</b>	1/4 bundle (178g)	1/4 bundle (113g)	1/4 bundle (90g)
Amount per serving			
<b>Calories</b>	<b>330</b>	<b>80</b>	<b>350</b>
	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	16g <b>21%</b>	4g <b>5%</b>	9g <b>12%</b>
Saturated Fat	3g <b>15%</b>	0.5g <b>3%</b>	1.5g <b>8%</b>
Trans Fat	0.5g	0g	0g
<b>Cholesterol</b>	135mg <b>45%</b>	0mg <b>0%</b>	0mg <b>0%</b>
<b>Sodium</b>	430mg <b>19%</b>	300mg <b>13%</b>	5mg <b>0%</b>
<b>Total Carbohydrate</b>	12g <b>4%</b>	9g <b>3%</b>	59g <b>21%</b>
Dietary Fiber	0g <b>0%</b>	1g <b>4%</b>	0g <b>0%</b>
<b>Total Sugars</b>	9g	6g	0g
Includes Added Sugars	7g <b>14%</b>	3g <b>6%</b>	0g <b>0%</b>
<b>Protein</b>	32g	1g	5g
	<b>Vitamin D</b>	0mcg <b>0%</b>	0mcg <b>0%</b>
	<b>Calcium</b>	0mg <b>0%</b>	20mg <b>2%</b>
	<b>Iron</b>	0.1mg <b>0%</b>	0.4mg <b>2%</b>
	<b>Potassium</b>	20mg <b>0%</b>	120mg <b>2%</b>
			50mg <b>2%</b>

\*The % Daily Value 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.

**Crispy Panko Chicken with Bang Bang Sauce:** Chicken Cutlets (boneless skinless chicken breast cutlets with rib meat (contains up to 3% water)), Sweet Thai Chili Sauce (sugar, water, garlic, chili peppers, chili puree (water, red pepper, citric acid), cayenne pepper, vinegar, modified corn starch, salt, red bell peppers, paprika, paprika oleoresin, extractives of paprika, spices, natural flavor, xanthan gum, acetic acid, citric acid), Mayonnaise (soybean oil, water, whole EGG, EGG yolk, high fructose corn syrup, distilled vinegar, apple cider vinegar, salt, sugar, spice, lemon juice concentrate, onion powder, garlic powder, natural flavor, mustard flour, mustard seed, calcium disodium edta, extract of paprika), Panko Breadcrumbs (enriched WHEAT flour (bleached WHEAT flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, dextrose, ascorbic acid), Ponzu Sauce (SOY sauce (water, WHEAT, SOYBEANS, salt, alcohol, distilled vinegar, lactic acid), water, sugar, lemon juice concentrate, natural flavors, yeast extract, lactic acid, salt), vinegar, BONITO extract (FISH), lemon juice, sodium benzoate, succinic acid, disodium inosinate, disodium guanylate), Garlic Powder.

**Contains:** Bonito, Eggs, Soy, Wheat

**Sesame Cucumber Slaw:** Mini Cucumber, Coleslaw Mix (green cabbage, red cabbage, carrots), Scallions, Asian SESAME Dressing (SOYBEAN oil, water, sugar, SOY sauce (water, SOYBEANS, WHEAT, salt), distilled vinegar, SESAME oil, salt, SESAME seeds, allspice, black pepper, ginger, spices, natural flavor (SESAME), xanthan gum, calcium disodium edta, carrageenan, oleoresin rosemary), Rice Wine Vinegar (rice vinegar, sugar, salt, water).

**Contains:** Sesame, Soy, Wheat.

**Rice with Ginger-Scallion Oil:** Jasmine Rice (long grain rice, iron phosphate, niacin, thiamin mononitrate, folic acid), Olive Oil\*\*, Scallions, Ginger.

<b>Nutrition Facts</b>	Vegetable Spring Rolls	Sesame Ginger Chicken Gyoza Dumplings	Pineapple Bundt Cake	Kung Pao Shrimp	Roasted Sesame Broccoli
servings per container	2	2	6	2	4
<b>Serving size</b>	1/2 package (175g)	1/2 package (125g)	1 cake (140g)	1/2 bundle (321g)	1/4 bundle (112g)
Amount per serving					
<b>Calories</b>	<b>400</b>	<b>210</b>	<b>410</b>	<b>420</b>	<b>100</b>
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
<b>Total Fat</b>	18g <b>23%</b>	6g <b>8%</b>	16g <b>21%</b>	22g <b>28%</b>	7g <b>9%</b>
Saturated Fat	1.5g <b>8%</b>	1g <b>5%</b>	10g <b>50%</b>	6g <b>30%</b>	1g <b>5%</b>
Trans Fat	0g	0g	0.5g	0g	0g
<b>Cholesterol</b>	0mg <b>0%</b>	20mg <b>7%</b>	95mg <b>32%</b>	230mg <b>77%</b>	0mg <b>0%</b>
<b>Sodium</b>	760mg <b>33%</b>	570mg <b>25%</b>	350mg <b>15%</b>	2360mg <b>103%</b>	45mg <b>2%</b>
<b>Total Carbohydrate</b>	51g <b>19%</b>	29g <b>11%</b>	63g <b>23%</b>	28g <b>10%</b>	8g <b>3%</b>
Dietary Fiber	5g <b>18%</b>	0g <b>0%</b>	1g <b>4%</b>	3g <b>11%</b>	2g <b>7%</b>
Total Sugars	12g	5g	47g	13g	2g
Includes Added Sugars	9g <b>18%</b>	2g <b>4%</b>	43g <b>86%</b>	9g <b>18%</b>	0g <b>0%</b>
<b>Protein</b>	12g	10g	5g	23g	3g
*The % Daily Value 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.	Vitamin D	0mcg 0%	0mcg 0%	0.4mcg 2%	0mcg 0%
	Calcium	60mg 4%	30mg 2%	40mg 4%	100mg 8%
	Iron	3mg 15%	2.5mg 15%	1.3mg 8%	0.9mg 6%
	Potassium	420mg 8%	110mg 2%	120mg 2%	420mg 8%
					350mg 8%

**Vegetable Spring Rolls:** (filling: cabbage, textured SOY flour, carrot, sugar, salt, mushroom, spices (contain turmeric), granulated garlic, SESAME oil, wrapper: water, bleached enriched flour (WHEAT flour, enrichment (niacin, iron, thiamine mononitrate, riboflavin, folic acid), benzoyl peroxide, ascorbic acid (dough conditioner), amylase), leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate, calcium sulfate), canola oil, plum sauce: water, pumpkin, vinegar, modified corn starch, apricot puree (apricot, invert sugar), guar gum, xanthan gum).

**Sesame Ginger Chicken Gyoza Dumplings:** (filling (chicken, cabbage, SESAME oil, carrot, ginger, salt, green onion, SOY sauce (water, SOYBEANS, WHEAT, salt), canola oil, ground SESAME, sugar, spices, cilantro, granulated garlic), wrapper (bleached enriched flour (WHEAT flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), benzoyl peroxide, ascorbic acid, amylase), water, canola oil, salt, corn starch, gyoza sauce (water, sugar, SOY sauce (water, SOYBEANS, WHEAT, salt), vinegar, canola oil, salt, ground SESAME, SESAME oil, granulated garlic, spices, turmeric, guar gum, xanthan gum)).

**Pineapple Upside Down Bundt Cake:** (pineapple, brown sugar, enriched WHEAT flour (WHEAT flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, butter (cream, salt), EGGS, buttermilk (partly skimmed MILK, salt, bacterial culture), water, modified food starch, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), white vinegar, natural flavor).

**Kung Pao Shrimp:** SHRIMP (SHRIMP, water, salt, sodium citrate, sodium bicarbonate, sodium carbonate, citric acid), Bell Pepper, Szechuan Base (water, tomato paste, chili peppers, salt, roasted garlic, maltodextrin, corn syrup solids, SOY sauce (water, WHEAT, SOYBEANS, alcohol, distilled vinegar, lactic acid, salt), spices, rice vinegar, canola oil, sugar, SESAME oil, modified corn starch, SOYBEAN oil, paprika, natural flavor (SOY), disodium inosinate and disodium guanylate, xanthan gum, acetic acid, citric acid, ginger, sodium acetate, sodium benzoate), Scallions, Unsalted PEANUTS (roasted PEANUTS, PEANUT oil, cotton seed oil, canola oil), Rice Wine Vinegar (rice vinegar, sugar, salt, water), Sweet SOY Glaze (SOY sauce (water, SOYBEANS, WHEAT, salt), sugar, water, garlic, modified corn starch, apple pulp, salt, canola oil, distilled vinegar, pear puree concentrate (pear, ascorbic and/or erythorbic acid, citric acid), ginger, apple juice concentrate, orange juice concentrate, garlic powder, SESAME oil, onion powder, lemon juice concentrate, spices, yeast extract, xanthan gum, ascorbic acid, citric acid, lactic acid, apples, vinegar), Butter\*\*, Olive Oil\*\*, Corn Starch, Sugar\*\*, Chili Flakes (crushed red pepper chili flakes).

**Roasted Sesame Broccoli:** Broccoli, SCALLOPS, White SESAME Seeds, Olive Oil\*\*.