

Summer LTOs Nutrition Information:

Recipe Name	Energy (cal)	Total Fat (g)	Cholesterol (mg)	Fiber (g)	Saturated Fat (g)	Carbohydrate (g)	Fiber (g)	Protein (g)	Sugars (g)	Sodium (mg)	Potassium (mg)
Summer LTO Buns											
Mango Smoothie Bowl	154	1				5			9	7	204
Matcha-Lime Smoothie Bowl	137	0				3		0	5	54	101
Strawberry- Pineapple Smoothie Bowl	117	0				2	0	9	5	23	128
Pina Colada Smoothie	157					5			9	95	26
Do-Chung Tofu Bowl (with Rice and Tofu)	229	3				32	2	7		105	33
Do-Chung Tofu Boats (Buns)	224	5				1		3		57	27