

BENTO NOUVEAU



For Quality to go, try Bento Nouveau!

Nutrition Information for Bento Nouveau Sushi

Products	Per/Par		Calories / Calories	Fat / Lipides		Saturated / saturés		+Trans / Trans	Cholesterol / Cholestérol	Sodium / Sodium		Carbohydrate / Glucides		Fibre / Fibres		Sugars / Sucres	Protein / Protéines	Vitamin A / Vitamine A	Vitamin C / Vitamine C	Calcium / Calcium	Iron / Fer	g/Pack
	Piece	g		g	%DV	g	%DV			g	mg	mg	%DV	g	%DV							
Brown Rice California Roll	9	200	310	3.5	5%	0.4	2%	0	5	990	41%	66	22%	1	4%	12	7	10%	4%	2%	2%	200
Brown Rice Vegetarian California Roll	9	200	290	3.0	5%	0.4	2%	0	0	800	33%	63	21%	2	8%	12	5	70%	45%	2%	2%	200
California Roll	9	200	310	3.5	6%	0.4	2%	0	0	960	40%	67	22%	1	4%	12	7	10%	6%	10%	4%	200
Cali-Samurai Sushi Combo	8	200	310	2.0	3%	0.4	2%	0	25	860	36%	64	21%	0	0%	12	9	0%	2%	0%	2%	200
Cali-Shogun Sushi Combo	6	160	270	2.5	4%	0.5	3%	0	20	730	30%	52	17%	1	4%	10	9	8%	4%	4%	4%	320
Dragon Sushi Roll	9	220	350	7.0	10%	1.0	5%	0	5	980	41%	67	22%	3	12%	12	7	10%	8%	2%	2%	220
Dynamite Sushi Roll	9	200	370	9	13%	1.5	8%	0	90	880	37%	60	20%	1	4%	10	15	15%	8%	4%	6%	200
Inari Sushi	4	180	360	6	9%	0.3	2%	0	0	1010	42%	69	23%	0	0%	16	8	0%	0%	8%	10%	180
Kappamaki Cucumber Sushi Roll	16	180	270	1.0	2%	0	0%	0	0	870	36%	64	21%	0	0%	12	5	20%	4%	2%	2%	180
Maki Inari Sushi Combo	8	160	260	2.0	3%	0.0	0%	0	0	760	32%	56	19%	1	4%	11	5	20%	2%	4%	4%	320
Maki Sushi Combo	9	200	300	2.0	3%	0	0%	0	20	980	41%	65	22%	1	4%	14	8	25%	15%	8%	4%	200
Nigiri Sushi - 3 Pack	3	90	160	1.5	2%	0.3	2%	0	15	400	17%	29	10%	0	0%	5	6	4%	0%	0%	2%	90
Nigiri Sushi Combo	8	220	400	3.0	5%	0.5	3%	0	50	1130	47%	77	26%	0	0%	14	15	10%	2%	2%	4%	220
Orange California Roll	9	200	310	3.5	6%	0.5	3%	0	15	960	40%	66	22%	1	4%	12	7	10%	4%	10%	4%	200
Philadelphia Sushi Roll	9	200	380	11	17%	5.0	25%	0	35	1080	45%	59	20%	0	0%	11	13	20%	4%	2%	4%	200



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Products	Per/Par		Calories / Calories	Fat / Lipides		Saturated / saturés		+Trans / Trans	Cholesterol / Cholestérol	Sodium / Sodium		Carbohydrate / Glucides		Fibre / Fibres		Sugars / Sucres	Protein / Protéines	Vitamin A / Vitamine A	Vitamin C / Vitamine C	Calcium / Calcium	Iron / Fer	g/Pack
	Piece	g		g	%DV	g	%DV			g	mg	mg	%DV	g	%DV							
Rainbow Sushi Roll	9	220	350	7	11%	1.0	5%	0	25	890	37%	59	20%	2	8%	10	13	15%	8%	2%	4%	220
Spicy California Roll	9	200	340	7.0	10%	1	3%	0	18	1190	50%	64	21%	0	1%	16	7	10%	6%	20%	4%	200
Spicy Salmon Sushi Roll	9	200	330	4.5	7%	1.0	5%	0	20	920	38%	62	21%	0	0%	15	12	10%	6%	2%	2%	200
Spicy Shrimp Sushi Roll	9	200	300	1.0	1%	0	0%	0	70	980	41%	62	21%	0	0%	15	12	10%	6%	2%	8%	200
Spicy Tuna Sushi Roll	9	200	320	2.5	4%	0.5	3%	0	15	920	38%	62	21%	0	0%	15	13	25%	4%	2%	4%	200
Tuna & Salmon Sushi Roll	16	180	310	3.5	5%	0.5	3%	0	20	810	34%	59	20%	0	0%	11	13	15%	4%	0%	2%	180
Vegetable Sushi Roll	16	180	270	0.5	1%	0	0%	0	0	830	35%	65	22%	1	4%	13	5	50%	30%	2%	2%	180
Vegetarian California Roll	9	200	290	3.5	5%	0.3	2%	0	0	800	33%	63	21%	2	8%	12	5	70%	45%	2%	2%	200
Vegetarian Futomaki Sushi	9	200	290	2.0	3%	0	0%	0	0	910	38%	66	22%	1	4%	15	6	80%	4%	4%	4%	200

Note:

*Wasabi, Soy Sauce, Pickled Ginger and other condiments are not included.

%DV = Percent Daily Value.

Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.