

NUTRITION FACTS



COMMONS KITCHEN

Aloo Gobi

Nutrition Facts

Serving Size (164 g)

Amount	% Daily Value
--------	---------------

Calories 110

Fat 3.5 g	5 %
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Saturated 0.4 g + Trans 0.1 g	3 %
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Cholesterol 0 mg

Sodium 280 mg	12 %
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Carbohydrate 18 g	6 %
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Fibre 3 g	12 %
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Sugars 3 g	
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Protein 3 g

Vitamin A	2 %
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Vitamin C	80 %
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Calcium	4 %
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Iron	6 %
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INGREDIENTS

Cauliflower, potatoes, onion, bell pepper, canola oil, plain yogurt, lime juice concentrate, cilantro, garlic, ginger, salt, spices.

ALLERGENS

CONTAINS MILK. MAY CONTAIN SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Apple Coleslaw

Nutrition Facts

Serving Size 1 Portion (160 g)

Amount	% Daily Value
--------	---------------

Calories 70

Fat 0.3 g	1 %
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Saturated 0 g	0 %
+ Trans 0 g	

Cholesterol 0 mg

Sodium 230 mg	10 %
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Carbohydrate 15 g	5 %
--------------------------	------------

Fibre 3 g	12 %
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Sugars 9 g	
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Protein 1 g

Vitamin A	60 %
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Vitamin C	60 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Gala apples, red cabbage, green cabbage, carrots, apple cider vinegar, dijon mustard, salt, sulphites, spices, sugar.

ALLERGENS

CONTAINS MUSTARD, SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Balsamic Mushrooms & Green Beans

Nutrition Facts

Serving Size (167 g)

Servings Per Container

Amount	% Daily Value
Calories 80	
Fat 3 g	5 %
Saturated 0.2 g + Trans 0.1 g	2 %
Cholesterol 0 mg	
Sodium 250 mg	10 %
Carbohydrate 12 g	4 %
Fibre 2 g	8 %
Sugars 7 g	
Protein 3 g	
Vitamin A	6 %
Vitamin C	30 %
Calcium	4 %
Iron	6 %

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INGREDIENTS

; fYYb'VYUgža ushrooms, bell peppers, onion, balsamic vinegar, canola oil, sugar, pepper, salt, basil.

ALLERGENS

MAY CONTAIN SULPHITES.



University
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University
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NUTRITION FACTS



COMMONS KITCHEN

Black Bean Salsa

Nutrition Facts

Serving Size (81 g)

Amount	% Daily Value
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Calories 60

Fat 1 g	2 %
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Saturated 0.1 g + Trans 0 g	1 %
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Cholesterol 0 mg

Sodium 100 mg	4 %
----------------------	------------

Carbohydrate 5 g	2 %
-------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 2 g	
------------	--

Protein 3 g

Vitamin A	2 %
------------------	------------

Vitamin C	10 %
------------------	-------------

Calcium	2 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Black beans, tomatoes, green pepper, red onion, white lime, jalapeno pepper, cilantro, olive oil, vinegar, garlic, sea salt, black pepper.

ALLERGENS

MAY CONTAIN SULPHITE.

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NUTRITION FACTS



COMMONS KITCHEN

Brown Butter Gnocchi

Nutrition Facts

Serving Size 1 Portion (107 g)

Amount	% Daily Value
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Calories 180	
---------------------	--

Fat 1 g	2 %
----------------	------------

Saturated 3 g + Trans 0.5 g	18 %
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Cholesterol 10 mg	
--------------------------	--

Sodium 450 mg	19 %
----------------------	-------------

Carbohydrate 37 g	12 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 1 g	
------------	--

Protein 6 g	
--------------------	--

Vitamin A	6 %
------------------	------------

Vitamin C	15 %
------------------	-------------

Calcium	2 %
----------------	------------

Iron	15 %
-------------	-------------

INGREDIENTS

Potato, wheat flour, rice flour, corn flour, egg, margarine, butter, salt, spices, parsley.

ALLERGENS

CONTAINS EGG, GLUTEN, WHEAT, MILK, SOY.

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NUTRITION FACTS



COMMONS KITCHEN

Brown Rice Pilaf

Nutrition Facts

Serving Size 1 portion

Amount	% Daily Value
--------	---------------

Calories 220

Fat 3 g	5 %
----------------	------------

Saturated 0.5 g + Trans 0 g	3 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 85 mg	4 %
---------------------	------------

Carbohydrate 44 g	15 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 1 g	
------------	--

Protein 5 g

Vitamin A	0 %
------------------	------------

Vitamin C	10 %
------------------	-------------

Calcium	2 %
----------------	------------

Iron	10 %
-------------	-------------

INGREDIENTS

Brown rice, bell peppers, onion,
olive oil, garlic, spices, salt.

ALLERGENS

NO KNOWN PRIORITY
ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

Buffalo Cauliflower

Nutrition Facts

Serving Size (52 g)

Servings Per Container

Amount	% Daily Value
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Calories 25

Fat 1.5 g	2 %
------------------	------------

Saturated 0.3 g + Trans 0 g	2 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 220 mg	9 %
----------------------	------------

Carbohydrate 3 g	1 %
-------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 1 g	
------------	--

Protein 1 g

Vitamin A	0 %
-----------	-----

Vitamin C	35 %
-----------	------

Calcium	0 %
---------	-----

Iron	2 %
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INGREDIENTS

Cauliflower, hot sauce, blue cheese dressing, lemon juice concentrate, olive oil, salt, pepper.

ALLERGENS

CONTAINS EGG, MILK, MUSTARD, SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Buttermilk Mashed Potatoes

Nutrition Facts

Serving Size (200 g)

Amount	% Daily Value
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Calories 210

Fat 8 g	12 %
----------------	-------------

Saturated 2.5 g + Trans 0.1 g	13 %
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Cholesterol 10 mg

Sodium 310 mg	13 %
----------------------	-------------

Carbohydrate 33 g	11 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 3 g	
------------	--

Protein 4 g

Vitamin A	2 %
------------------	------------

Vitamin C	20 %
------------------	-------------

Calcium	6 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Potatoes, sour cream, buttermilk, margarine, soy lecithin, whey powder, sea salt, black pepper.

ALLERGENS

CONTAINS MILK, SOY.

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NUTRITION FACTS



COMMONS KITCHEN

Cardamom Rice

Nutrition Facts

Serving Size (116 g)

Amount	% Daily Value
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Calories 200

Fat 3.5 g	5 %
------------------	------------

Saturated 0.2 g + Trans 0.1 g	2 %
----------------------------------	------------

Cholesterol 0 mg

Sodium 80 mg	3 %
---------------------	------------

Carbohydrate 39 g	13 %
--------------------------	-------------

Fibre 1 g	4 %
-----------	------------

Sugars 0 g

Protein 4 g

Vitamin A	0 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	0 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Basmati rice, canola oil, onion, sea salt, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

Carribean Cauliflower

Nutrition Facts

Serving Size 1 portion (128 g)

Amount	% Daily Value
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Calories 60	
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Fat 2 g	3 %
----------------	------------

Saturated 0.3 g + Trans 0 g	2 %
--------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 300 mg	13 %
----------------------	-------------

Carbohydrate 11 g	4 %
--------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 6 g	
------------	--

Protein 2 g	
--------------------	--

Vitamin A	0 %
------------------	------------

Vitamin C	100 %
------------------	--------------

Calcium	4 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Cauliflower, brown sugar, canola oil, sugar, garlic, ginger, spices salt.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

CJ Ubhfc @ja Y Rice

Nutrition Facts

Serving Size (271 g)

Amount	% Daily Value
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Calories 220

Fat 2 g	3 %
----------------	------------

Saturated 0.5 g + Trans 0 g	3 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 250 mg	10 %
----------------------	-------------

Carbohydrate 47 g	16 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 1 g	
------------	--

Protein 5 g

Vitamin A	2 %
------------------	------------

Vitamin C	6 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	8 %
-------------	------------

INGREDIENTS

Bfck b rice, `ja YžW Ubhfc, sea salt, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

Coconut & Black Bean Rice

Nutrition Facts

Serving Size (262 g)

Amount	% Daily Value
--------	---------------

Calories 300

Fat 8 g	12 %
----------------	-------------

Saturated 6 g + Trans 0 g	30 %
------------------------------	-------------

Cholesterol 0 mg

Sodium 30 mg	1 %
---------------------	------------

Carbohydrate 45 g	15 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	-------------

Sugars 1 g	
------------	--

Protein 7 g

Vitamin A	0 %
-----------	-----

Vitamin C	0 %
-----------	-----

Calcium	2 %
---------	-----

Iron	10 %
------	------

INGREDIENTS

Brown rice, coconut milk, black beans, olive oil, onion, garlic, spices, salt.

ALLERGENS

CONTAINS SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Corn Bread

Nutrition Facts

Serving Size 1 Portion (120 g)

Amount	% Daily Value
--------	---------------

Calories 280

Fat 4 g	6 %
----------------	------------

Saturated 0 g	0 %
+ Trans 0 g	

Cholesterol 0 mg

Sodium 600 mg	25 %
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Carbohydrate 52 g	17 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	------

Sugars 0 g

Protein 8 g

Vitamin A	0 %
------------------	-----

Vitamin C	0 %
------------------	-----

Calcium	0 %
----------------	-----

Iron	25 %
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INGREDIENTS

Flour, milk, cornmeal, semolina, margarine, sugar, eggs, vegetable oil, baking powder, vinegar, salt.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT.

MAY ALSO CONTAIN SULPHITE.

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NUTRITION FACTS



COMMONS KITCHEN

Corn on the Cob

Nutrition Facts

Serving Size 2 pieces (60 g)

Amount	% Daily Value
--------	---------------

Calories 60

Fat 1 g	2 %
----------------	------------

Saturated 0.1 g + Trans 0 g	1 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 105 mg	4 %
----------------------	------------

Carbohydrate 13 g	4 %
--------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 3 g	
------------	--

Protein 2 g

Vitamin A	2 %
-----------	------------

Vitamin C	6 %
-----------	------------

Calcium	0 %
---------	------------

Iron	2 %
------	------------

INGREDIENTS

Corn, salt, pepper.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

Creole Rice

Nutrition Facts

Serving Size 1 Portion (272 g)

Amount	% Daily Value
--------	---------------

Calories 230

Fat 3 g	5 %
----------------	------------

Saturated 0.5 g + Trans 0 g	3 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 135 mg	6 %
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Carbohydrate 45 g	15 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 2 g	
------------	--

Protein 5 g

Vitamin A	4 %
------------------	------------

Vitamin C	8 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	8 %
-------------	------------

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INGREDIENTS

Brown rice, tomatoes, tomato juice, celery, red onion, bell pepper, olive oil, salt, spices, garlic & onion powder.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.



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NUTRITION FACTS



COMMONS KITCHEN

Fragrant Rice

Nutrition Facts

Serving Size (121 g)

Amount	% Daily Value
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Calories 200

Fat 2.5 g	4 %
------------------	------------

Saturated 0.2 g + Trans 0 g	1 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 340 mg	14 %
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Carbohydrate 40 g	13 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 0 g	
------------	--

Protein 4 g

Vitamin A	2 %
------------------	------------

Vitamin C	2 %
------------------	------------

Calcium	0 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Basmati rice, green peas, olive oil, salt, spices, cilantro.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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FfYbW: ries

Nutrition Facts

Serving Size (165 g)

Amount	% Daily Value
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Calories 250

Fat 8 g	12 %
----------------	-------------

Saturated 2 g + Trans 0.2 g	11 %
--------------------------------	-------------

Cholesterol 0 mg

Sodium 940 mg	39 %
----------------------	-------------

Carbohydrate 41 g	14 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	-------------

Sugars 0 g

Protein 4 g

Vitamin A	0 %
------------------	------------

Vitamin C	10 %
------------------	-------------

Calcium	30 %
----------------	-------------

Iron	2 %
-------------	------------

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INGREDIENTS

Potatoes, canola oil, palm oil, Vegetable
soybean oil, Vegetable shortening, Water,
f)W Zci fZVU_]b['gcXUžsaltždYddYf.

ALLERGENS

CONTAINS SOY.

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DF C 7 9GG9G'K < 95Hž; @ H9B ž
9; ; ž: ≠G< "



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NUTRITION FACTS



COMMONS KITCHEN

Garlic Parmesan Bread Sticks

Nutrition Facts

Serving Size 1 Breadstick (31 g)

Amount	% Daily Value
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Calories 90

Fat 2 g	3 %
----------------	------------

Saturated 0.4 g + Trans 0 g	2 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 160 mg	7 %
----------------------	------------

Carbohydrate 14 g	5 %
--------------------------	------------

Fibre 0 g	0 %
-----------	------------

Sugars 2 g	
------------	--

Protein 2 g

Vitamin A	0 %
-----------	-----

Vitamin C	0 %
-----------	-----

Calcium	2 %
---------	-----

Iron	2 %
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INGREDIENTS

Wheat flour, sugar, salt, yeast, palm oil, garlic powder, parmesan cheese, olive oil.

ALLERGENS

CONTAINS GLUTEN, MILK, WHEAT.

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NUTRITION FACTS



COMMONS KITCHEN

Green Beans with Roasted Peppers

Nutrition Facts

Serving Size 1 portion (101 g)

Amount	% Daily Value
--------	---------------

Calories 35

Fat 2 g	3 %
----------------	------------

Saturated 0.3 g + Trans 0 g	2 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 45 mg	2 %
---------------------	------------

Carbohydrate 3 g	1 %
-------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 3 g	
------------	--

Protein 1 g

Vitamin A	4 %
------------------	------------

Vitamin C	15 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Green beans, roasted red peppers, olive oil, sea salt.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

; fYa c`UURice

Nutrition Facts

Serving Size (155 g)

Amount	% Daily Value
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Calories 80

Fat 0.5 g	1 %
------------------	------------

Saturated 0.2 g + Trans 0 g	1 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 190 mg	8 %
----------------------	------------

Carbohydrate 16 g	5 %
--------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 0 g

Protein 2 g

Vitamin A	2 %
------------------	------------

Vitamin C	8 %
------------------	------------

Calcium	0 %
----------------	------------

Iron	4 %
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INGREDIENTS

6fck b`riceždUfgYnř`Ya cbžgUhz[Uf]Mž
dYddYf.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

Herbed Florets

Nutrition Facts

Serving Size (122 g)

Amount	% Daily Value
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Calories 35

Fat 0.4 g	1 %
------------------	------------

Saturated 0.1 g + Trans 0 g	1 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 115 mg	5 %
----------------------	------------

Carbohydrate 7 g	2 %
-------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 2 g

Protein 3 g

Vitamin A	4 %
-----------	------------

Vitamin C	140 %
-----------	--------------

Calcium	4 %
---------	------------

Iron	6 %
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INGREDIENTS

Broccoli and/or cauliflower florets,
garlic, salt, herbs.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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COMMONS KITCHEN

Herb Roasted Potatoes

Nutrition Facts

Serving Size (203 g)

Amount	% Daily Value
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Calories 160

Fat 2.5 g	4 %
------------------	------------

Saturated 0.2 g + Trans 0.1 g	2 %
----------------------------------	------------

Cholesterol 0 mg

Sodium 150 mg	6 %
----------------------	------------

Carbohydrate 32 g	11 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	-------------

Sugars 3 g	
------------	--

Protein 4 g

Vitamin A	0 %
-----------	-----

Vitamin C	30 %
-----------	------

Calcium	2 %
---------	-----

Iron	15 %
------	------

INGREDIENTS

Potato, canola oil, sea salt, garlic powder, onion powder, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

Jamaican Roasted Sweet Potato

Nutrition Facts

Serving Size (128 g)

Amount	% Daily Value
--------	---------------

Calories 170

Fat 2 g	3 %
----------------	------------

Saturated 0.2 g + Trans 0 g	1 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 270 mg	11 %
----------------------	-------------

Carbohydrate 38 g	13 %
--------------------------	-------------

Fibre 5 g	20 %
-----------	-------------

Sugars 4 g	
------------	--

Protein 2 g

Vitamin A	2 %
------------------	------------

Vitamin C	35 %
------------------	-------------

Calcium	2 %
----------------	------------

Iron	6 %
-------------	------------

INGREDIENTS

Sweet potato, canola oil, brown sugar, sea salt, garlic powder, onion powder, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS

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University
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NUTRITION FACTS



COMMONS KITCHEN

Kale & Squash

Nutrition Facts

Serving Size (138 g)

Amount	% Daily Value
--------	---------------

Calories 70

Fat 0.5 g	1 %
------------------	------------

Saturated 0.1 g + Trans 0 g	1 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 140 mg	6 %
----------------------	------------

Carbohydrate 16 g	5 %
--------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 4 g	
------------	--

Protein 3 g

Vitamin A	140 %
------------------	--------------

Vitamin C	120 %
------------------	--------------

Calcium	10 %
----------------	-------------

Iron	10 %
-------------	-------------

INGREDIENTS

Squash, kale, maple-flavoured table syrup, corn syrup, pepper, salt .

ALLERGENS

MAY CONTAIN SULPHITES.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Lemon Dill Potatoes

Nutrition Facts

Serving Size 1 portion (150 g)

Amount	% Daily Value
--------	---------------

Calories 170	
---------------------	--

Fat 5 g	8 %
----------------	------------

Saturated 1 g + Trans 0.1 g	6 %
--------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 130 mg	5 %
----------------------	------------

Carbohydrate 29 g	10 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 1 g	
------------	--

Protein 3 g	
--------------------	--

Vitamin A	0 %
------------------	------------

Vitamin C	20 %
------------------	-------------

Calcium	2 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Potatoes, margarine, canola oil, whey powder, salt, soy lecithin, lemon, dill, black pepper.

ALLERGENS

CONTAINS MILK, SOY.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Lemon Dill Rice

Nutrition Facts

Serving Size (160 g)

Amount	% Daily Value
--------	---------------

Calories 220

Fat 1.5 g	2 %
------------------	------------

Saturated 0.4 g + Trans 0 g	2 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 260 mg	11 %
----------------------	-------------

Carbohydrate 47 g	16 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 1 g	
------------	--

Protein 6 g

Vitamin A	0 %
------------------	------------

Vitamin C	6 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	2 %
-------------	------------

INGREDIENTS

Brown rice, lemon, dill, sea salt.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Maple Roasted Carrots

Nutrition Facts

Serving Size (154 g)

Amount	% Daily Value
--------	---------------

Calories 90	
--------------------	--

Fat 0.2 g	1 %
------------------	------------

Saturated 0 g + Trans 0 g	0 %
------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 250 mg	10 %
----------------------	-------------

Carbohydrate 22 g	7 %
--------------------------	------------

Fibre 4 g	16 %
-----------	-------------

Sugars 13 g	
-------------	--

Protein 1 g	
--------------------	--

Vitamin A	200 %
-----------	--------------

Vitamin C	6 %
-----------	------------

Calcium	4 %
---------	------------

Iron	10 %
------	-------------

INGREDIENTS

Carrots, maple-flavoured table syrup, sea salt, black pepper.

ALLERGENS

MAY CONTAIN SULPHITES.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Maple Roasted Root Vegetables

Nutrition Facts

Serving Size (153 g)

Amount	% Daily Value
--------	---------------

Calories 160	
---------------------	--

Fat 4 g	6 %
----------------	------------

Saturated 0.5 g	
+ Trans 0 g	3 %

Cholesterol 0 mg	
-------------------------	--

Sodium 230 mg	10 %
----------------------	-------------

Carbohydrate 30 g	10 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	-------------

Sugars 13 g	
-------------	--

Protein 2 g	
--------------------	--

Vitamin A	60 %
-----------	------

Vitamin C	35 %
-----------	------

Calcium	6 %
---------	-----

Iron	6 %
------	-----

INGREDIENTS

Rutabaga, parsnips, yam and/or carrots, maple-flavoured table syrup, olive oil, sea salt, black pepper.

ALLERGENS

MAY CONTAIN SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Mexican Rice

Nutrition Facts

Serving Size (150 g)

Amount	% Daily Value
--------	---------------

Calories 130

Fat 1 g	2 %
----------------	------------

Saturated 0.3 g + Trans 0 g	2 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 240 mg	10 %
----------------------	-------------

Carbohydrate 27 g	9 %
--------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 1 g	
------------	--

Protein 3 g

Vitamin A	2 %
------------------	------------

Vitamin C	4 %
------------------	------------

Calcium	0 %
----------------	------------

Iron	6 %
-------------	------------

INGREDIENTS

Brown rice, tomato juice, salsa, vinegar, tomatoes, jalapeno peppers, onion, sea salt, garlic, spices.

ALLERGENS

MAY CONTAIN SULHPITES.

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NUTRITION FACTS



COMMONS KITCHEN

Mint & Honey Peas

Nutrition Facts

Serving Size 1 Portion (140 g)

Amount	% Daily Value
--------	---------------

Calories 130

Fat 0.5 g	1 %
------------------	------------

Saturated 0.1 g + Trans 0 g	1 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 135 mg	6 %
----------------------	------------

Carbohydrate 25 g	8 %
--------------------------	------------

Fibre 6 g	24 %
-----------	-------------

Sugars 13 g	
-------------	--

Protein 7 g

Vitamin A	25 %
------------------	-------------

Vitamin C	40 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	15 %
-------------	-------------

INGREDIENTS

Green peas, honey, mint.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Parsley & Pea Rice

Nutrition Facts

Serving Size 1 Portion (162 g)

Amount	% Daily Value
--------	---------------

Calories 220

Fat 0.5 g	1 %
------------------	------------

Saturated 0 g + Trans 0 g	0 %
------------------------------	------------

Cholesterol 0 mg

Sodium 250 mg	10 %
----------------------	-------------

Carbohydrate 47 g	16 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 1 g	
------------	--

Protein 5 g

Vitamin A	4 %
------------------	------------

Vitamin C	6 %
------------------	------------

Calcium	0 %
----------------	------------

Iron	6 %
-------------	------------

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INGREDIENTS

Basmati rice, green peas, parsley, sea salt.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.



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Food Services

NUTRITION FACTS



COMMONS KITCHEN

Quinoa Brown Rice

Nutrition Facts

Serving Size (180 g)

Amount	% Daily Value
--------	---------------

Calories 170	
---------------------	--

Fat 2.5 g	4 %
------------------	------------

Saturated 0.4 g + Trans 0 g	2 %
--------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 260 mg	11 %
----------------------	-------------

Carbohydrate 33 g	11 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 1 g	
------------	--

Protein 5 g	
--------------------	--

Vitamin A	2 %
-----------	-----

Vitamin C	4 %
-----------	-----

Calcium	2 %
---------	-----

Iron	10 %
------	------

INGREDIENTS

Brown rice, quinoa, tomato juice, onion, olive oil, sea salt, garlic, parsley, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

F YX`@Ybh]`8\U

Nutrition Facts

Serving Size (179 g)

Amount	% Daily Value
Calories 160	
Fat 5 g	8 %
Saturated 0.4 g	
+ Trans 0.1 g	3 %
Cholesterol 0 mg	
Sodium 440 mg	18 %
Carbohydrate 22 g	7 %
Fibre 6 g	24 %
Sugars 5 g	
Protein 8 g	
Vitamin A	6 %
Vitamin C	60 %
Calcium	6 %
Iron	10 %

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INGREDIENTS

F YX`Ybh]`g`W]WdYUg`hca UhcYg`WU`]Zck YfZ
cb]cbZ`VY``dYddYfg`WffmdUghY`ZVcfb`Zci fZ
gd]Wg`Wbc`Uc`]Z[Uf]MgJh

ALLERGENS

7 C B H5-B G A I G H5 F 8.



University
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NUTRITION FACTS



COMMONS KITCHEN

Roasted Balsamic Peppers

Nutrition Facts

Serving Size (109 g)

Amount	% Daily Value
--------	---------------

Calories 50

Fat 1.5 g	2 %
------------------	------------

Saturated 0.2 g + Trans 0 g	1 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 110 mg	5 %
----------------------	------------

Carbohydrate 8 g	3 %
-------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 5 g

Protein 1 g

Vitamin A	15 %
-----------	-------------

Vitamin C	190 %
-----------	--------------

Calcium	2 %
---------	------------

Iron	4 %
------	------------

INGREDIENTS

Bell peppers, onion, brown sugar, balsamic vinegar, olive oil, sea salt, pepper, herbs.

ALLERGENS

MAY CONTAIN SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Roasted Butternut Squash

Nutrition Facts

Serving Size 1 Portion (62 g)

Amount	% Daily Value
--------	---------------

Calories 70

Fat 2.5 g	4 %
------------------	------------

Saturated 0.2 g + Trans 0.1 g	2 %
----------------------------------	------------

Cholesterol 0 mg

Sodium 210 mg	9 %
----------------------	------------

Carbohydrate 11 g	4 %
--------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 6 g

Protein 1 g

Vitamin A	60 %
------------------	-------------

Vitamin C	20 %
------------------	-------------

Calcium	2 %
----------------	------------

Iron	2 %
-------------	------------

INGREDIENTS

Butternut squash, brown sugar, canola oil, sea salt.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

Roasted Zucchini & Tomato

Nutrition Facts

Serving Size (202 g)

Amount	% Daily Value
--------	---------------

Calories 80

Fat 5 g	8 %
----------------	------------

Saturated 0.5 g + Trans 0 g	3 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 250 mg	10 %
----------------------	-------------

Carbohydrate 8 g	3 %
-------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 5 g	
------------	--

Protein 3 g

Vitamin A	6 %
-----------	-----

Vitamin C	50 %
-----------	------

Calcium	4 %
---------	-----

Iron	8 %
------	-----

INGREDIENTS

Tomatoes, zucchini squash, mushrooms, green onion, olive oil, garlic, sea salt, herbs.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS

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NUTRITION FACTS



COMMONS KITCHEN

Red Beans & Rice

Nutrition Facts

Serving Size (319 g)

Amount	% Daily Value
--------	---------------

Calories 330

Fat 5 g	8 %
----------------	------------

Saturated 0.5 g + Trans 0.1 g	3 %
----------------------------------	------------

Cholesterol 0 mg

Sodium 180 mg	8 %
----------------------	------------

Carbohydrate 62 g	21 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	-------------

Sugars 1 g	
------------	--

Protein 8 g

Vitamin A	2 %
------------------	------------

Vitamin C	15 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

White rice, kidney beans, onion, celery, bell pepper, canola oil, brown sugar, garlic, sea salt, parsley, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS

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NUTRITION FACTS



COMMONS KITCHEN

Scalloped Potatoes

Nutrition Facts

Serving Size 1 Portion (150 g)

Amount	% Daily Value
--------	---------------

Calories 610	
---------------------	--

Fat 14 g	22 %
-----------------	-------------

Saturated 1.5 g + Trans 0.1 g	8 %
----------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 2260 mg	94 %
-----------------------	-------------

Carbohydrate 105 g	35 %
---------------------------	-------------

Fibre 5 g	20 %
-----------	-------------

Sugars 19 g	
-------------	--

Protein 10 g	
---------------------	--

Vitamin A	0 %
------------------	------------

Vitamin C	50 %
------------------	-------------

Calcium	10 %
----------------	-------------

Iron	10 %
-------------	-------------

INGREDIENTS

Potatoes, whey, wheat flour, food starch, salt, vegetable oil, onion, corn syrup, cheese, soy lecithin, spices, buttermilk, garlic, corn & soy protein, butter, butter oil, yeast extract, sulphites, margarine, canola/soybean oil, palm kernel oil, whey powder.

ALLERGENS

CONTAINS GLUTEN, MILK, SOY, WHEAT, SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

GYgla Y'6fck b Rice

Nutrition Facts

Serving Size (255 g)

Amount	% Daily Value
--------	---------------

Calories 270

Fat 4 g	6 %
----------------	------------

Saturated 1 g + Trans 0 g	5 %
------------------------------	------------

Cholesterol 0 mg

Sodium 90 mg	4 %
---------------------	------------

Carbohydrate 53 g	18 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	-------------

Sugars 1 g	
------------	--

Protein 6 g

Vitamin A	0 %
-----------	-----

Vitamin C	2 %
-----------	-----

Calcium	2 %
---------	-----

Iron	10 %
------	------

INGREDIENTS

Bfck b'f]Wžgygla Y'gYXgžcb]cbžgygla Y'
c]žgJhždYddYfždUfgYm

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

Sirloin Mushrooms

Nutrition Facts

Serving Size (102 g)

Amount	% Daily Value
--------	---------------

Calories 50

Fat 3 g	5 %
----------------	------------

Saturated 0.2 g + Trans 0.1 g	2 %
----------------------------------	------------

Cholesterol 0 mg

Sodium 60 mg	3 %
---------------------	------------

Carbohydrate 5 g	2 %
-------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 2 g	
------------	--

Protein 2 g

Vitamin A	0 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	2 %
-------------	------------

INGREDIENTS

Mushrooms, onion, canola oil, lemon juice concentrate, sea salt, black pepper, garlic, spices.

ALLERGENS

CONTAINS SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Smoky Roasted Red Potatoes

Nutrition Facts

Serving Size (157 g)

Amount	% Daily Value
--------	---------------

Calories 130	
---------------------	--

Fat 3 g	5 %
----------------	------------

Saturated 0.3 g + Trans 0.1 g	2 %
----------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 530 mg	22 %
----------------------	-------------

Carbohydrate 24 g	8 %
--------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 2 g	
------------	--

Protein 3 g	
--------------------	--

Vitamin A	4 %
------------------	------------

Vitamin C	20 %
------------------	-------------

Calcium	2 %
----------------	------------

Iron	8 %
-------------	------------

INGREDIENTS

Red potatoes, canola oil, sea salt, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS

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NUTRITION FACTS



COMMONS KITCHEN

Sour Cream Mashed Potatoes

Nutrition Facts

Serving Size (195 g)

Amount	% Daily Value
--------	---------------

Calories 240	
---------------------	--

Fat 12 g	18 %
-----------------	-------------

Saturated 5 g + Trans 0.1 g	26 %
--------------------------------	-------------

Cholesterol 25 mg	
--------------------------	--

Sodium 310 mg	13 %
----------------------	-------------

Carbohydrate 30 g	10 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 2 g	
------------	--

Protein 4 g	
--------------------	--

Vitamin A	4 %
------------------	------------

Vitamin C	50 %
------------------	-------------

Calcium	6 %
----------------	------------

Iron	10 %
-------------	-------------

INGREDIENTS

Potatoes, sour cream, margarine, garlic, canola oil, sea salt, black pepper.

ALLERGENS

CONTAINS MILK, SOY.

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NUTRITION FACTS



COMMONS KITCHEN

Steamed GYgla Y'Broccoli

Nutrition Facts

Serving Size 1 Portion (92 g)

Amount	% Daily Value
--------	---------------

Calories 45

Fat 1.5 g	2 %
------------------	------------

Saturated 0.2 g + Trans 0 g	1 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 75 mg	3 %
---------------------	------------

Carbohydrate 6 g	2 %
-------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 2 g	
------------	--

Protein 3 g

Vitamin A	6 %
------------------	------------

Vitamin C	130 %
------------------	--------------

Calcium	4 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Broccoli florets, gYgla Y'oil, 'gYgla Y'gYXgž sea saltždYddYf.

ALLERGENS

7 C B H5-B G'G9G5A 9.

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NUTRITION FACTS



COMMONS KITCHEN

Sticky Rice

Nutrition Facts

Serving Size 1 Portion (82 g)

Amount	% Daily Value
--------	---------------

Calories 140	
---------------------	--

Fat 0 g	0 %
----------------	------------

Saturated 0 g + Trans 0 g	0 %
------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 2 mg	1 %
--------------------	------------

Carbohydrate 31 g	10 %
--------------------------	-------------

Fibre 0 g	0 %
-----------	------------

Sugars 0 g	
------------	--

Protein 3 g	
--------------------	--

Vitamin A	0 %
-----------	-----

Vitamin C	2 %
-----------	-----

Calcium	0 %
---------	-----

Iron	10 %
------	------

INGREDIENTS

Jasmine rice, lemon juice,
parsley.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Steamed Green Beans

Nutrition Facts

Serving Size 1 Portion (123 g)

Amount	% Daily Value
--------	---------------

Calories 60

Fat 3 g	5 %
----------------	------------

Saturated 0.4 g + Trans 0 g	2 %
--------------------------------	------------

Cholesterol 0 mg

Sodium 45 mg	2 %
---------------------	------------

Carbohydrate 8 g	3 %
-------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 4 g

Protein 2 g

Vitamin A	8 %
-----------	-----

Vitamin C	25 %
-----------	------

Calcium	4 %
---------	-----

Iron	8 %
------	-----

INGREDIENTS

Green beans, olive oil, salt.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

While we take steps to minimize the risk of cross contamination, we cannot guarantee that our products are safe to consume for those with allergies. University Food Services does not assume liability for adverse reactions to foods consumed, or items one may come into contact with while eating at any UVic establishment. People with food allergies are encouraged to contact our registered dietitian at eat@uvic.ca for additional information and support.



University
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NUTRITION FACTS



COMMONS KITCHEN

Stewed Tomatillos & Peppers

Nutrition Facts

Serving Size (156 g)

Amount	% Daily Value
--------	---------------

Calories 80	
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Fat 3 g	5 %
----------------	------------

Saturated 0.5 g + Trans 0 g	3 %
--------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 65 mg	3 %
---------------------	------------

Carbohydrate 12 g	4 %
--------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 8 g	
------------	--

Protein 2 g	
--------------------	--

Vitamin A	8 %
------------------	------------

Vitamin C	90 %
------------------	-------------

Calcium	2 %
----------------	------------

Iron	6 %
-------------	------------

INGREDIENTS

Tomatillos, bell peppers, onion, honey, olive oil, garlic, spices, sea salt.

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NUTRITION FACTS



COMMONS KITCHEN

Tater Tots

Nutrition Facts

Serving Size 1 portion (94 g)

Amount	% Daily Value
--------	---------------

Calories 190	
---------------------	--

Fat 10 g	15 %
-----------------	-------------

Saturated 1 g + Trans 0.2 g	6 %
--------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 450 mg	19 %
----------------------	-------------

Carbohydrate 23 g	8 %
--------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 0 g	
------------	--

Protein 1 g	
--------------------	--

Vitamin A	0 %
-----------	-----

Vitamin C	4 %
-----------	-----

Calcium	2 %
---------	-----

Iron	4 %
------	-----

INGREDIENTS

Potatoes, canola oil, salt, onion, corn starch.

ALLERGENS

DEEP FRIED IN EQUIPMENT THAT ALSO PROCESSES GLUTEN AND WHEAT.

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NUTRITION FACTS



COMMONS KITCHEN

Turmeric Cauliflower

Nutrition Facts

Serving Size (127 g)

Amount	% Daily Value
--------	---------------

Calories 70

Fat 4.5 g	7 %
------------------	------------

Saturated 0.5 g + Trans 0.1 g	3 %
----------------------------------	------------

Cholesterol 0 mg

Sodium 250 mg	10 %
----------------------	-------------

Carbohydrate 7 g	2 %
-------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 2 g

Protein 2 g

Vitamin A	0 %
------------------	------------

Vitamin C	100 %
------------------	--------------

Calcium	2 %
----------------	------------

Iron	8 %
-------------	------------

INGREDIENTS

Cauliflower, canola oil, olive oil, sea salt, spices.

ALLERGENS

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NUTRITION FACTS



COMMONS

Twisted Fries

Nutrition Facts

Serving Size (100 g)

Amount	% Daily Value
--------	---------------

Calories 140	
---------------------	--

Fat 4.5 g	7 %
------------------	------------

Saturated 0.4 g + Trans 0 g	2 %
--------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 290 mg	12 %
----------------------	-------------

Carbohydrate 24 g	8 %
--------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 0 g	
------------	--

Protein 2 g	
--------------------	--

Vitamin A	0 %
-----------	-----

Vitamin C	8 %
-----------	-----

Calcium	0 %
---------	-----

Iron	6 %
------	-----

INGREDIENTS

Potatoes, canola oil, wheat flour, corn starch, corn flour, salt, baking powder.

ALLERGENS

CONTAINS GLUTEN, WHEAT.

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NUTRITION FACTS



COMMONS KITCHEN

Vegetable Chow Mein

Nutrition Facts

Serving Size 1 Portion (81 g)

Amount	% Daily Value
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Calories 180	
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Fat 4.5 g	7 %
------------------	------------

Saturated 1.5 g + Trans 0 g	8 %
--------------------------------	------------

Cholesterol 15 mg	
--------------------------	--

Sodium 410 mg	17 %
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Carbohydrate 28 g	9 %
--------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 2 g	
------------	--

Protein 5 g	
--------------------	--

Vitamin A	15 %
-----------	-------------

Vitamin C	25 %
-----------	-------------

Calcium	2 %
---------	------------

Iron	20 %
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INGREDIENTS

Wheat flour egg noodles, palm & canola oil, corn starch, sea salt, bean sprouts, carrots, green onion, bell pepper, soy sauce, sesame seeds and oil, mayonnaise.

ALLERGENS

CONTAINS EGG, GLUTEN, SESAME SEEDS, SOY, WHEAT, MUSTARD.

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NUTRITION FACTS



COMMONS KITCHEN

Vegetable Medley with Gremolata

Nutrition Facts

Serving Size 1 Portion (168 g)

Amount	% Daily Value
--------	---------------

Calories 80	
--------------------	--

Fat 4 g	6 %
----------------	------------

Saturated 0.5 g + Trans 0 g	3 %
--------------------------------	------------

Cholesterol 0 mg	
-------------------------	--

Sodium 220 mg	9 %
----------------------	------------

Carbohydrate 11 g	4 %
--------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 4 g	
------------	--

Protein 3 g	
--------------------	--

Vitamin A	60 %
------------------	-------------

Vitamin C	210 %
------------------	--------------

Calcium	4 %
----------------	------------

Iron	6 %
-------------	------------

INGREDIENTS

Cauliflower, broccoli, carrots, bell peppers, olive oil, sea salt, parsley, lemon, black pepper, garlic.

ALLERGENS

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NUTRITION FACTS



COMMONS KITCHEN

Waffle Fries

Nutrition Facts

Serving Size (100 g)

Amount	% Daily Value
--------	---------------

Calories 190	
---------------------	--

Fat 9 g	14 %
----------------	-------------

Saturated 1 g	
+ Trans 0.1 g	6 %

Cholesterol 0 mg	
-------------------------	--

Sodium 550 mg	23 %
----------------------	-------------

Carbohydrate 75 g	25 %
--------------------------	-------------

Fibre 1 g	4 %
-----------	------------

Sugars 0 g	
------------	--

Protein 1 g	
--------------------	--

Vitamin A	0 %
-----------	-----

Vitamin C	6 %
-----------	-----

Calcium	0 %
---------	-----

Iron	4 %
------	-----

INGREDIENTS

Potatoes, soybean/canola oil, cottonseed/sunflower/corn oil, wheat flour, tapioca starch, garlic & onion powder, spices, baking powder, xanthan gum.

ALLERGENS

CONTAINS GLUTEN, WHEAT.

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