

NUTRITION FACTS

CHOPBOX

Signature Chopboxes



ITEM	INGREDIENTS	ALLERGENS	SERVING SIZE	CALORIES	TOTAL FAT (G)	SAT FAT (G)	SODIUM (MG)	CARB (G)	FIBRE (G)	SUGAR (G)	PROTEIN (G)	IRON (MG)
BASE												
Mixed Vegetables (all boxes)	Suey choy, bok choy, daikon, carrot	No known priority allergens	84 g	20	0	0	0	4	1	2	1	0
Egg Noodles	Enriched wheat flour, liquid egg, wheat gluten, canola oil, potassium carbonate, sodium carbonate, food colour, potassium sorbate	Gluten, wheat, egg	200 g	324	2	0.3	40	57.5	2.6	3	17	4
Shanghai Noodles	Enriched wheat flour, egg white, salt, wheat gluten, canola oil, potassium carbonate, sodium carbonate, corn starch, potassium sorbate	Gluten, wheat, egg	200 g	324	2	0	198	61	2	4	18	2
Steamed Rice	Long grain brown rice	No known priority allergens	112 g	180	0	0	0	38.5	3	0	3.5	0
Rice Noodles	Rice flour, water	No known priority allergens	160 g	180	0.5	0	5	40	1	0	3	0
PROTEIN												
Beef	Beef, GF soy sauce*, corn starch, sweet chili sauce, vinegar, garlic, red pepper, sesame oil, spices	Soy, sesame	98 g	120	6	1	470	11	2	6	6	1
Chicken Breast	Chicken breast, modified corn starch, soy protein isolate, salt, sodium phosphate, carrageenan	Soy	98 g	110	1.5	0.5	580	1	0	0	22	1
Shrimp	Shrimp	Shellfish, sulphites	84 g	71	0.5	0	100	0	0	0	17	0.5
Marinated Tofu	Soybeans, calcium sulfate, magnesium chloride, sesame oil, sweet chili sauce, GF soy sauce*, spices	Soy, sesame	112 g	230	14	2	230	6	0	2	18	3
SAUCES												
Tamarind Pad Thai	Thai sweet chili sauce, fish sauce, GF soy sauce*, tamarind pulp, sugar, lime juice concentrate, cornstarch	Fish, soy, sulphites	120 mL	130	0	0	1910	35	1	26	1	0
Mongolian Black Bean	Hoisin sauce, soy sauce, rice wine vinegar, sesame seeds, fermented black beans, sesame oil, sambal oelek, chili paste, lime juice, garlic, ginger	Gluten, wheat, soy, shellfish, sesame, sulphites	120 mL	330	6	1	3480	69	1	53	4	0.5
Green Thai Curry	Coconut milk, palm and brown sugar, cornstarch, bell peppers, garlic, shallots, lemongrass, ginger, spinach, herbs, spices, sea salt	Sulphites	120 mL	230	19	17	640	11	0	5	2	1
Red Thai Curry	Coconut milk, palm and brown sugar, cornstarch, tomato paste, garlic, shallots, ginger, herbs, spices, sea salt	Sulphites	120 mL	250	20	17	690	15	2	6	3	1.5
Panang Curry	Coconut milk, palm and brown sugar, cornstarch, garlic, shallots, ginger, canola oil, herbs, spices, sea salt	Sulphites	120 mL	250	20	18	660	12	0	5	2	1

*Not produced in a gluten free facility.

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.



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