

## Chimi Churi Setain

### Ingredients

Tofu, extra firm, Red Wine Vinegar, Onion, Cilantro, Oregano, Parsley.

### Nutrients per serving

<b>Nutrition Facts</b>	
Serving Size 4 ounce (165g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 60</b>
<b>% Daily Value*</b>	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 40mg</b>	<b>2%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein 14g</b>	
Vitamin A 10%	• Vitamin C 8%
Calcium 20%	• Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	