

## SUSHI WITH GUSTO – NUTRITIONAL ANALYSIS CHART FOR 8 OZ SERVINGS (227g)

PRODUCT NAME	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	CHOLESTEROL	SODIUM	TOTAL CARBS (g)	DIETARY FIBER (g)	PROTEIN (g)	Point Value <sup>(1)</sup>
Assorted Nigiri	300	50	6	45mg	50mg	38	1	30	8
BBQ Eel Roll	400	140	16	110mg	105mg	42	4	22	10
Golden Eagle Roll (Cajun Crawfish Roll)	290	50	6	35mg	280mg	44	2	15	8
California Roll	440	60	6	25mg	1370mg	73	4	24	11
Deluxe California Roll	460	60	6	50mg	1660mg	76	4	25	12
Dragon California Roll	440	60	6	25mg	1370mg	73	4	24	11
Imitation Crab Philadelphia Roll	480	130	14	50mg	1330mg	66	3	23	13
Imitation Crab Deluxe Philadelphia Rol	500	130	14	75mg	1620mg	69	3	24	13
Vegetable Spring Roll	300	120	14	0mg	350mg	36	5	9	8
Rainbow California Roll	390	45	5	85mg	790mg	56	2	30	10
Real Crabmeat Roll	290	60	6	40mg	220mg	41	3	17	7
Salmon Cado Roll	310	80	8	20mg	35mg	41	3	18	8
Smoked Salmon Philadelphia Roll	370	140	16	45mg	540mg	41	2	17	10
Smoked Salmon Deluxe Philadelphia R	390	140	16	70mg	830mg	44	2	18	10
Spicy Avocado Inari	450	220	24	5mg	490mg	51	6	10	12
Spicy Salmon Roll	320	120	13	35mg	190mg	35	1	15	8
Spicy Shrimp Inari	410	130	15	110mg	590mg	45	1	23	11

(1) Formula from WeightWatchers, Wikipedia, [http://en.wikipedia.org/wiki/Weight\\_Watchers#Food\\_Values\\_2](http://en.wikipedia.org/wiki/Weight_Watchers#Food_Values_2)

### SUSHI WITH GUSTO – NUTRITIONAL ANALYSIS CHART FOR 8 OZ SERVINGS (227g)

PRODUCT NAME	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	CHOLESTEROL	SODIUM	TOTAL CARBS (g)	DIETARY FIBER (g)	PROTEIN (g)	Point Value <sup>(1)</sup>
Spicy Shrimp Roll	290	60	6	85mg	250mg	42	2	16	7
Spicy Tuna Roll	330	70	8	20mg	170mg	47	2	17	9
Spring Roll	340	50	6	130mg	910mg	44	3	29	9
Tempura Shrimp Roll	440	180	20	80mg	770mg	51	3	15	12
Tuna Cado Roll	310	80	8	20mg	35mg	41	3	18	8
Vegetable Roll	270	70	8	0mg	35mg	46	5	6	7

### SUSHI WITH GUSTO – NUTRITIONAL ANALYSIS CHART FOR 4 OZ SERVINGS (113g)

PRODUCT NAME	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	CHOLESTEROL	SODIUM	TOTAL CARBS (g)	DIETARY FIBER (g)	PROTEIN (g)	Point Value <sup>(1)</sup>
Calamari Salad	180	75	8	302mg	1255mg	12	4	20	5
Edamame	125	50	5	0mg	8mg	10	6	12	3
Seaweed Salad	140	55	6	0mg	3365mg	33	57	0	1

(1) Formula from WeightWatchers, Wikipedia, [http://en.wikipedia.org/wiki/Weight\\_Watchers#Food\\_Values\\_2](http://en.wikipedia.org/wiki/Weight_Watchers#Food_Values_2)