



# Nutritional Information - U.S.

2,000 calories a day is used for general nutritional advice, but calorie needs vary.

Menu Items	Serving Size (ounces)	Serving Size (grams)	Calories	Calories Fat (grams)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (grams)	Fiber (grams)	Sugar (grams)	Proteins (grams)
<b>RAMEN</b>													
Ramen	23	643	490	120	13	4	0	105	2,710	75	10	3	17
Chashu Ramen	26	735	690	280	31	10	0	180	3,280	72	13	3	31
Yuzu Shiso Ramen	21	605	460	35	4	0.5	0	0	2,550	99	14	6	8
Spicy Chili Garlic Ramen	25	700	590	160	18	5	0	120	3,100	84	12	4	25
Spicy Chicken Ramen	29	822	735	155	18	5	0	270	3250	82	11	3	65
<b>SIDES</b>													
"RA"ckin' Fried Rice	9	255	510	130	14	7	0.5	153	1610	77	6	2	18
Steamed Rice	8	109	405	0	0	0	0	0	6.75	97.2	0.675	0	8.1
Pork Gyoza (3pcs)	2.5	70	125	55	6	2	0	10	495	12.5	0	3.5	5
Spring Roll (2pcs)	4	106	235	125	14	3	0	0	850	25	2	3	3
Uchi No Salad	4.5	125	110	70	8	1.5	0	0	310	7	2	1	2
<b>EXTRAS</b>													
Extra Noodles	5	150	400	0	1.5	<1	0	0	230	79	2	1	14
Garlic Chips	0.5	14	17	0	3	<1			0	4	0	0	0
Hot Red Chili Garlic	0.5	14	11.1	0	0	0	0	0	282	<1	<1	<1	<1
Fresh Garlic	0.5	14	15	0	0	0	0	0	0	3	0	0	0
Pork Chashu	1.2	33.6	99	66	7.2	2.7	0	32	24	0	0	0	8