

# NUTRITION BINDER



NUTRITIONAL OVERVIEW  
& INGREDIENTS

SWEETFIN SIGNATURE BOWLS

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Sweetbox	1	Serving	680	370	41	6	0	50	1880	51	10	6	29
Brain Booster Bowl, Large	1	Serving	880	620	70	11	0	35	2310	46	18	20	29
Brain Booster Bowl, Small	1	Serving	530	370	41	6	0	25	2310	27	11	11	19
Classic Tuna Bowl, Large	1	Serving	520	300	33	4.5	0	45	2150	23	11	9	33
Classic Tuna Bowl, Small	1	Serving	420	260	29	4	0	30	2250	20	10	7	22
Gochujang Salmon Bowl, Large	1	Serving	440	200	22	4.5	0	60	2690	38	3	22	27
Gochujang Salmon Bowl, Small	1	Serving	310	140	16	3	0	40	2610	26	3	14	18
Grasshopper	1	Serving	110	45	5	0.5	0	0	340	11	6	4	5
Immunity Bowl, Large	1	Serving	720	170	19	2.5	0	240	2320	97	5	8	38
Immunity Bowl, Small	1	Serving	460	100	11	1.5	0	150	2250	65	4	6	24
Keto Bowl, Large	1	Serving	750	560	62	10	0	70	2970	22	11	8	33
Keto Bowl, Small	1	Serving	430	310	35	6	0	45	1850	13	7	5	20
Lil Fish, Salmon	1	Serving	190	110	12	2.5	0	30	340	6	1	5	12
Lil Fish, Tuna	1	Serving	130	45	5	1	0	20	330	6	1	5	14
Mango Albacore Bowl, Large	1	Serving	450	200	22	3.5	0	45	2110	26	7	15	35
Mango Albacore Bowl, Small	1	Serving	300	140	15	2.5	0	30	2250	17	5	10	23
Miso Eggplant & Mushroom Bowl, Large	1	Serving	430	280	32	4.5	0	0	2000	33	8	19	8
Miso Eggplant & Mushroom Bowl, Small	1	Serving	300	200	22	3	0	0	2150	22	6	12	6

SWEETFIN SIGNATURE BOWLS

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Plant Protein Bowl, Large	1	Serving	710	200	22	2.5	0	0	1670	113	14	14	20
Plant Protein Bowl, Small	1	Serving	420	110	12	1.5	0	0	1080	69	8	8	12
Protein Power Bowl, Large	1	Serving	900	360	40	6	0	20	1800	106	19	11	42
Protein Power Bowl, Small	1	Serving	630	240	27	4	0	15	1940	75	13	7	31
Shiitake Chile Tofu Bowl, Large	1	Serving	470	350	39	6	0	0	1890	15	6	7	15
Shiitake Chile Tofu Bowl, Small	1	Serving	310	220	25	3.5	0	0	2100	11	5	5	10
Spicy Tuna Bowl, Large	1	Serving	600	370	41	6	0	60	2480	22	15	3	37
Spicy Tuna Bowl, Small	1	Serving	490	320	35	5	0	35	2500	20	13	3	25
Sriracha Tuna Bowl, Large	1	Serving	700	410	46	7	0	45	1890	43	21	16	38
Sriracha Tuna Bowl, Small	1	Serving	430	240	27	4	0	30	2290	28	12	12	25
Superfood Bowl, Large	1	Serving	740	240	27	4	0	45	1630	86	7	8	38
Superfood Bowl, Small	1	Serving	470	160	18	2.5	0	30	1060	54	6	4	24
Sweet Potato Ponzu Lime Bowl, Large	1	Serving	360	170	19	2.5	0	0	2100	40	14	16	9
Sweet Potato Ponzu Lime Bowl, Small	1	Serving	320	170	19	3	0	0	2250	30	12	11	8
Truffled Yuzu Albacore Bowl, Large	1	Serving	590	390	45	6	0	45	2160	19	9	4	33
Truffled Yuzu Albacore Bowl, Small	1	Serving	450	300	34	4.5	0	30	2280	17	9	3	23
Yuzu Salmon Bowl, Large	1	Serving	570	370	41	7	0	60	2110	21	13	4	31
Yuzu Salmon Bowl, Small	1	Serving	450	300	34	5	0	40	2250	18	11	4	21

## SWEETFIN CHICKEN BOWLS

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Sesame Crunch Chicken Salad	1	Serving	790	490	55	9	0	120	1760	41	9	11	35
Cilantro Chopped Chicken Salad	1	Serving	520	330	38	5	0	95	1000	18	4	5	30
Spicy Chicken Rice Bowl	1	Serving	740	180	20	3.5	0	95	1500	101	7	17	43

## SWEETFIN PROTEINS

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Albacore Tuna, Large	1	Serving	120	5	0.5	0	0	45	50	0	0	0	28
Albacore Tuna, Small	1	Serving	80	5	0	0	0	30	30	0	0	0	17
Salmon, Large	1	Serving	240	140	15	3.5	--	60	65	0	0	0	23
Salmon, Small	1	Serving	150	90	10	2	--	40	40	0	0	0	14
Shrimp, Large	1	Serving	130	15	2	0.5	0	240	470	2	0	0	26
Shrimp, Small	1	Serving	80	10	1	0	0	150	290	1	0	0	16
Tofu, Large	1	Serving	110	60	6	0	0	0	210	4	2	1	10
Tofu, Small	1	Serving	70	35	4	0	0	0	130	2	2	1	6
Vegetable Poke, Large	1	Serving	180	70	8	1	0	0	55	24	9	6	6
Vegetable Poke, Small	1	Serving	130	70	8	1	0	0	30	14	6	3	4
Yellowfin Tuna, Large	1	Serving	120	5	0.5	0	0	45	50	0	0	0	28
Yellowfin Tuna, Small	1	Serving	80	5	0	0	0	30	30	0	0	0	17
Chicken, Large	1	Serving	120	15	1.5	0	0	95	290	0	0	0	27
Chicken, Small	1	Serving	80	10	1	0	0	60	180	0	0	0	17

SWEETFIN BASES

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Bamboo Rice, Large	1	Serving	290	5	0	0	0	0	0	65	0	--	5
Bamboo Rice, Small	1	Serving	220	5	0	0	0	0	0	49	0	--	4
Cauliflower Rice, Large	1	Serving	120	80	9	0.5	0	0	960	9	5	4	4
Cauliflower Rice, Small	1	Serving	70	50	6	0	0	0	600	6	3	3	2
Citrus Kale Salad, Large	1	Serving	60	30	3.5	0	0	0	320	6	2	2	2
Citrus Kale Salad, Small	1	Serving	35	20	2	0	0	0	190	3	1	1	1
Forbidden Rice, Large	1	Serving	340	30	3	0	0	0	0	73	4	2	10
Forbidden Rice, Small	1	Serving	250	20	2.5	0	0	0	0	55	3	2	8
Kelp Noodle Slaw, Large	1	Serving	140	90	10	1.5	0	5	750	10	2	4	2
Kelp Noodle Slaw, Small	1	Serving	90	60	7	1	0	5	500	7	2	3	1

SWEETFIN SAUCES

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Black Garlic Gochujang, Large	1	Serving	150	120	14	2	0	0	400	7	1	5	1
Black Garlic Gochujang, Small	1	Serving	80	60	7	1	0	0	200	3	0	2	0
Spicy Mayo, Large	1	Serving	130	120	14	2.5	0	10	830	2	0	1	1
Spicy Mayo , Small	1	Serving	70	60	7	1	0	5	410	1	0	0	1
Miso Sesame Shoyu, Large	1	Serving	100	80	9	1.5	0	0	370	3	0	3	0
Miso Sesame Shoyu, Small	1	Serving	50	40	4.5	0.5	0	0	190	2	0	1	0
Ponzu Lime, Large	1	Serving	35	0	0	0	0	0	630	6	0	6	0
Ponzu Lime, Small	1	Serving	15	0	0	0	0	0	310	3	0	3	0
Sriracha Ponzu, Large	1	Serving	60	35	4	0.5	0	0	620	4	0	3	1
Sriracha Ponzu, Small	1	Serving	30	20	2	0	0	0	310	2	0	2	0
Yuzu Kosho, Large	1	Serving	60	45	5	0	0	0	610	2	0	2	1
Yuzu Kosho, Small	1	Serving	30	20	2.5	0	0	0	310	1	0	1	0
Cilantro Lime Jalapeno Vinaigrette	1	Serving	130	120	14	2	0	0	125	2	0	<1	0
Sesame Mayo	1	Serving	150	140	15	2.5	0	10	580	1	0	1	0
Garlic Lemongrass Ponzu	1	Serving	40	0	0	0	0	0	590	7	0	6	0

PREMIUM ADD-ONS

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Almonds	2	Serving	80	60	7	0.5	0	0	0	3	2	<1	3
Asparagus	1	Serving	35	30	3.5	0	0	0	70	1	0	0	1
Avocado	1	Serving	80	70	7	1	0	0	0	4	3	0	1
Blistered Shishito	1	Serving	10	0	0	0	0	0	0	2	1	1	0
Cashews	2	TBSP	100	70	8	1.5	0	0	0	6	<1	<1	3
Macadamia Nuts	1	Serving	60	60	6	1	0	0	0	1	1	0	1
Kimchee	1	Serving	10	0	0	0	0	0	220	2	1	0	0
Pickled Shiitakes	1	Serving	10	0	0	0	0	0	80	2	1	1	1
Wasabi Tobiko	1	Serving	15	0	0	0	0	35	135	2	0	2	2
White Truffle Oil	1	Serving	45	45	5	0.5	0	0	0	0	0	0	0

ADD-ONS CRUNCHY

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Crispy Garlic	1	Serving	30	15	1.5	0	0	0	0	4	0	0	1
Crispy Onion	1	Serving	35	25	2.5	0	0	0	0	2	0	1	0
Wasabi Furikake	1	Serving	25	10	1	0	0	0	105	3	0	1	0
Wasabi Peas	1	Serving	30	10	1	0		0	25	5	0	1	1
Wasabi Toasted Coconut	1	Serving	30	15	1.5	1.5	0	0	65	3	0	2	0

ADD-ONS HERBS & SPICES

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Charred Habanero	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Chile Oil	1	Serving	130	130	14	3	0	0	0	0	0	0	0
Chopped Serrano	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Cilantro	1	Serving	5	0	0	0	0	0	5	1	0	0	0
Daikon Sprouts	1	Serving	5	5	0	0	0	0	0	1	0	0	1
Hijiki	1	Serving	5	0	0	0	0	0	15	1	1	0	0
Sliced Jalapenos	1	Serving	10	0	0	0	0	0	0	2	1	1	0
Pickled Fresno	1	Serving	5	0	0	0	0	0	25	1	0	1	0
Shiso	1	Serving	10	0	0	0	0	0	0	2	1	0	1
Wasabi Drizzle	1	Serving	25	20	2.5	0	0	0	45	1	0	0	0

SWEETFIN FRUITS & VEGGIES

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Bean Sprouts, Large	1	Serving	5	0	0	0	0	0	0	1	0	1	0
Bean Sprouts, Small	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Carrots, Large	1	Serving	5	0	0	0	0	0	10	1	0	1	0
Carrots, Small	1	Serving	5	0	0	0	0	0	0	1	0	0	0
Chile Marinated Oranges, Large	1	Serving	30	0	0	0	0	0	0	7	2	5	1
Chile Marinated Oranges, Small	1	Serving	20	0	0	0	0	0	0	5	1	3	0
Chopped Kale, Large	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Chopped Kale, Small	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Cucumber, Large	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Cucumber, Small	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Edamame, Large	1	Serving	30	5	0.5	0	0	0	10	3	3	0	4
Edamame, Small	1	Serving	20	5	0	0	0	0	5	2	2	0	2
Fresh Ginger, Large	1	Serving	5	0	0	0	0	0	0	1	0	0	0
Fresh Ginger, Small	1	Serving	5	0	0	0	0	0	0	1	0	0	0
Japanese Eggplant, Large	1	Serving	80	60	7	1	0	0	140	5	1	2	0
Japanese Eggplant, Small	1	Serving	50	40	4.5	0.5	0	0	95	3	1	1	0
Jicama, Large	1	Serving	10	0	0	0	0	0	0	2	1	0	0
Jicama, Small	1	Serving	5	0	0	0	0	0	0	1	1	0	0
Mango, Large	1	Serving	20	0	0	0	0	0	0	5	0	4	0

SWEETFIN FRUITS & VEGGIES

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Mango, Small	1	Serving	10	0	0	0	0	0	0	3	0	3	0
Market Radish, Large	1	Serving	5	0	0	0	0	0	10	1	0	0	0
Market Radish, Small	1	Serving	0	0	0	0	0	0	5	0	0	0	0
Napa Cabbage, Large	1	Serving	5	0	0	0	0	0	0	1	0	0	0
Napa Cabbage, Small	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Pickled Ginger, Large	1	Serving	5	0	0	0	0	0	210	1	0	0	0
Pickled Ginger, Small	1	Serving	0	0	0	0	0	0	105	0	0	0	0
Pineapple, Large	1	Serving	10	0	0	0	0	0	0	3	0	2	0
Pineapple, Small	1	Serving	5	0	0	0	0	0	0	1	0	1	0
Rapini, Large	1	Serving	40	35	4	0.5	0	0	95	1	1	0	1
Rapini, Small	1	Serving	20	15	2	0	0	0	50	0	0	0	1
Seaweed Salad, Large	1	Serving	15	5	1	0	0	0	135	2	1	1	0
Seaweed Salad, Small	1	Serving	10	5	0	0	0	0	70	1	1	1	0
Shaved Red Onion, Large	1	Serving	10	0	0	0	0	0	0	2	0	1	0
Shaved Red Onion, Small	1	Serving	5	0	0	0	0	0	0	1	0	0	0
Shimeji Mushrooms, Large	1	Serving	30	20	2.5	0	0	0	50	1	0	0	1
Shimeji Mushrooms, Small	1	Serving	15	10	1	0	0	0	25	1	0	0	0
Sundried Tomatoes, Large	1	Serving	5	0	0	0	0	0	0	1	0	1	0
Sundried Tomatoes, Small	1	Serving	5	0	0	0	0	0	0	1	0	0	0

SWEETBOX / POKE BURRITO

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Poke Burrito (High Range)	1	Serving	990	640	73	10	0	50	2310	80	12	5	27
Poke Burrito (Low Range)	1	Serving	850	600	68	8	0	10	2510	65	14	5	18
Poke Burrito (Signature)	1	Serving	910	550	63	8	0	35	2300	78	11	4	29
Sweetbox, Original	1	Serving	680	370	41	6	0	50	1880	51	10	6	29
Sweetbox, Plant-based	1	Serving	530	190	22	2.5	0	0	810	76	10	12	11
Sweetbox, Low Range	1	Serving	440	230	25	3	0	0	3310	46	6	20	8
Sweetbox Option: Gochujang Salmon	1	Serving	180	120	14	2.5	0	25	250	5	1	3	10
Sweetbox Option: Mango Albacore	1	Serving	90	15	1.5	0	0	15	370	5	1	4	11
Sweetbox Option: Miso Eggplant & Mushroom	1	Serving	110	80	9	1.5	0	0	280	8	2	5	2
Sweetbox Option: Shiitake Chile Tofu	1	Serving	100	70	8	1	0	0	280	4	1	2	3
Sweetbox Option: Spicy Tuna	1	Serving	210	140	15	2.5	0	20	440	7	5	1	13
Sweetbox Option: Sriracha Tuna	1	Serving	190	100	11	1.5	0	15	350	10	4	5	13
Sweetbox Option: Sweet Potato Ponzu Lime	1	Serving	150	70	8	1	0	0	340	18	6	6	3
Sweetbox Option: Truffled Yuzu Albacore	1	Serving	170	110	12	1.5	0	15	370	6	3	1	12
Sweetbox Option: Yuzu Salmon	1	Serving	210	140	16	2.5	0	25	340	7	4	1	11

SWEETFIN MISC

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Guava Lemonade	1	Serving	30	0	0	0	0	0	60	48	1	3	0
Iced Black Tea	1	Serving	0	0	0	0	0	0	15	0	0	0	0
Lemonade, Lychee Ginger	1	Serving	39	2	1	0	0	0	59	50	0	6.24	0.36
Lil Fish, Salmon	1	Serving	190	110	12	2.5	0	30	340	6	1	5	12
Lil Fish, Tuna	1	Serving	130	45	5	1	0	20	330	6	1	5	14
Matcha Pop	1	Serving	480	240	27	15	0	15	610	57	2	40	7
Taro Chips	1	Serving	138	63	7	0.45	0	0	108	18	2.5	1	1

SIDES

NAME	SERVING SIZE QUANTITY	SERVING SIZE MEASURE	CALORIES (kcal)	CALORIES FROM FAT (kcal)	FAT (g)	SATURATED FAT (g)	TRANS FATTY ACID (g)	CHOLESTERAL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	PROTEIN (g)
Chile Ginger Noodles	1	Serving	160	50	6	0.5	0	0	300	25		4	2
Citrus Kale Salad	1	Serving	240	170	19	3	0	0	270	12	7	2	9
Kelp Noodle Slaw	1	Serving	110	80	9	1.5	0	5	630	8	2	4	2
Seaweed Salad	1	Serving	140	60	6	0	0	0	1160	20	9	11	1
Spicy Cucumber Salad	1	Serving	190	80	9	1.5	0	0	2420	21	2	15	2