

Creamy Cucumber

YOGURT
CUCUMBER
RICE VINEGAR
DILL
GARLIC
LEMON JUICE
SALT
PEPPER

Quarks American Bento

CREAMY CUC

CALORIES: 41
CARBS: 5G
FAT: 2G
PROTEIN: 2G
SODIUM: 34MG
SUGARS: 2G

Toasted Sesame

SESAME OIL
GARLIC
YOGURT
TAMARI SAUCE
RICE VINEGAR

Quarks American Bento

TOASTED SESAME

CALORIES: 74
CARBS: 4G
FAT: 6G
PROTEIN: 3G
SODIUM: 573MG
SUGARS: 3G

Ginger Lemongrass

RICE VINEGAR
GINGER
LEMONGRASS
GARLIC
HONEY
CORNSTARCH

Quarks American Bento

GINGER LEMONGRASS

CALORIES: 140
CARBS: 45G
FAT: 0G
PROTEIN: 0G
SODIUM: 0MG
SUGARS: 35G

Quarks sauces are made in house and there are NO PRESERVATIVES, ARTIFICIAL INGREDIENTS, COLORS, HIGH FRUCTOSE CORN SYRUP or MSG

Nutrition facts based on 2oz. serving size.

Ginger Lime Vinaigrette

OLIVE OIL
RICE VINEGAR
GINGER
LIME JUICE
BLACK PEPPER
TAMARI SAUCE
SESAME OIL

Quarks American Bento

GINGER LIME VINAIGRETTE

CALORIES: 216
CARBS: 3G
FAT: 24G
PROTEIN: 1G
SODIUM: 235MG
SUGARS: 1G

Ginger Curry

OLIVE OIL
CURRY POWDER
RED ONION
GINGER
YOGURT
RICE VINEGAR
MUSTARD
SALT
SRIRACHA SAUCE
WATER
SUGAR

Quarks American Bento

GINGER CURRY

CALORIES: 88
CARBS: 7G
FAT: 7G
PROTEIN: 1G
SODIUM: 131MG
SUGARS: 6G

mild heat

Sweet Chili

CHILI PASTE
RICE VINEGAR
GARLIC
WATER
SUGAR
CORNSTARCH
SALT

Quarks American Bento

SWEET CHILI

CALORIES: 94
CARBS: 27G
FAT: 0.6G
PROTEIN: 0G
SODIUM: 113MG
SUGARS: 22G

medium heat

Spicy Peanut

PEANUT BUTTER
SRIRACHA SAUCE
LIME JUICE
PINEAPPLE JUICE
GARLIC
GINGER
SUGAR

Quarks American Bento

SPICY PEANUT

CALORIES: 164
CARBS: 13G
FAT: 11G
PROTEIN: 6G
SODIUM: 239MG
SUGARS: 7G

moderate heat

Nutritional Information

GRAINS & VEGGIES

serving size . calories . carbohydrates . fat . protein . cholesterol . sodium . sugars

QUINOA	3/4 CUP	160	30G	2.5G	6G	0	10MG	0G
BROWN RICE	3/4 CUP	180	38G	1G	6G	0	10MG	0G
WHITE RICE	3/4 CUP	160	35G	0G	6G	0	10MG	0G
CHICKEN	3OZ	98	0G	2G	18G	55MG	99MG	0G
STEAK	3OZ	183	0G	12G	17G	44MG	43MG	0G
SALMON	3OZ	90	0G	2.83	15G	55.5MG	37.5MG	0G
TUNA	2OZ	60	0G	<1G	14G	23MG	25MG	0G
ROMAINE	1OZ	4.8	.8G	0G	.3G	0MG	2.2MG	0G
RED CABBAGE	1OZ	8	1.6G	0G	.4G	0MG	12MG	0G
SAVOY CABBAGE	1OZ	8.3	1.6G	0G	.3G	0MG	6.6MG	0G
CARROT	1OZ	11.6	2.6G	0G	.3G	0MG	21.6MG	0G
CUCUMBER	1OZ	2.8	.5G	0G	.3G	0MG	0MG	0G
YELLOW ZUCCHINI	1OZ	16	4.2G	0G	.28G	0MG	1.1MG	0G
SNOW PEAS	1OZ	24	4G	0G	1.6G	0MG	0MG	0G
KOHLRABI	1OZ	7.6	1.7G	0G	.5G	0MG	5.6MG	0G
GREEN ONION	.5OZ	9	2G	0G	.5G	0MG	4.5MG	0G
RADISH	.5OZ	1.7	.5G	0G	0G	0MG	9MG	0G
FRESH GINGER	.1OZ	2	0G	0G	0G	0MG	0MG	0G

SAUCES

serving size . calories . carbohydrates . fat . protein . cholesterol . sodium . sugars

CREAMY CUCUMBER	2OZ	41	5G	2G	2G	8.2MG	34MG	2G
GINGER CURRY	2OZ	88	7G	7G	1G	3.2MG	1314MG	6G
GINGER LEMONGRASS	2OZ	140	45G	0G	0G	0MG	0MG	35G
SPICY PEANUT	2OZ	164	13G	11G	6G	0MG	239MG	7G
SWEET CHILI	2OZ	94	27G	0G	0G	0MG	113MG	22G
TOASTED SESAME	2OZ	74	4G	6G	3G	8.2MG	573MG	1G
GINGER LIME VINAIGRETTE	2OZ	216	3G	24G	1G		235MG	1G
TAMARI SAUCE	1 TBSP	10	1G	0G	2G	0MG	980MG	0G
SRIRACHA SAUCE	1 TSP	5	1G	0G	0G	0MG	80MG	<1G
SUPER SEED BLEND	1 TBSP	5.4	<1G	<1G	<1G	0MG	0MG	0G

BOWLS

calories . carbohydrates . fat . protein . cholesterol . sodium . sugars

CHICKEN, BROWN RICE	380	56.8G	3G	27G	55MG	637.6MG	0G
CHICKEN, QUINOA	360	48.8G	4.5G	29G	55MG	647.6MG	0G
CHICKEN, WHITE RICE	360	53.8G	2G	28G	55MG	637.6MG	0G
CHICKEN, ROMAINE	210	21G	2G	25G	55MG	642MG	0G
STEAK, BROWN RICE	465	56.8G	13G	26G	44MG	581.6MG	0G
STEAK, QUINOA	445	48.8G	14.5G	28G	44MG	591.6MG	0G
STEAK, WHITE RICE	465	53.8G	12G	25G	44MG	581.6MG	0G
STEAK, ROMAINE	295	21G	12G	23G	44MG	586MG	0G
SALMON, BROWN RICE	376.5	58.3G	3.83G	24.5G	55.5MG	100.5MG	0G
SALMON, QUINOA	356.5	50.3G	5.33G	26.5G	55.5MG	110.5MG	0G
SALMON, WHITE RICE	356.5	55.3G	2.83G	23.5G	55.5MG	100.5MG	0G
SALMON, ROMAINE	202	20.4G	2.83G	20.5G	55.5MG	100.5MG	0G
TUNA, BROWN RICE	342	56.8G	1G	22G	25MG	198.6MG	0G
TUNA, QUINOA	321	48.8G	2.5G	24G	25MG	208.6MG	0G
TUNA, WHITE RICE	321	53.8G	0G	21G	25MG	198.6MG	0G
TUNA, ROMAINE	172	21G	0G	18.5G	25MG	203.1MG	0G
VEGGIE, BROWN RICE	286.5	58.3G	1G	9.5G	0	63MG	0G
VEGGIE, QUINOA	266.5	50.3G	2.5G	11.5G	0	73MG	0G
VEGGIE, WHITE RICE	266.5	55.3G	0	8.5G	0	63MG	0G
VEGGIE, ROMAINE	112	20.4G	0	5.5G	0	63MG	0G