

MoMo Paradise

Nutrition facts



Vegetables

All MO-MO Vegetables set 1 cup uncooked of them give:

Carbs: 5g, Proteins: 2g, Fat: 0g, Calories:25kcal

Except for: Potato and tofu

1 small Potato:

Carbs:15g, Proteins: 0-3g, Fat: 0-1g, Calories:80kcal

½ cup of Tofu:

Carbs:2.3g, Proteins: 10g, Fat: 6g, Calories:96kcal

All used vegetables are enriched with vitamin and minerals and can help reduce risk of heart diseases and diabetes



Soups and Sauces

Shabu Shabu 300 g:

Carbs:46g, Proteins:44g, Fat:25g,

Calories:572kcal

Sukiyaki 180ml:

Carbs:30g, Proteins:4g, Fat:13g,

Calories:252kcal





Meats are High in proteins and iron that can help to increase the muscle content of you body

Condiments

Rayu Chili oil 5g:

Carbs:1g, Proteins:0g, Fat:3g, Calories:33kcal

Soy Sauce 1Tbsp:

Carbs:6g, Proteins:11g, Fat:0g, Calories:60kcal

Meats

Brazilian flesh meat 30g:

Carbs:0g, Proteins:7g, Fat:0-8g, Calories:45-100kcal

Sheep shoulder 30g:

Carbs:0g, Proteins:7g, Fat:0-8g, Calories:45-100kcal



Appetizers

Curry Rice 100g:

Carbs:14g, Proteins:4g, Fats: 3g, Calories:102kcal

Cabbage Salad:

Carbs:6.6g, Proteins:1.7g, Fats: 2.7g, Calories:58kcal

Beverages

Saudi Champagne:

Crabs:15g, Proteins:0g, Fats:0g, Calories:80kcal

Mojito 111g:

Carbs:14.5g, Proteins:0.2g, Fats:0g, Calories:102.5kcal

