

Spicyone

Crab Stick roll sushi: Calories 170, Fat 0.5g, Carbs 32g, Protein 7g

Sashimi (salmon): Calories 41, Fat 1.7g, Protein 6.1g, Carb 0g

Pickled Ginger: Calories 9.9, Carbs 1g, Fat 0g, Protein 0g.

Seaweed Salad: Calories 45, Protein 3.03g, Carbs 3.14 g, Fat 0.64g

Wasabi: Calories 19, Fat 0.5g, Protein 0.5g, Carbs 2.2g,