

010 - Sardines fried rice in Japanese style

NUTRITION SUMMARY

Nutrient		Value per serving (396g)	%RDI
Total Calories	(kcal)	409	
Carbohydrates	(g)	47	15.7
Protein	(g)	20.8	41.65
Total fats	(g)	15	24
Saturated fats	(g)	4.9	24.9
Cholesterol	(mg)	212	70
Dietary fiber	(g)	2.3	9.5
Vitamin B1	(mg)	0.29	19
Calcium	(mg)	419	42
Iron	(mg)	4	23
Sodium	(mg)	345	14
Manganese (mg)		0.78	39
Selenium (mcg)		18	26

Comments: This delicious recipe supplies hefty doses of heart-healthy fiber, magnesium, B vitamins & selenium, a trace mineral that has been shown to substantially reduce the risk of colon cancer. Also contains naturally occurring calcium that works with phosphorous for healthy bones and teeth and with magnesium for a healthy cardiovascular system. The dietary cholesterol which is found in some foods such as **eggs & prawns**, does **not** usually make a great contribution to the level of cholesterol in your blood as it occurs naturally in these foods & for those people who have elevated blood cholesterol levels can substitute egg whites instead of whole eggs in the recipe.