

016-SARDINES FRIED RICE

NUTRITION SUMMARY

Nutrient		Value per serving (353g)	%RDI
Total Calories	(kcal)	459	
Carbohydrates	(g)	50.71	16.90
Protein	(g)	25	50
Total fats	(g)	17	26
Saturated fats	(g)	8	41
Cholesterol	(mg)	237	79
Dietary fiber	(g)	4	18
Calcium	(mg)	399	39
Manganese	(mg)	0.77	38.5
Sodium	(mg)	298	12

Comments: This protein rich recipe is high in manganese content that plays a key role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation. Manganese is also necessary for normal brain and nerve function. About 25% of saturated fat is derived from eggs and cooking oil. You can reduce the number of eggs used in the recipe or substitute half the whole eggs used with only egg whites.