

019-SARDINES AND CARROT NUGGET

NUTRITION SUMMARY

Nutrient		Value per serving (263g)	%RDI
Total Calories	(kcal)	492	
Carbohydrates	(g)	47	15
Protein	(g)	24	49
Total fats	(g)	23	35
Saturated fats	(g)	7	37
Cholesterol	(mg)	149	49
Dietary fiber	(g)	6	25
Vitamin C	(mg)	7.5	12.6
Calcium	(mg)	422	42
Sodium	(mg)	488	20
Selenium	(mcg)	10	15
Iron	(mg)	3.76	20.35

Comments: This delicious snack is packed with 25% of our daily value of fiber that is derived from sardines & vegetables used in the dish. This snack is also high in heme iron from sardines that is well absorbed by the body and it helps to prevent fatigue & anaemia. The fat content can be reduced by substituting the egg whites instead of whole eggs & by also reducing the amount of oil used for cooking. The 12% of our recommended daily value of Vitamin C derived from carrots and potatoes in the recipe is better absorbed with the help of high iron in the recipe.