

023-FRIED MACKEREL IN BLACK BEANS PORRIDGE

NUTRITION SUMMARY

Nutrient		Value per serving (450g)	%RDI*
Total Calories	(kcal)	208	
Carbohydrates	(g)	24.18	8
Protein	(g)	10.6	21
Total fats	(g)	7.58	12
Saturated fats	(g)	1.8	9
Cholesterol	(mg)	19.5	12
Dietary fiber	(g)	5	20
Vitamin B1	(mg)	0.19	13
Vitamin B6	(mg)	0.06	3
Vitamin C	(mg)	4.14	7
Calcium	(mg)	227	23
Sodium	(mg)	1450	70

*Based on 2000Cal diet

Comments: This healthy high protein porridge is loaded with cholesterol lowering fiber from baked beans. In addition to lowering cholesterol, black beans' high fiber content prevents blood sugar levels from rising too rapidly after a meal, making these beans an especially good choice for individuals with diabetes, insulin resistance or hypoglycemia. Furthermore, this recipe contributes about 200mg of omega 3 fatty acid from Mackerel fish added in the recipe which aids heart health & prevents heart attacks.