

## 030-TUNA STIR FRY

## NUTRITION SUMMARY

Nutrient		Value per serving (326g)	%RDI*
Total Calories	(kcal)	407	
Carbohydrates	(g)	29.81	9.9
Protein	(g)	25.80	51.61
Total fats	(g)	21.54	33
Saturated fats	(g)	2.98	14.9
Cholesterol	(mg)	24	8
Dietary fiber	(g)	5.10	20.4
Vitamin B1	(mg)	0.12	8
Vitamin B6	(mg)	0.17	8.3
Vitamin C	(mg)	67.11	111
Manganese	(mg)	0.38	19
Iron	(mg)	1.14	6.5
Selenium	(mcg)	4.65	6.64
Sodium	(mg)	264	11

\*Based on 2000Cal diet

**Comments:** This protein packed healthy dish made with nutritious Tuna, an excellent source of the **omega-3 fatty acids**, protein, potassium, selenium, and vitamin B12 has wide range of health benefits including from reducing symptoms of depression and ADHD to relieving joint pain, protecting the heart, promoting brain health and boosting the immune system. Research shows that eating protein-rich foods like canned tuna can help with satiety and slow down digestion, keeping you fuller longer and leaving you less likely to eat more calories at your next meal. This dish is loaded with natural vitamin C that can help bolster the immune system and thwart colds and flu.