

038-CHILLI TUNA POLENTA CAKE NUTRITION SUMMARY

Nutrient		Value per serving (185g)	%RDI*
Total Calories	(kcal)	175	
Carbohydrates	(g)	21.33	7.11
Protein	(g)	11.83	23.6
Total fats	(g)	2.23	3.42
Saturated fats	(g)	1.17	5.86
Mono fats	(g)	0.53	
Omega 3 FA	(g)	1.79	
Cholesterol	(mg)	11.67	3.89
Dietary fiber	(g)	2.65	10.61
Vitamin A	(mcg)	18	1.18
Vitamin B1	(mg)	0.27	18.27
Vitamin B2	(mg)	0.11	6.56
Vitamin B12	(mcg)	0.25	4.20
Vitamin D	(mcg)	0.57	5.73
Potassium	(mg)	164.71	4.7
Folate	(mcg)	2.86	0.72
Calcium	(mg)	68.25	6.83
Iron	(mg)	0.39	2.15
Magnesium	(mg)	6.23	1.56
Selenium	(mcg)	2.12	3.03
Sodium	(mg)	500	20

**Based on 2000Cal diet*

Comments: This low fat Asian & Italian fusion polenta cake made with nutrient - dense Ayam brand tuna is more nutritious and filling. This recipe is an excellent source of high quality lean protein & also rich in a variety of important nutrients including selenium, magnesium, calcium, the B vitamins niacin, B1 and B6 and perhaps most important, the beneficial omega-3 essential fatty acids that provides a vast array of cardiovascular benefits. One serve of this recipe gives a whooping amount of dietary fiber especially the insoluble fiber from polenta that helps to maintain better blood-sugar control, lower blood-cholesterol levels and reduced rates of colon cancer, heart and kidney disease.