

**041- TUNA-Spaghetti with Tuna in Cream Sauce****NUTRITION SUMMARY**

Nutrient		Value per serving (494g)	%RDI*
Total Calories	(kcal)	859	
Carbohydrates	(g)	51.8	17
Protein	(g)	54.7	109
Total fats	(g)	49.6	76
Saturated fats	(g)	15.9	79
Cholesterol	(mg)	127	42
Dietary fiber	(mg)	5.6	22.5
Vitamin B1	(mg)	0.17	11.32
Vitamin B3	(mg)	0.18	10.74
Vitamin C	(mg)	13.8	23
Manganese	(mg)	1.38	68.9
Selenium	(mcg)	26	37.65
calcium	(mg)	300	30
Sodium	(mg)	757	32

\*Based on 2000Cal diet

**Comments:** This delicious meal made with wholegrain spaghetti & nature's perfect food, tuna caters wide range of health benefits and especially it tops the list of athlete's food owing to its high quality lean protein, good carbs, high fiber, vitamins & minerals. Reap the benefits of powerful antioxidant, selenium that acts as a free radical scavenger and protects us from cancer. Saturated fat & cholesterol comes from the cream added to the recipe. This can be substituted by fat free/low fat cream in the recipe.