

042- TUNA-FRIED RICE WITH TUNA, ASPARAGUS AND CRAB ROE

NUTRITION SUMMARY

Nutrient		Value per serving (357g)	%RDI*
Total Calories	(kcal)	407	
Carbohydrates	(g)	49.9	16.6
Protein	(g)	30.56	61
Total fats	(g)	8.7	13.4
Saturated fats	(g)	1.45	7.27
Cholesterol	(mg)	53	17
Dietary fiber	(mg)	2.49	9.97
Vitamin B1	(mg)	0.41	27.48
Vitamin B3	(mg)	15.10	75.4
Vitamin B6	(mg)	0.57	28
Manganese	(mg)	0.90	45
Selenium	(mcg)	88.7	126
Phosphorus	(mg)	285	28
Iron	(mg)	4.81	26.7

*Based on 2000Cal diet

Comments: This high protein delicacy is packed with nutrients derived from nature’s superfood, tuna and the most nutritionally well balanced vegetable, asparagus. B complex vitamins along with iron present in the recipe help to metabolize the carbohydrates and releases energy thereby preventing fatigue & lethargy. This recipe is also loaded with selenium that provides alleged health benefits including preventing arthritis, cancer, heart disease etc.