

047- RICE NOODLES WITH BAKED BEANS TOPPING

NUTRITION SUMMARY

Nutrient		Value per serving (724g)	%RDI*
Total Calories	(kcal)	638	
Carbohydrates	(g)	83	27.7
Protein	(g)	36.6	73
Total fats	(g)	17.6	27
Saturated fats	(g)	2.50	12.5
Cholesterol	(mg)	195	65
Dietary fiber	(mg)	14.5	58
Vitamin B1	(mg)	0.36	24
Vitamin B3	(mg)	6.4	32
Vitamin C	(mg)	55	92
Iron	(mg)	6.7	37
Selenium	(mcg)	64.5	92
Manganese	(mg)	0.96	47.9
Phosphorus	(mg)	253	25.3
sodium	(mg)	1238	51.6

*Based on 2000Cal diet

Comments: This delicious Asian style noodles topped with nature's super food, baked beans is packed with proteins, fiber, vitamins & minerals and has wide range of health promoting benefits. The **American Dietary Guidelines** recommends the inclusion of at least half a cup of beans as a part of daily diet as it has been associated with lowering serum total cholesterol, cardiovascular risks, BMI, and diabetes mellitus. This recipe is loaded with 58% of our daily value of fiber which helps to helps to process fats, lowers cholesterol and slows the release of carbohydrates into the bloodstream. One serve of the dish provides about 92% of our daily value of selenium, a potent antioxidant that is known to prevent cancer.