

074-CORN CREAM STYLE - BAKED CORN CUSTARD

NUTRITION SUMMARY

Nutrient		Value per serving (284g)	%RDI*
Total Calories	(kcal)	273	
Carbohydrates	(g)	32	10
Protein	(g)	12.9	25
Total fats	(g)	10.6	16.34
Saturated fats	(g)	5.28	26
Cholesterol	(mg)	149	49.6
Vitamin B2	(mg)	0.38	22.49
Vitamin B12	(mcg)	0.97	16
Calcium	(mg)	162	16.2
Potassium	(mg)	226	6.5
sodium	(mg)	470	20
Selenium	(mcg)	14.6	20.9
Phosphorus	(mg)	177	17.7

*Based on 2000Cal diet

Comments: This culinary delight made with Ayam cream style corn which is a good source of many nutrients including B vitamins, calcium, selenium, phosphorus etc. B vitamin's from corn is necessary for carbohydrate, protein and lipid metabolism & are essential to support the function of adrenal glands when we are stressed. Further, high amounts of beta-cryptoxanthin in corn significantly lower one's risk of developing lung cancer. The saturated fat & cholesterol is derived from milk & whole eggs added to the recipe and this can be reduced by substituting them with low fat milk & egg whites respectively.