

076 – Cream Style Corn Sago Pudding

NUTRITION SUMMARY

Nutrient		Value Per Serving (209g)	%RDI*
Total Calories	(kcal)	365	
Carbohydrates	(g)	77.38	25.79
Protein	(g)	3.23	6.46
Total fats	(g)	7.87	12.11
Saturated fats	(g)	0.09	0.46
Dietary fiber	(g)	2.03	8
Vitamin B6	(mg)	0.22	10.83
Vitamin C	(mg)	5.13	8.55
Manganese	(mg)	0.16	8.00
Sodium	(mg)	376	15.70

*Based on 2000Cal diet

Comments:

This heart desiring delightful corn cream pudding made with Ayam Coconut milk & nutrition powerhouse banana is not only boosted with the best flavor but also serves as a quick source of energy that is easily digestible. It also has dietary fiber, B vitamins, & Manganese. Make this sweet dish and let everyone in your family enjoy!