

## 077-CREAM CORN – POTATO & CORN GRATIN

### NUTRITION SUMMARY

Nutrient		Value Per Serving (338g)	%RDI*
Total Calories	(kcal)	319	
Carbohydrates	(g)	40	13
Protein	(g)	17	34
Total fats	(g)	10.64	16
Saturated fat	(g)	5.62	28
Cholesterol	(mg)	77	25
Dietary fiber	(g)	3.74	15
Vitamin B1	(mg)	0.18	12
Vitamin B2	(mg)	0.26	15
Vitamin B6	(mg)	0.44	22
Vitamin C	(mg)	16	27
Calcium	(mg)	339	34
Magnesium	(mg)	38	9.56
Manganese	(mg)	0.21	10.68
Potassium	(mg)	620	17
Sodium	(mg)	780	32

\*Based on 2000Cal diet

#### Comments:

**This delicacy made with corn which has surprising source of several vitamins including folic acid, niacin & iron.** This recipe is also a good source of insoluble fiber derived from corn that tops in tackling common digestive ailments including constipation. One serve of this recipe yields about 17% RDI of potassium derived from potatoes that is important for body growth and cell maintenance. It's also necessary for nervous function and for normal muscle contraction - including the heart muscle. The sodium can be further slashed by replacing normal cheese with low sodium reduced fat version & by avoiding the addition of table salt.