

086-PORTOBELLO FISH LUNCHEON BURGER

NUTRITION SUMMARY

| Nutrient | | Value Per Serving (187g) | %RDI |
|---------------------------|--------|-----------------------------|-------|
| Total Calories | (kcal) | 394.36 | |
| Carbohydrates | (g) | 46.82 | 15.61 |
| Protein | (g) | 12.48 | 24.97 |
| Total fats | (g) | 18.17 | 27.95 |
| Saturated fats | (g) | 3.97 | 19.84 |
| Cholesterol | (mg) | 40.61 | 13.54 |
| Dietary fiber | (g) | 4.83 | 19.33 |
| Copper | (mg) | 0.20 | 10.10 |
| Magnesium | (mg) | 44.43 | 11.11 |
| Manganese | (mg) | 1.19 | 59.73 |
| Phosphorus | (mg) | 136.58 | 13.66 |
| Selenium | (mcg) | 29.51 | 42.15 |
| Vitamin B1 | (mg) | 0.15 | 10.05 |
| Vitamin B2 | (mg) | 0.20 | 11.65 |
| Vitamin B3 | (mg) | 1.92 | 9.61 |
| Vitamin B6 | (mg) | 0.17 | 8.70 |
| Sodium | (mg) | 584.76 | 24.37 |
| Omega 3 Fatty Acid | (mg) | 430 | |
| Omega 6 Fatty Acid | (mg) | 1490 | |
| *Based on a 2000kcal diet | | | |

Comments: This mouth watering burger contains a mega collection of vitamins (Vit B1, Vit B2, Vit B3 and Vit B6) and minerals (copper, magnesium, manganese, phosphorus, selenium). The manganese and selenium content of this meal is especially high, providing 59.73% and 42.15% of your RDI respectively. The mineral manganese is involved in bone formation, blood sugar regulation, immune function and fat and carbohydrate metabolism, amongst other metabolic processes. Selenium is an antioxidant which may prevent the onset of cancer, reduces the risk of depression and is required for proper thyroid function.

In addition, the omega 3 derived mainly from the fish luncheon has many health benefits including reducing the risk of cancer, fighting inflammation, healthy brain development and increasing good cholesterol (HDL-cholesterol) in the body. The use of whole-wheat hamburger buns, boosts the B vitamins content of this meal, which are essential for DNA synthesis, cell reproduction and healthy skin, hair and nails. Furthermore, you can reap the benefits of whole

wheat hamburger buns since dietary fibre is great for healthy bowel movement and weight maintenance.