

## 092 – COCONUT – LAMB AND KUMARA CURRY

## NUTRITION SUMMARY

Nutrient		Value per serving (598g)	%RDI*
Total Calories	(kcal)	681	
Carbohydrates	(g)	39	13
Protein	(g)	35.57	71
Total fats	(g)	41.70	64
Saturated fats	(g)	12	60
Cholesterol	(mg)	108	36
Vitamin A	(mcg)	6121	355
Vitamin B1	(mg)	0.36	24
Vitamin B2	(mg)	0.58	34
Vitamin B3	(mg)	12.98	64.9
Vitamin B6	(mg)	0.62	31
Vitamin B12	(mcg)	3.75	62.5
Vitamin C	(mg)	16.56	27.59
Iron	(mg)	4.06	22.58
Zinc	(mg)	5.66	37.75
sodium	(mg)	413	17
Phosphorus	(mg)	369	36.93

\*Based on 2000Cal diet

**Comments:** This unique & scrumptious curry made with lamb & Ayam coconut milk brings a whole new meaning to the word “flavor” & is loaded with protein, vitamins & minerals. It is packed with B complex vitamins that supplies energy by metabolizing the carbohydrates, proteins & fats, especially when we are under stress—either emotionally, physically, or mentally. Research studies indicate that low levels of B vitamins are risk factors for heart disease, neural tube defects, and colon and breast cancer. One serve of this curry supplies about 38% of our daily value of zinc, deficiency of which leads to hair loss, fatigue, skin problems, sleep disturbances etc. The saturated fat & cholesterol content comes from the lamb (whole) & this can be reduced by substituting it with lean portion of the lamb.

**MY MEAL ANALYSIS**

