

093 – COCONUT – CREAMY POTATOES

NUTRITION SUMMARY

Nutrient		Value per serving (623g)	%RDI*
Total Calories	(kcal)	652	
Carbohydrates	(g)	94	31
Protein	(g)	10.35	20
Total fats	(g)	27	41
Saturated fats	(g)	1.37	6.83
Vitamin B1	(mg)	0.44	29
Vitamin B3	(mg)	5.80	29
Vitamin B6	(mg)	1.21	61
Vitamin C	(mg)	66	110
Copper	(mg)	0.77	38.5
sodium	(mg)	259	10.8
Magnesium	(mg)	93	23
Manganese	(mg)	0.59	29.5

**Based on 2000Cal diet*

Comments: Fight off the doldrums of a dreary day with this warm and creamy potato dish made with Ayam coconut cream & are packed with energy yielding B vitamins. One serve of this recipe helps us to meet a day's requirement of Vitamin C, a potent antioxidant that protects against free radical damage to the body as well helps to regulate blood sugar levels. This delicious dish is loaded with manganese that plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation