

103-COCONUT - SAGO DESSERT

NUTRITION SUMMARY

Nutrient		Value per 100g	Value per serving (92.5g)	%RDI* for per serving
Total Calories	(kcal)	189	175	
Carbohydrates	(g)	31.81	29.43	9.81
Protein	(g)	1	0.93	1.86
Total fats	(g)	7.63	7.06	65
Dietary fiber	(g)	0.032	0.03	0.13
Calcium	(mg)	3.45	3.20	0.32
Iron	(mg)	0.25	0.24	1.36
Phosphorus	(mg)	1.94	1.80	0.18
Potassium	(mg)	6.22	5.76	0.16

**Based on 2000Cal diet*

Comments: This low calorie heart desiring delightful Ayam Sago desert made with Ayam Coconut milk 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, iron, phosphorus, calcium & potassium. Make this sago sweet dish and let everyone in your family enjoy!