

104– ASIAN SAUCES – WITLOOF SANG CHOY BAU

NUTRITION SUMMARY

Nutrient		Value per serving (75g)	%RDI*
Total Calories	(kcal)	135	
Carbohydrates	(g)	8.93	
Protein	(g)	8.14	16
Total fats	(g)	8	12
Saturated fats	(g)	1.88	9.40
Cholesterol	(mg)	22	7
Dietary fiber	(g)	1.73	6.93
Vitamin B3	(mg)	1.52	7.62
Vitamin C	(mg)	5.22	8.70
Manganese	(mg)	0.29	14.60
Zinc	(mg)	0.44	2.91
sodium	(mg)	360	15
Phosphorus	(mg)	45	4.56

*Based on 2000Cal diet

Comments:

This delicious appetizer made with fiery combination of chicken & Ayam brand sauces that is low in sodium compared to its counterparts is not only great for the kids but can be a nutritious choice for all ages. One serve of this recipe yields about 14% RDI of manganese that works as a coenzyme that facilitates various metabolic processes in the body. The benefits of manganese in the body vary largely. It is involved in bone formation, thyroid function, formation of connective tissues, sex hormone function, calcium absorption, blood sugar regulation, immune function and in fat and carbohydrate metabolism.