

## 111-ASIAN SAUCES -CHILLI BEEF AND BOK CHOY STIR FRY

## NUTRITION SUMMARY

Nutrient		Value per serving (302g)	%RDI*
Total Calories	(kcal)	480	
Carbohydrates	(g)	33	11
Protein	(g)	37	74
Total fats	(g)	23	36
Saturated fats	(g)	4.94	24.69
Cholesterol	(mg)	79	26
Dietary fiber (g)		2	8
Vitamin A	(mcg)	1675	97
Vitamin B3	(mg)	4.31	21.57
Vitamin B12	(mcg)	3.97	66
Vitamin C	(mg)	38.87	64.7
Iron	(mg)	6.14	34
Zinc	(mg)	4.11	27
sodium	(mg)	934	38.95
Potassium	(mg)	180	5

\*Based on 2000Cal diet

**Comments:** This delicious, quick & easy stir fry made with healthy, crunchy bok Choy & Ayam instant noodles provides a powerhouse of nutrients for active bodies including protein, carbohydrates, fiber, vitamins A, C and folate and iron. Protein provides the body with energy but is also used to form our hair, nails, muscle, brain, skin, tissue and all other cells. One serve of this dish gives about 34% of our daily intake of Iron which is important for healthy blood. Potassium, along with sodium, maintains fluid balance and blood pressure in the body. Stir frying vegetables for a short time is a great way to help ensure you get the most of their nutrients or goodness.