

114-PASTE - EASY PRAWN LAKSA NOODLES

NUTRITION SUMMARY

| Nutrient | | Value per serving (393g) | %RDI* |
|----------------|--------|-----------------------------|-------|
| Total Calories | (kcal) | 728 | |
| Carbohydrates | (g) | 84.95 | 28 |
| Protein | (g) | 41 | 82 |
| Total fats | (g) | 22.30 | 34 |
| Saturated fats | (g) | 0.31 | 1.5 |
| Cholesterol | (mg) | 160 | 53 |
| Dietary fiber | (g) | 5.79 | 23 |
| Vitamin A | (mcg) | 1375 | 79 |
| Vitamin B1 | (mg) | 0.16 | 11 |
| Vitamin B2 | (mg) | 0.10 | 6 |
| Vitamin B3 | (mg) | 2.81 | 14 |
| Vitamin B6 | (mg) | 0.22 | 11 |
| Vitamin B12 | (mcg) | 1.23 | 20 |
| Vitamin C | (mg) | 16.96 | 28 |
| Iron | (mg) | 7.67 | 42.6 |
| Zinc | (mg) | 2.19 | 14.62 |
| sodium | (mg) | 1300 | 70 |
| Phosphorus | (mg) | 216 | 21 |

*Based on 2000Cal diet

Comments: This exciting & authentic Asian dish made with a fiery combination of Ayam instant noodles, prawns & Ayam laksa paste supplies an authentic flavour without lots of preparation. This healthy noodle dish is loaded with proteins, vitamins & minerals especially the B group vitamins derived from prawns and bean sprouts that are essential to ease Stress, treat anxiety and depression, aids memory, relieve PMS & reduce heart-disease risk. One serve of this recipe gives about 42% of daily value of iron which is essential to enrich the blood and to prevent anemia. The 53% of daily value of cholesterol from this recipe is from the prawns that has much less effect on the level of cholesterol in our blood than the amount of saturated fat we eat. Further, the dietary fiber from this recipe will help to reduce the amount of cholesterol in the blood.