

## 115 - PASTE - EASY NYONYA CHICKEN CURRY

## NUTRITION SUMMARY

Nutrient		Value per serving (365g)	%RDI*
Total Calories	(kcal)	856	
Carbohydrates	(g)	67	22
Protein	(g)	38.71	77
Total fats	(g)	47	72
Saturated fats	(g)	7.38	36.9
Cholesterol	(mg)	82	27.33
Dietary fiber	(g)	5.76	23
Vitamin A	(mcg)	690	40
Vitamin B1	(mg)	0.43	28.59
Vitamin B2	(mg)	0.19	10
Vitamin B3	(mg)	11.44	57
Vitamin B6	(mg)	0.10	5
Vitamin B12	(mcg)	0.54	9
Vitamin C	(mg)	7.38	12
Iron	(mg)	3.9	21
Zinc	(mg)	1.59	10.57
Selenium	(mcg)	49	70
sodium	(mg)	1400	60
Phosphorus	(mg)	426	42.6

\*Based on 2000Cal diet

**Comments:** This authentic Asian dish made with a fiery combination of Ayam instant noodles, chicken & Ayam curry 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. Reap the benefits of selenium from this recipe which together with Vitamins C and E help fight against cancer, heart disease and even aging.