

## 116-PASTE - EASY BEEF RENDANG

## NUTRITION SUMMARY

Nutrient		Value per serving (275g)	%RDI*
Total Calories	(kcal)	610	
Carbohydrates	(g)	7.19	2.40
Protein	(g)	34.14	68
Total fats	(g)	43	67
Saturated fats	(g)	13.66	68
Cholesterol	(mg)	117	39
Dietary fiber	(g)	1.26	5
Vitamin B1	(mg)	0.17	11
Vitamin B2	(mg)	0.29	16.87
Vitamin B3	(mg)	5.55	27
Vitamin B6	(mg)	0.69	34
Vitamin B12	(mcg)	5	84
Copper	(mg)	0.13	6.6
Iron	(mg)	3.3	18
Zinc	(mg)	6	42
Selenium	(mcg)	30.55	43.6
sodium	(mg)	402	16
Phosphorus	(mg)	308	30

\*Based on 2000Cal diet

**Comments:** This traditional Asian delicacy made without any fuss & intense preparation with Ayam rendang paste & Ayam coconut milk contains high quality proteins from beef that are essential to build muscles. This recipe is loaded with Vitamin B12 that in combination with other B vitamins & iron helps to maintain healthy nerve cells and red blood cells and is also needed to make DNA, the genetic material in all cells. The fat content in the recipe can be lowered by choosing lean cuts of beef. Enjoy the benefits of Zinc from this dish that improves stress levels, controls diabetes & promotes healthy, youthful skin.