

002-SARDINES IN TOMATO SAUCE

NUTRITION SUMMARY

Bone up with this recipe as is a good source of calcium & phosphorus (about 50% of RDI). It is also high in iron (about 32% of RDI) which is essential to prevent anemia, fatigue, growth and behavioural problems in children & decreased bone density in adults. Get benefited of Omega 3&6 fatty acids by enjoying the dish as our body cannot manufacture them & are essential to boost immunity & to promote heart health. Sodium content in the recipe can be reduced by minimizing the table salt added & by using low sodium chilli sauce.

Nutrient		Value
Total Calories	(kcal)	273.6
Carbohydrates	(g)	7.79
Protein	(g)	3.91
Total fats	(g)	15.37
Saturated fats	(g)	3.78
Mono Fat	(g)	5.84
Poly Fat	(g)	4.93
Cholesterol	(mg)	53
Dietary fiber	(g)	1.05
Vitamin B1	(mg)	0.12
Vitamin B2	(mg)	0.03
Vitamin C	(mg)	11.16
Calcium	(mg)	506
Iron	(mg)	5.65
Sodium	(mg)	470
Potassium	(mg)	48
Phosphorus	(mg)	436