

012 - Sardines with Tomato Sauce Omelette**NUTRITION SUMMARY**

Nutrient		Value per serving (378g)	%RDI
Total Calories	(kcal)	436	
Carbohydrates	(g)	7	2.3
Protein	(g)	34	68
Total fats	(g)	30.6	47.09
Saturated fats	(g)	11	57
Cholesterol	(mg)	665	221
Dietary fiber	(g)	3.23	12.9
Vitamin B2	(mg)	0.74	43
Vitamin B12 (mcg)		1.96	33
Calcium	(mg)	447	45
Iron	(mg)	3.7	21
Sodium	(mg)	442	18
Phosphorus	(mg)	297	30
Selenium (mcg)		48.14	69

Comments: This delicious recipe contains high quality proteins derived from egg & is also rich in calcium, selenium & phosphorus. This energy sustaining food is packed with B vitamins that help cells burn fats and glucose for energy & also promotes healthy nervous system. The high saturated fat & cholesterol content can be reduced by substituting whole eggs with egg whites.