

**016-SARDINES FRIED RICE****NUTRITION SUMMARY**

| Nutrient       |        | Value per serving<br>(353g) | %RDI  |
|----------------|--------|-----------------------------|-------|
| Total Calories | (kcal) | 459                         |       |
| Carbohydrates  | (g)    | 50.71                       | 16.90 |
| Protein        | (g)    | 25                          | 50    |
| Total fats     | (g)    | 17                          | 26    |
| Saturated fats | (g)    | 8                           | 41    |
| Cholesterol    | (mg)   | 237                         | 79    |
| Dietary fiber  | (g)    | 4                           | 18    |
| Calcium        | (mg)   | 399                         | 39    |
| Manganese      | (mg)   | 0.77                        | 38.5  |
| Sodium         | (mg)   | 298                         | 12    |

**Comments:** This protein rich recipe is high in manganese content that plays a key role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation. Manganese is also necessary for normal brain and nerve function. About 25% of saturated fat is derived from eggs and cooking oil. You can reduce the number of eggs used in the recipe or substitute half the whole eggs used with only egg whites.