

040 – TUNA – TUNA FISH AND BANANA PANCAKE**NUTRITION SUMMARY**

Nutrient		Value per serving (407g)	%RDI*
Total Calories	(kcal)	615	
Carbohydrates	(g)	72	24
Protein	(g)	32.9	65.8
Total fats	(g)	23	35
Saturated fats	(g)	8	41
Cholesterol	(mg)	61	20
Dietary fiber	(mg)	6	25
Vitamin B1	(mg)	0.34	22.7
Vitamin B2	(mg)	0.48	28
Vitamin B6	(mg)	0.48	24
Vitamin C	(mg)	10	17
Manganese	(mg)	0.32	16
potassium	(mg)	665	19
Iron	(mg)	2.74	15
Sodium	(mg)	401	16

*Based on 2000Cal diet

Comments: This Yummy, savoury pancake with tuna is a perfect meal for kids as is a good source of protein that is essential for growth and development of tissues and muscles as well as iron, which is an energy booster that carries oxygen from the lungs to the muscles and other organs. Further, this recipe also provides good source of dietary fiber, B vitamins, Vitamin C, potassium and manganese. It also contributes healthy fats – omega 3 fatty acids that contribute to good heart health by decreasing blood triglyceride levels, slowing the buildup of plaques that contribute to the "hardening of the arteries," lowering blood pressure slightly, and reducing the risk of abnormal heart rhythms that can lead to sudden death.