

051-SAUTEED SHRIMPS WITH BAKED BEANS**NUTRITION SUMMARY**

Nutrient		Value per serving (173g)	%RDI*
Total Calories	(kcal)	146	
Carbohydrates	(g)	19.5	6.5
Protein	(g)	7.76	15
Total fats	(g)	3.85	5.9
Saturated fats	(g)	0.32	1.60
Cholesterol	(mg)	27	9
Dietary fiber	(mg)	5	20
Vitamin C	(mg)	28	47
Selenium	(mcg)	6.84	10
sodium	(mg)	547	22.8

*Based on 2000Cal diet

Comments: This low calorie recipe is packed with Vitamin C that aids immunity & as a potent antioxidant helps to prevent heart disease by preventing free radicals from damaging artery walls, which could lead to plaque formation. This nutrient also keeps cholesterol in the bloodstream from oxidizing, another early step in the progression towards heart disease and stroke. The fiber derived from baked beans not only prevents constipation but also helps to eliminate cholesterol from the body. One serve of this dish provides about 20% of our daily value of fiber.