

078-MIXED FRUIT JELLY**NUTRITION SUMMARY**

Nutrient		Value per serving (167g)	%RDI*
Total Calories	(kcal)	96	
Carbohydrates	(g)	27	9
Protein	(g)	0.33	0.66
Total fats	(g)	0.05	0.08
Saturated fat	(g)	0.01	0.04
Dietary fiber	(mg)	0.74	2.97
Vitamin C	(mg)	1.27	2.11
Copper	(mg)	0.05	2.64
Manganese	(mg)	0.14	7.05

*Based on 2000Cal diet

Comments: This delicious fruit salad made with **Ayam brand fruit cocktail** is very low in sodium & contains dietary fiber, manganese, vitamin C & selenium. One serve of this recipe supplies about 7% daily value of manganese which is involved in bone formation, thyroid function, formation of connective tissues, sex hormone function, calcium absorption, blood sugar regulation, immune function and in fat and carbohydrate metabolism. Boost your immunity with this fruit salad as one serve of it provides about 3% RDA of vitamin C which is a potent antioxidant that can protect our body from free radicals, which may cause heart disease and cancer.