

007-Fried Rice Vermicelli and Sardines with Green and Red Peppers

NUTRITION SUMMARY

Nutrient		Value per serving (304g)	%RDI
Total Calories	(kcal)	762	
Carbohydrates	(g)	96	32
Protein	(g)	29.9	59.8
Total fats	(g)	24.5	37.7
Saturated fats	(g)	11.54	57.7
Cholesterol	(mg)	300	59
Dietary fiber	(g)	3.7	15.07
Vitamin B1	(mg)	0.23	15
Vitamin B3	(mg)	12.9	64.7
Vitamin B12	(mcg)	1.60	26
Vitamin C	(mg)	27	44
Calcium	(mg)	434	43.4
Iron	(mg)	4.17	23.16
Sodium	(mg)	397	16

Comments: This protein rich recipe is an ample source of B vitamins that are critical nutrients for all things mind-related: mood, memory, even migraines can benefit from the B's. In the right amounts, the B's can quell anxiety, lift depression, ease PMS, and boost your energy. Saturated fat -- from natural, whole food sources like an egg, fish -- are not necessarily bad especially when you don't overeat them and balance them with fats from the other families, like Omega 6 and omega-3's which play a crucial role in protecting the heart from various diseases.