

013-Turmeric Fried Rice with Lime & Sardines

NUTRITION SUMMARY

Nutrient		Value per serving (445g)	%RDI
Total Calories	(kcal)	572	
Carbohydrates	(g)	60	20
Protein	(g)	34	68
Total fats	(g)	20	31
Saturated fats	(g)	12	64
Cholesterol	(mg)	44	15
Dietary fiber	(g)	8	31.5
Vitamin B1	(mg)	0.24	16
Vitamin C	(mg)	12.7	21.30
Calcium	(mg)	749	74.9
Iron	(mg)	3.7	21
Sodium	(mg)	715	30
Manganese	(mg)	0.86	43

Comments: This traditional dish of Kashmir is packed with high quality protein derived from sardines which is required by the body for growth and maintenance of lean muscle tissue. This Natural, Healthful Food Choice is a good source of dietary fiber, including inulin that promotes digestive health. It also contains about 74% of recommended levels of bone boosting calcium derived from sardines that may also help control blood pressure, keep pre-menstrual moods on an even keel, and weight in check.

Furthermore, the Cur-cumin from turmeric helps in reduction of Alzheimer's, heart attack, reduce cholesterol in the blood, increase the body immunity to fight against the infection and disease.