

017 - SARDINES PASTA

NUTRITION SUMMARY

Nutrient		Value per serving (399g)	%RDI
Total Calories	(kcal)	527	
Carbohydrates	(g)	39.41	13
Protein	(g)	43	86
Total fats	(g)	23	35
Saturated fats	(g)	16	79
Cholesterol	(mg)	62	20
Dietary fiber	(g)	11	42.9
Vitamin B1	(mg)	0.15	10
Calcium	(mg)	1000	100
Manganese	(mg)	1.8	90
Sodium	(mg)	838	34
Selenium			47
(mcg)		33	
Copper	(mg)	0.23	11

Comments: This Italian delight is a great recipe for those who like seafood with pasta as it is not only delicious and easy to prepare but also serves as a nutrition powerhouse packed with an array of minerals like calcium, copper, selenium, manganese, phosphorus that are associated with healthy heart, healthy immune system etc. This dish made from wholegrain spaghetti is high in dietary fiber that helps reduce blood cholesterol levels and lowers risk of heart disease. This high protein dish will be definitely any athlete's choice as protein is needed for muscle building, growth & repair.