

021-Karipap Sardines**NUTRITION SUMMARY**

Nutrient		Value Per Serving (98g)	%RDI
Total Calories	(kcal)	181.93	
Carbohydrates	(g)	22.07	7.36
Protein	(g)	4.04	8.08
Total fats	(g)	9.29	14.29
Saturated fats	(g)	5.07	25.35
Dietary fiber	(g)	1.72	6.87
Cholesterol	(mg)	18.90	6.30
Vitamin B1	(mg)	0.14	9.50
Vitamin C	(mg)	16.44	27.40
Folate	(mcg)	34.11	8.53
Calcium	(mg)	92.04	9.20
Sodium	(mg)	255.45	10.64

Comments:

This tasty recipe is great for snacks or as a side dish to accompany a meal. Karipap sardines helps to contribute to your daily intake of the following nutrients: vit B1 (helps to convert carbohydrate into sugar to use as energy), folate (a mineral necessary for the prevention of neural tube defects) calcium (required for the maintenance of the skeletal system) and vitamin C (an antioxidant which helps to fight free radicals and therefore reduces the effects of aging and tissue damage).