

**045-BAKED BEANS BEEF BACON MIXED****NUTRITION SUMMARY**

| Nutrient       |        | Value per serving<br>(150g) | %RDI* |
|----------------|--------|-----------------------------|-------|
| Total Calories | (kcal) | 309                         |       |
| Carbohydrates  | (g)    | 17.8                        | 5.9   |
| Protein        | (g)    | 14.9                        | 30    |
| Total fats     | (g)    | 19.6                        | 30    |
| Saturated fats | (g)    | 7.9                         | 39.6  |
| Cholesterol    | (mg)   | 46.31                       | 15.4  |
| Dietary fiber  | (mg)   | 4.76                        | 19    |
| Vitamin B1     | (mg)   | 0.23                        | 15.16 |
| Vitamin B12    | (mg)   | 0.72                        | 12    |
| Selenium       | (mcg)  | 9.83                        | 14    |
| sodium         | (mg)   | 785                         | 33    |

\*Based on 2000Cal diet

**Comments:** This hearty dish made with the combination of baked beans & bacon is packed with energy yielding nutrients Vitamin B1 & B12 which also prevents anemia. Not only they are chock-full of protein and fibre but also provide important vitamins and minerals, including iron, folic acid, zinc and selenium. The fiber derived from baked beans not only prevents constipation but also helps to eliminate cholesterol from the body. The saturated fat content of about 40% of our daily value comes from beef bacon and butter added in the recipe & this can be substituted with reduced fat bacon/low fat butter.