

055- BAKED BEANS - Baked Beans and Mashed Potato

NUTRITION SUMMARY

Nutrient		Value per serving (273g)	%RDI*
Total Calories	(kcal)	204	
Carbohydrates	(g)	33	11
Protein	(g)	8.26	16
Total fats	(g)	4.49	6.91
Saturated fat	(g)	2.68	13
Dietary fiber	(mg)	8.66	34
Vitamin B1	(mg)	0.11	7.45
Vitamin B2	(mg)	0.13	7.62
Vitamin C	(mg)	78	130
Copper	(mg)	0.10	4.80
Potassium	(mg)	468	13
sodium	(mg)	1462	60

***Based on 2000Cal diet**

Comments:

This classic dish made with the combination Ayam brand baked beans, a healthy substitute for meat, which has more fat and cholesterol & potato which is not only quite filling but also provides protein, vitamins & minerals.

Fiber from this dish can make you feel full for a long time, prevent cravings and help you control your appetite. It also contributes to heart health because it has no cholesterol. In addition, fiber contributes to good digestive health by promoting bowel regularity.

One serve of this dish also yields whooping amounts of Vitamin C derived from broccoli added in the dish which is vital to the function of a strong immune system. Also, Vitamin C can be helpful for preventing the development and progression of atherosclerosis and heart disease.

Most of the sodium comes from the addition of table salt which can be replaced with herbs & condiments like parsley, coriander leaves etc to flavor the food.