

082-FRUIT COCKTAIL-MIXED FRUIT CRUST LESS TART - CLAFOUTIS**NUTRITION SUMMARY**

Nutrient		Value per serving (155g)	%RDI*
Total Calories	(kcal)	242	-
Carbohydrates	(g)	31.65	10.5
Protein	(g)	5.39	10.7
Total fats	(g)	11.22	17.26
Saturated fats	(g)	5.15	25.76
Cholesterol	(mg)	148	49
Vitamin B2	(mg)	0.23	13.5
Vitamin B12	(mcg)	0.56	9.31
Selenium	(mcg)	11.3	16.18
Calcium	(mg)	66.75	6.67
Sodium	(mg)	103	4.3
Phosphorus	(mg)	103	10

*Based on 2000Cal diet

- Comments:** This delicious snack made with Ayam brand fruit cocktail offers a wide range of health benefits due to its high content of B vitamins, selenium, calcium & phosphorus. Calcium & phosphorus are known to promote bone health & also help to prevent the bone loss that can occur as a result of menopause or certain conditions such as rheumatoid arthritis. The saturated fat from milk, butter etc added in the recipe can be reduced by choosing the non fat/low fat version of these ingredients.