

015-SARDINES IN BLACK PEPPER SAUCE**NUTRITION SUMMARY**

Nutrient		Value per serving (168g)	%RDI
Total Calories	(kcal)	261	
Carbohydrates	(g)	5	1.9
Protein	(g)	15	30
Total fats	(g)	19	30
Saturated fats	(g)	7	35
Cholesterol	(mg)	23	7
Dietary fiber	(g)	3	11
Calcium	(mg)	368	36
Iron	(mg)	0.68	3.7
Sodium	(mg)	1143	47

Comments: This delicious recipe helps to boost your Omega-3 intake which promotes heart health, prevents cancer & plays a significant role in mood stabilization. High calcium content in the recipe helps to prevent osteoporosis & strengthens the bones. Most of the fat content present in the recipe is from “good fats” & the dietary cholesterol from fish are not necessarily bad especially when you don't overeat them and are balanced with fats from the other families, like Omega 6 and omega-3's which play a crucial role in protecting the heart from various diseases. About 11% of saturated fat comes from the cooking oil used & this can be reduced by the amount & type of oil used for cooking.