

018- Sardines - ROTI JOHN

NUTRITION SUMMARY

Nutrient		Value per serving (211g)	%RDI
Total Calories	(kcal)	393	
Carbohydrates	(g)	40	13
Protein	(g)	24	48
Total fats	(g)	15	23
Saturated fats	(g)	9	46
Cholesterol	(mg)	138	46
Dietary fiber	(g)	3.9	15.64
Vitamin B1	(mg)	0.21	19
Calcium	(mg)	372	37
Manganese	(mg)	0.35	17
Sodium	(mg)	721	30
Selenium	(mcg)	17	25
Iron	(mg)	3	17

Comments: This delectable treat is high in selenium which combats cancer, promotes healthy heart & boosts immunity. Sardines added in the recipe contributes about 37% of the daily value of calcium, in addition to a full day's worth of heart-brain-and eye-protective omega-3 fats. It also provides about 15% of the daily value of fiber that promotes bowel health & lowers blood cholesterol levels.