

043-TOASTED SANDWICHES WITH BAKED BEANS**NUTRITION SUMMARY**

Nutrient		Value per serving (174g)	%RDI*
Total Calories	(kcal)	404	
Carbohydrates	(g)	44	14
Protein	(g)	18	36
Total fats	(g)	17	26
Saturated fats	(g)	9	49
Cholesterol	(mg)	40	13
Dietary fiber	(mg)	7.5	30
Vitamin B1	(mg)	0.16	10
Vitamin B3	(mg)	2.15	10
Calcium	(mg)	217	21.7
Manganese	(mg)	1.05	52.65
Selenium	(mcg)	25.9	37
Phosphorus	(mg)	262	26
sodium	(mg)	730	30

*Based on 2000Cal diet

Comments: This perfect breakfast meal offers dietary goodness for almost every age and every stage of life – from toddlers to teens to the twenties and beyond owing to its host of nutrition benefits they need to help their bodies function healthily and efficiently during the day. This recipe made with baked beans offers energy-giving carbohydrates, protein for the body's growth and repair, plus are an excellent source of dietary fiber, selenium, phosphorus & calcium. Dietary fiber in Baked Beans will also keep your hunger satisfied for longer, meaning you're less likely to go searching for snacks with a high sugar and fat content. The saturated fat content is due to the butter added in the recipe and this can be substituted with liquid margarine/mayonnaise.