

## 043-BAKED BEANS TOAST WITH CHEESE

## NUTRITION SUMMARY

Nutrient		Value Per Serving (190g)	%RDI
Total Calories	(kcal)	241.62	
Carbohydrates	(g)	38.14	
Protein	(g)	10.50	21
Total fats	(g)	4.95	7.61
Saturated fats	(g)	2.35	11.75
Dietary fiber	(g)	5.55	22.20
Cholesterol	(mg)	9.52	3.17
Vitamin B1	(mg)	0.14	9.14
Vitamin C	(mg)	6.24	10.40
Vitamin K	(mcg)	11.32	14.15
Calcium	(mg)	288.77	28.88
Sodium	(mg)	773.17	32.22

**Comments:**

This recipe contributes an excellent source of protein, dietary fibre, vitamins (Vit B1, Vit C, Vit K) and minerals (calcium). Baked beans are low in fat and their soluble fibre content helps to lower bad cholesterol in the body. The insoluble fibre, found in the skin of beans provides a 'filling' effect, which is excellent for weight maintenance. Furthermore, baked beans make an excellent meat substitute for vegetarians and the high calcium content in this recipe, supplied by the mozzarella cheese, helps with the growth and maintenance of healthy, strong bones.