

054- BAKED BEANS - Baked Beans & Poultry Sausage Bun

NUTRITION SUMMARY

Nutrient		Value per serving (108g)	%RDI*
Total Calories	(kcal)	248	
Carbohydrates	(g)	15	5.25
Protein	(g)	16	33
Total fats	(g)	12	19
Saturated fat	(g)	3.92	19.60
Cholesterol	(mg)	55	18
Dietary fiber	(mg)	1.63	6.52
Vitamin B3	(mg)	1.44	7.19
Calcium	(mg)	107	10.76
Manganese	(mg)	0.32	15.84
Selenium	(mcg)	7.68	10.97
sodium	(mg)	736	30

*Based on 2000Cal diet

Comments: This perfect breakfast meal /snack made with the humble super food baked beans & Alce Nero Olive oil is a nutritional powerhouse of good carbs (low GI), protein, fiber, selenium and calcium. The fiber from baked beans is not digested but moves into the colon to produce fatty acids that prevents colon cancer. The saturated fat comes from the sausage & cheese added in the recipe which can be further slashed by choosing low fat sausage/Cheese. The sodium in the recipe can be reduced by choosing low sodium sausage instead of regular version.