GINATAANG HALO-HALO

(Mixed Fruits in Coconut Milk)

Nutrition Facts

1 servings per container

Serving size 280 g

Amount per Serving

Calories 340

	% Daily Value *
Total Fat 12g	15%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 54g	20%
Dietary Fiber 1g	4%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 2.7mg	15%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ginataang Halo-Halo (Mixed Fruits in coconut milk) is a traditional Filipino dish, usually eaten as a snack or dessert dish. The original recipe is made with different tubers like purple yam, sweet potatoes, taro roots, and fruits like banana, palm fruit and ripe jackfruit with tapioca pearls, cooked in coconut milk to form this delectable dish.

It was a good source of protein and root crop ingredient is considered an excellent source of Beta-Carotene, mineral manganese, dietary fiber, vitamin B6, potassium and iron.

GINATAANG MAIS

(Rice & Corn in Coconut Milk)

Nutrition Facts

1 servings per container

Serving size 280 g

Amount per Serving

Calories 160

	% Daily Value *
Total Fat 3g	4%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrates 31g	11%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 0mg	0%
Vitamin A	2%

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Ginataang Mais (rice and corn in coconut milk) is a traditional Filipino dish, usually eaten as a snack. The original recipe is made with rice and sweet corn, cooked in coconut milk to form this delectable dish.

Corn is a good source of protein, high in fiber and carb that give you energy. Being a good source of antioxidant carotenoids, such as lutein and zeaxanthin, yellow (or colored) corn may promote eye health. It is also a rich source of many vitamins and minerals.

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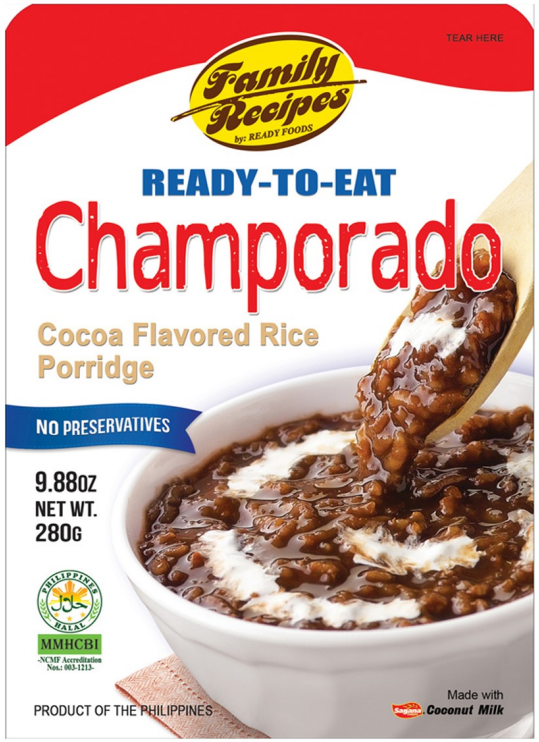
CHAMPORADO

(Cocoa Flavored Porridge)



Nutrition Facts

1 servings per container

Serving size 280 g

Amount per Serving

Calories 230

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 55g	20%
Dietary Fiber 2g	7%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.44mg	8%
Potassium 0mg	0%

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Champorado (Cocoa Flavored Porridge) is a traditional Filipino dish, usually eaten for breakfast or as a snack. The original recipe is made with rice boiled together with bitter sweet chocolate tablets and coconut milk to form this delectable dish.

Cocoa Flavored Rice Porridge can be used in moderation by diabetic's person where it does not increase blood sugar level while cacao is used for medicinal on treating anemia, mental fatigue, stimulating the nervous systems of weak patients and improving digestion that keeping the gastrointestinal tract healthy.

GINATAANG MUNGGO

(Rice & Mungbean in Coconut Milk)

Nutrition Facts

1 servings per container

Serving size 280 g

Amount per Serving

Calories 160

	% Daily Value *
Total Fat 3.5g	4%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrates 31g	11%
Dietary Fiber 2g	7%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ginataang Munggo (rice and mungbean in coconut milk) is a traditional Filipino dish, usually eaten as a snack. The original recipe is made with rice and roasted mungbean, cooked in coconut milk to form this delectable dish.

Mungbean are rich in vitamins A, B, C, E, and K. which play a very important role in having a healthy vision, it also helps in bone development and strengthens the body's immune system.It is also good as anti-oxidant.

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