

Nutritional Analysis for **GOLDEN GOURMET**



5042 Chicken Broccoli Alfredo over Fettuccini, Carrots, Zucchini w/Red Peppers

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K
Chicken, Baked	3 oz	84	140	26.2	0	3.01	0.85	71.4	0	5.1	0	0.51	0.289	12.8	24.7	1.51	157	216
Fettuccine ckd no fat	2.75 oz	77	122	4.49	23.9	0.72	0.14	0	1.4	0	0	0.03	0	5.46	17	0.4	181	34.3
Alfredo Sauce	0.5 oz	14	58.1	1.28	36	5.82	3.65	18.9	0	55	0.1	0	0.06	42	1.98	0.11	73.7	10.2
Pepper sweet red	0.7 oz.	19.6	6.15	0.2	1.2	0.06	0	0	0.42	31	25	0.06	0	1.39	2.38	0.05	0.79	41.9
Veg Squash Zucchini w/skin	2 oz	56	9.64	0.66	2.04	0.07	0.02	0	0.74	5.7	3	0.03	0	10.2	7.37	0.12	1.13	124
Veg Broccoli Spears	3.5 oz.	98	28.8	3.04	5.31	0.34	0.05	0	2.98	136	68	0.17	0	40.7	15.9	0.34	16.9	248
Veg Carrots	2 oz	56	20.4	0.44	4.48	0.26	0.03	0	1.87	459	5.1	0.06	0	20.4	6.8	0.19	17.9	133
LUNCH MEAL TOTALS			385	36.3	72.9	10.28	4.74	90.3	7.41	692	101	0.86	0.349	133	76.1	2.72	448	807

Mag-Magnesium, t-teaspoon, T.-Tablespoon, c-cup, oz.- ounce, Gm.-gram, m.- milligrams, TF- Total Fat, SFA-Saturated Fatty Acids, Chol-Cholesterol, Fiber-Dietary Fiber, NA- Sodium.

FoodWorks - Nutrient Totals with Comparison to Daily Values (DV)

Mode: Single day (Day 1)

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	385	2000	19%
Protein	g	36.3	50	73%
Carbohydrate	g	37.3	300	12%
Dietary Fiber	g	7.405	25	30%
Total Fat	g	10.3	65	16%
Saturated Fat	g	4.741	20	24%
Cholesterol	mg	90.3	300	30%
Calcium	mg	133	1000	13%
Magnesium	mg	73.8	400	18%
Phosphorus	mg	362.7	1000	36%
Potassium	mg	807.3	3500	23%
Sodium	mg	287.1	2400	12%
Zinc	mg	2.71	15	18%
Vitamin A (RAE)	mcg	691.9		
Vitamin C	mg	101.3	60	169%
Vitamin D	mcg	0	10	0%
Vitamin E (a-toc)	mg	2.472	22	11%
Folate	mcg	184.5	400	46%
Vitamin B6	mg	0.863	2	43%
Vitamin B12	mcg	0.344	6	6%

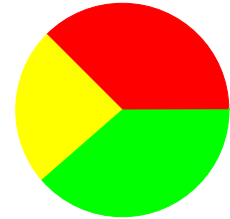
Total weight: 409.66g (14.45 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 385 (1613 Kilojoules)
 Sodium: 287.13 mg Energy deficit:
 Fiber: 7.41 g -1615 Kcal
 Cholesterol: 90.29 mg -6767 Kj

DISTRIBUTION OF CALORIES

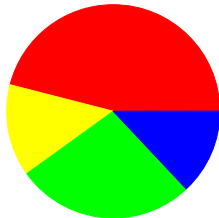
		g/kg of body wt
■	Protein: 37.5 %	0.48
■	Fat: 23.9 %	0.14
■	Carbo: 38.6 %	0.50
■	Alcohol: 0 %	0.00



Energy per 100g of food: 94 Kcal
394 Kilojoules

FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	10.3 g		
■ Saturated fat:	4.7 g	46 %	11 %
■ Polyunsaturated fat:	1.5 g	14 %	3 %
■ Monounsaturated fat:	2.8 g	27 %	7 %
■ Other / unspecified:	1.3 g	13 %	3 %



MOST SIGNIFICANT SOURCES OF:

Sodium: Chicken, breast, roasted, broiled, or baked, skin n...
 Cholest: Chicken, breast, roasted, broiled, or baked, skin n...
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 2.5

RATIOS:

Potassium to Sodium: 2.81 to 1
 Calcium to Phosphorus: 1 to 2.73

Percent of the Daily Values (DV) achieved:

