

Nutritional Analysis for **GOLDEN GOURMET**



**5047 Chicken Parmesan, Fettuccini Noodles, Zucchini & Yellow Squash**

**Vitamins**

Ingredients	Amount		kcal	Gm. Pro	Gm. CHO	Gm. T. Fat	Gm. SFA	mg. Chol	Gm. Fiber	IU Vit.A	mg. Vit.C	mg. Vit.B6	mcg. Vit.B12	mg. Ca	mg. Mag	mg. Zn	mg. Na	mg. K
	Size	gm																
Chicken, Baked	2.25 oz	63	104.6	19.6	0	2.26	0.64	53.6	0	3.83	0	0.39	0.22	9.57	18.5	1.14	117.4	162
Fettuccine, ckd, No Fat	3.5 oz	98	155.8	5.71	30.4	0.91	0.17	0	1.79	0	0	0.05	0	6.95	21.6	0.51	25.8	44
Marinara Sauce, No Salt	2.4 oz	67.2	59.2	1.21	9.36	1.83	0.48	1.36	1.77	15.6	1.36	0.12	0	15	14.3	0.37	20.4	215
Cheese Mozarella	0.5 oz	14	42.8	3.68	0.54	2.84	1.79	7.65	0	19.4	0	0	0.33	103.6	3.69	0.44	74.8	14
Cheese Parmesan, Grate	1 tsp	5	21.6	1.92	0.2	1.43	0.87	4.4	0	11.4	0	0	0.11	55.4	1.9	0.19	76.5	6.3
Zucchini, frozen	2.2 oz	61.6	10.6	0.72	2.24	0.08	0.02	0	0.81	6.24	3.31	0.03	0	11.2	5.551	0.13	1.247	136
Summer Squash, frozen	2.5	70	11.3	0.86	2.37	0.13	0.03	0	0.78	7.09	12	0.16	0	10.6	12	0.21	1.418	186
<b>LUNCH MEAL TOTALS</b>			<b>405.9</b>	<b>33.7</b>	<b>45.1</b>	<b>9.48</b>	<b>4</b>	<b>67</b>	<b>5.15</b>	<b>63.6</b>	<b>16.7</b>	<b>0.75</b>	<b>0.66</b>	<b>212.3</b>	<b>77.54</b>	<b>2.99</b>	<b>317.6</b>	<b>762</b>

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	405.9	2000	20%
Protein	g	33.7	50	67%
Carbohydrate	g	45.2	300	15%
Dietary Fiber	g	5.146	25	21%
Total Fat	g	9.48	65	15%
Saturated Fat	g	3.997	20	20%
Cholesterol	mg	67	300	22%
Calcium	mg	212.4	1000	21%
Magnesium	mg	77.6	400	19%
Phosphorus	mg	381.3	1000	38%
Potassium	mg	762.1	3500	22%
Sodium	mg	317.5	2400	13%
Zinc	mg	2.983	15	20%
Vitamin A (RAE)	mcg	63.7		
Vitamin C	mg	16.7	60	28%
Vitamin D	mcg	0.025	10	0%
Vitamin E (a-toc)	mg	2.09	22	9%
Folate	mcg	112.5	400	28%
Vitamin B6	mg	0.745	2	37%
Vitamin B12	mcg	0.657	6	11%

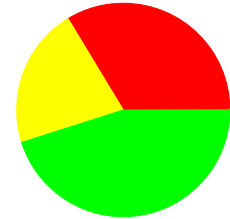
Total weight: 383.47g (13.53 oz)

**IMPORTANT TOTALS:**

Est. KCal need: 2000 (8380 Kilojoules)  
 Calories: 406 (1701 Kilojoules)  
 Sodium: 317.54 mg Energy deficit:  
 Fiber: 5.15 g -1594 Kcal  
 Cholesterol: 67 mg -6679 Kj

**DISTRIBUTION OF CALORIES**

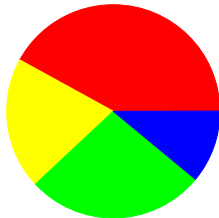
		g/kg of body wt
<span style="color: red;">■</span>	Protein: 33.7 %	0.45
<span style="color: yellow;">■</span>	Fat: 21.3 %	0.13
<span style="color: green;">■</span>	Carbo: 45.1 %	0.60
<span style="color: blue;">■</span>	Alcohol: 0 %	0.00



Energy per 100g of food: 106 Kcal  
443 Kilojoules

**FAT BREAKDOWN:**

	grams	%fat	%Kcal
Total Fat:	9.5 g		
<span style="color: red;">■</span> Saturated fat:	4 g	42 %	9 %
<span style="color: yellow;">■</span> Polyunsaturated fat:	1.9 g	20 %	4 %
<span style="color: green;">■</span> Monounsaturated fat:	2.6 g	27 %	6 %
<span style="color: blue;">■</span> Other / unspecified:	1.1 g	11 %	2 %



**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): 3.

**RATIOS:**

Potassium to Sodium: 2.4 to 1  
 Calcium to Phosphorus: 1 to 1.8

**Percent of the Daily Values (DV) achieved:**

