

Nutritional Analysis for **GOLDEN GOURMET**



5065 Fettuccini Alfredo, Brussel Sprouts & 4 Vegetable Blend

Vitamins

Ingredients	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.
	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K
Fettucini, no salt added	2.7 oz.	75.6	120.2	4.41	23.5	0.7	0.13	0	1.38	0	0	0.04	0	5.39	13.8	0.39	27.5	33.7
Alfredo Sauce	2.75oz.	77	62.2	2.5	1.23	5.32	1.36	5.45	0.05	15.6	0.36	0.01	0.154	72	3.19	0.27	249.5	13.8
Pepper Sweet Red, frozen	0.55 oz.	15.4	4.84	0.15	0.94	0.05	0	0	0.33	24.5	19.9	0.05	0	1.09	1.87	0.04	0.62	32.9
Veg Squash Zucchini, frozen	1 oz.	28	4.82	0.33	1.02	0.04	0.01	0	0.34	2.84	1.5	0.01	0	5.1	2.52	0.06	0.57	61.8
Veg Brussel Sprouts, frozen	2.5 oz.	70	29.1	2.68	5.57	0.29	0.06	0	2.69	22	52.5	0.14	0	18.4	14.2	0.22	7.01	262
Veg Carrots, frozen	.45 oz.	12.6	4.593	0.1	1.01	.059	0.01	0	0.42	103	1.15	0.01	0	4.59	1.53	0.04	4.019	30
Veg Broccoli, frozen	1.25 oz.	35	10.3	1.08	1.9	0.12	0.02	0	1.06	48.5	24.2	0.06	0	14.5	5.67	0.12	6.02	88.6
Total Weight: 11.2 oz.																		
LUNCH/DINNER MEAL TOTALS			236.1	11.2	35.2	6.52	1.59	5.45	6.27	217	99.6	0.32	0.154	121	42.8	1.14	295.2	523

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	236	2000	12%
Protein	g	11.2	50	22%
Carbohydrate	g	35.1	300	12%
Dietary Fiber	g	6.303	25	25%
Total Fat	g	6.575	65	10%
Saturated Fat	g	1.61	20	8%
Cholesterol	mg	5.445	300	2%
Calcium	mg	121.1	1000	12%
Magnesium	mg	42.7	400	11%
Phosphorus	mg	173.5	1000	17%
Potassium	mg	523	3500	15%
Sodium	mg	295.3	2400	12%
Zinc	mg	1.138	15	8%
Vitamin A (RAE)	mcg	216.8		
Vitamin C	mg	99.6	60	166%
Vitamin D	mcg	0.03	10	0%
Vitamin E (a-toc)	mg	1.471	22	7%
Folate	mcg	192.4	400	48%
Vitamin B6	mg	0.325	2	16%
Vitamin B12	mcg	0.154	6	3%

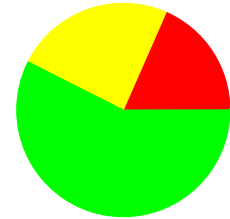
Total weight: 317.52g (11.2 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 236 (989 Kilojoules)
 Sodium: 295.28 mg Energy deficit:
 Fiber: 6.3 g -1764 Kcal
 Cholesterol: 5.44 mg -7391 Kj

DISTRIBUTION OF CALORIES

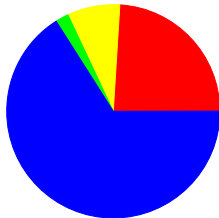
		g/kg of body wt
Protein:	18.4 %	0.15
Fat:	24.2 %	0.09
Carbo:	57.4 %	0.47
Alcohol:	0 %	0.00



Energy per 100g of food: 74 Kcal
311 Kilojoules

FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	6.6 g		
Saturated fat:	1.6 g	24 %	6 %
Polyunsaturated fat:	0.5 g	8 %	2 %
Monounsaturated fat:	0.1 g	2 %	1 %
Other / unspecified:	4.3 g	66 %	16 %



MOST SIGNIFICANT SOURCES OF:

Sodium: Alfredo Sauce- Golden Gourmet
 Cholest: N/A
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 2.3

RATIOS:

Potassium to Sodium: 1.77 to 1
 Calcium to Phosphorus: 1 to 1.43

Percent of the Daily Values (DV) achieved:

