

Nutritional Analysis for **GOLDEN GOURMET**



5068 Turkey Tetrazzini over Bowtie Pasta, Yellow Squash & Chickpeas

Vitamins

Ingredients	Amount		kcal	Gm. Pro	Gm. CHO	Gm. T. Fat	Gm. SFA	mg. Chol	Gm. Fiber	IU Vit.A	mg. Vit.C	mg. B6	mcg. B12	mg. Ca	mg. Mag	mg. Zn	mg. Na	mg. K
	Size	gm																
Turkey Medallions, Dic	2 oz.	56	88.5	16.9	0	1.82	0.58	39.1	0	0	0	0.31	0.21	10.8	15.9	1.15	128	172
Bowtie Pasta	2.5 oz.	70	111	4.08	21.7	0.65	0.12	0	1.276	0	0	0.04	0	4.96	12.8	0.36	29.8	31.2
Beans White	1 oz.	28	94.4	6.62	17.1	0.24	0.06	0	4.309	0	0	0.09	0	68	53.9	1.04	4.54	509
Chickpeas, No Salt	1 oz.	28	46.5	2.51	7.774	0.73	0.08	0	2.155	0.28	0.37	0.04	0	13.9	13.6	0.43	1.98	82.5
Squash summer, froze	2.2 oz.	61.6	20.6	0.55	2.613	1.15	0.23	0	0.873	20	3.31	0.1	0.18	16.8	14.3	0.24	169	117
Spinach, frozen	1 oz.	28	8.22	1.03	1.194	0.16	0.01	0	0.822	166	3.09	0.05	0	36.6	21.3	0.16	21	98.1
Green Peas, frozen	2.1 oz.	58.8	45.8	3.11	8.109	0.24	0.04	0	2.679	61.3	13.6	0.05	0	13.1	15.5	0.49	64.3	91.1
Veg Carrots, frozen	2.1 oz.	58.8	20.8	0.45	4.894	0.11	0.02	0	1.786	507	2.14	0.09	0	17.9	5.954	0.12	34.5	140
LUNCH/DINNER MEAL TOTALS			436	35.1	63.38	5.1	1.14	39.1	13.9	755	22.5	0.75	0.39	182	153.1	3.99	453	1241
Goals: 33% DRI			6-800	23	<25			≥8	≥300	≥30	≥.6	≥.8	≥400	≥140	≥3.75	≤800	≥1500	
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	436.1	2000	22%
Protein	g	35.2	50	70%
Carbohydrate	g	63.4	300	21%
Dietary Fiber	g	13.9	25	56%
Total Fat	g	5.102	65	8%
Saturated Fat	g	1.146	20	6%
Cholesterol	mg	39.1	300	13%
Calcium	mg	182	1000	18%
Magnesium	mg	153.1	400	38%
Phosphorus	mg	401.9	1000	40%
Potassium	mg	1241	3500	35%
Sodium	mg	453.3	2400	19%
Zinc	mg	3.99	15	27%
Vitamin A (RAE)	mcg	754.9		
Vitamin C	mg	22.5	60	38%
Vitamin D	mcg	0	10	0%
Vitamin E (a-toc)	mg	2.124	22	10%
Folate	mcg	306.7	400	77%
Vitamin B6	mg	0.758	2	38%
Vitamin B12	mcg	0.384	6	6%

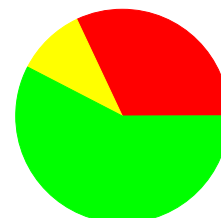
Total weight: 394.07g (13.9 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 436 (1827 Kilojoules)
 Sodium: 453.26 mg Energy deficit:
 Fiber: 13.9 g -1564 Kcal
 Cholesterol: 39.12 mg -6553 Kj

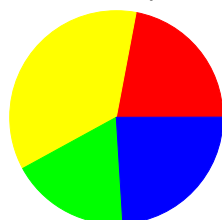
DISTRIBUTION OF CALORIES

		g/kg of body wt
Protein:	32 %	0.47
Fat:	10.4 %	0.07
Carbo:	57.6 %	0.85
Alcohol:	0 %	0.00



FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	5.1 g		
Saturated fat:	1.1 g	22 %	2 %
Polyunsaturated fat:	1.8 g	36 %	4 %
Monounsaturated fat:	0.9 g	18 %	2 %
Other / unspecified:	1.2 g	24 %	2 %



Energy per 100g of food: 111 Kcal
464 Kilojoules

MOST SIGNIFICANT SOURCES OF:

Sodium: Squash, summer, cooked, NS as to form, NS as to...
 Cholest: Turkey, light meat, cooked, skin not eaten
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 4.2

RATIOS:

Potassium to Sodium: 2.74 to 1
 Calcium to Phosphorus: 1 to 2.21

Percent of the Daily Values (DV) achieved:

