Nutritional Analysis for **GOLDEN GOURMET**

5043 Spaghetti and Meatballs, Marinara Sauce, Broccoli & Black Bean Blend

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
Ingredients	**Size**	**gm**	**kcal**	**Pro**	**CHO**	**T. Fat**	**SFA**	**Chol**	**Fiber**	**Vit.A**	**Vit.C**	**Vit.B6**	**Vit.B12**	**Ca**	**Mag**	**Zn**	**Na**	**K**	**PO4**	**Fe/Iron**	**Vit. D**	**Total Sugars**	**Added Sugars**
	2.0	56.6	84.0	2.8	16.8	0.4	0.0	0.0	0.8	0.0	0.0	0.1	0.1	0.0	17.6	0.5	0.0	25.0	36.2	0.5	0.0	8.6	NA
Meatballs	3.0	85.1	225.0	14.5	5.0	20.0	8.0	49.5	1.0	18.0	3.6	0.4	3.0	48.0	21.3	7.4	259.5	316.5	88.5	0.6	0.0	2.0	NA
Broccoli	2.0	56.7	14.9	1.7	2.9	0.0	0.0	0.0	1.7	108.0	48.3	0.1	0.2	41.0	11.3	0.3	13.7	141.8	27.8	0.5	0.0	1.0	NA
Marinara Sauce	3.0	83.8	51.7	1.5	8.9	0.9	0.0	0.0	1.5	66.6	6.7	0.2	0.0	17.8	17.7	0.4	99.8	466.0	26.2	0.8	0.0	5.9	AD
Black Bean Blend	2.5	70.9	59.0	4.0	10.3	0.2	0.0	0.0	4.1	4.0	5.2	0.1	0.0	12.3	75.2	1.6	1.1	670.6	41.7	0.7	0.0	0.0	NA
Totals:	**12.5**	**353.0**	**434.5**	**24.5**	**43.9**	**21.5**	**8.0**	**49.5**	**9.1**	**196.6**	**63.8**	**0.9**	**3.2**	**119.0**	**143.1**	**10.1**	**374.1**	**1619.9**	**220.4**	**3.1**	**0.0**	**17.6**	**0.0**
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, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.