

Nutritional Analysis for GOLDEN GOURMET										<h1 style="margin: 0;">GOLDEN GOURMET</h1>									

5047 Chicken Parmesan, Fettuccini Noodles, Zucchini & Yellow Squash

Vitamins																							
	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
Chicken, Baked	3.0	85.0	167.0	13.4	13.9	6.5	1.4	23.6	1.0	93.8	0.0	0.5	0.3	54.5	24.7	2.7	398.0	216.0	139.5	2.1	0.1	1.4	AD
Fettuccine	3.0	85.0	78.8	2.6	15.8	0.4	0.0	0.0	0.8	0.0	0.0	0.1	0.1	0.0	15.3	0.4	0.0	37.4	47.6	0.8	0.0	1.1	NA
Marinara Sauce	2.4	68.0	42.0	1.2	7.2	0.9	0.0	0.0	1.2	54.0	5.4	0.1	0.0	14.4	14.3	0.4	81.0	378.0	17.7	0.6	0.0	4.8	AD
Cheese Mozarella	0.5	14.2	36.3	3.5	0.4	2.3	1.4	9.1	0.0	12.4	0.0	0.0	0.1	134.0	4.7	0.4	88.4	12.0	50.2	0.0	1.7	0.2	NA
Zucchini, frozen	2.2	62.4	10.7	0.6	2.5	0.0	0.0	0.0	0.6	22.6	5.1	0.1	0.0	15.1	20.6	0.5	1.3	286.3	17.5	0.2	0.0	1.3	NA
Summer Squash, frozen	2.5	70.9	14.3	0.7	3.6	0.0	0.0	0.0	0.7	38.6	7.1	0.2	0.2	17.1	16.3	0.3	3.6	185.7	26.9	0.2	0.0	0.0	NA
Total:	13.6	385.4	349.0	22.0	43.3	10.1	2.8	32.7	4.3	221.4	17.6	1.0	0.7	235.1	95.9	4.7	572.2	1115.4	299.4	3.8	1.8	8.8	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.																							