Nutritional Analysis for **GOLDEN GOURMET**

5052 Macaroni & Cheese, Broccoli & Vegetable Blend

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**
Macaroni, Cooked	3.5	99.2	164.9	5.74	33.2	0.7	0.14	0	1.4	0	0	0	0	0	24.2	0.7	4.9	99.12	84	1.40	0	1.12	NA
Cheese Sauce	3.5	99.2	20.2	0.8	0.9	1.2	0.7	3.6	0.0	34.1	0.0	0.003	0.028	27.3	0.0	0.1	61.4	3.3	17.4	0.023	0.02	0.233	NA
Broccoli Florets	2.0	57.0	14.9	1.7	2.9	0.0	0.0	0.0	1.7	108.0	48.3	0.125	0.153	41.0	11.3	0.3	13.7	141.8	37.3	0.48	0.0	1.00	NA
Vegetable Blend	3.0	85.0	102.7	6.1	20.1	0.5	0.1	0.0	5.3	95.4	13.9	0.121	0	21.7	45.5	,763	17.9	327.6	47.4	0.83	0.0	0.830	NA
Total:	**12**	**340.4**	**302.7**	**14.4**	**57.1**	**2.36**	**0.94**	**3.6**	**8.41**	**237.5**	**62.2**	**0.249**	**0.181**	**90**	**81**	**1.09**	**97.9**	**571.9**	**186.1**	**2.729**	**0.02**	**3.183**	**0**

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- Sugar Added as an ingredient, and NA- Sugar not added an an ingredient.