

Nutritional Analysis for **GOLDEN GOURMET**



5062 Swedish Style Meatballs over Noodles, Broccoli & Black Bean Blend

																			Vitamins							
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.							
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K								
Swedish Meat Balls	3.08oz.	86.2	194.7	28.9	0	7.89	2.8	83	0	0	0	0.4	1.7	6.11	19.2	5.06	37.5	236.6								
Sauce w/No Salt	3.09 oz	86.5	76.2	1.56	12.1	2.36	0.6	1.75	2.3	20.1	1.75	0.15	0	19.3	18.4	0.47	26.3	276.8								
Egg Noodles, No Salt	2.33 oz.	65.2	103.7	3.81	20.3	0.61	0.1	0	1.9	0	0	0.03	0	4.62	11.9	0.33	23.7	29.1								
Beans Black Cuban	2 oz.	56	64.1	3.38	10.5	0.1	0.2	0.57	2.4	1.13	3	0.05	0	23.2	22.7	0.52	235	186.5								
Tomatoes, stewed	0.5oz.	14	3.69	0.13	0.88	0.03	0	0	0.1	1.27	1.56	0	0	4.82	1.7	0.02	31.3	29.3								
Onions, frozen	0.25oz.	7	2.27	0.06	0.54	0	0	0	0.1	0	0.34	0.01	0	1.42	0.64	0.01	0.57	8.43								
Broccoli, frozen	1.7 oz.	47.6	14	1.48	2.58	0.16	0	0	1.5	66	32.9	0.08	0	19.8	7.71	0.16	8.19	120.5								
Bread Whole Wheat	1 sl	25	76.5	4.06	12.8	1.01	0.2	0	3.1	0	0	0.06	0	32.5	24.8	0.54	146	81.5								
Moon Pie	1 oz.	28	119.4	1.13	19.2	4.79	1.3	0	0.6	0.29	0.03	0.02	0.05	13	10.2	0.19	47.6	51.6								
Juice Apple	4 oz.	112	53.3	0.07	13.2	0.13	0	0	0.1	0	12.6	0.03	0	7.94	3.4	0.03	3.4	134.9								
Milk Skim	1 cup	245	83.3	8.26	12.2	0.19	0.1	4.9	0	149	0	0.09	1.23	299	27	1.03	103	382								
LUNCH MEAL TOTALS			791.2	52.8	104	17.3	5.4	90.2	12	238	52.2	0.92	2.98	432	148	8.36	662	1301								
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	791.1	2000	40%
Protein	g	52.8	50	106%
Carbohydrate	g	104.2	300	35%
Dietary Fiber	g	11.4	25	45%
Total Fat	g	18.1	65	28%
Saturated Fat	g	5.432	20	27%
Cholesterol	mg	90.2	300	30%
Calcium	mg	431.6	1000	43%
Magnesium	mg	147.5	400	37%
Phosphorus	mg	695.8	1000	70%
Potassium	mg	1538	3500	44%
Sodium	mg	662	2400	28%
Zinc	mg	5.744	15	38%
Vitamin A (RAE)	mcg	238.3		
Vitamin C	mg	52.2	60	87%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	3.651	22	17%
Folate	mcg	187.5	400	47%
Vitamin B6	mg	0.933	2	47%
Vitamin B12	mcg	2.976	6	50%

Total weight: 778.88g (27.47 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 791 (3315 Kilojoules)
 Sodium: 662.05 mg Energy deficit:
 Fiber: 11.36 g -1209 Kcal
 Cholesterol: 90.17 mg -5065 Kj

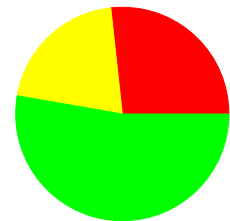
FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	18.1 g		
Saturated fat:	5.4 g	30 %	6 %
Polyunsaturated fat:	2.6 g	14 %	3 %
Monounsaturated fat:	7.6 g	42 %	9 %
Other / unspecified:	2.5 g	14 %	3 %



DISTRIBUTION OF CALORIES

	%	g/kg of body wt
Protein:	26.7 %	0.70
Fat:	20.6 %	0.24
Carbo:	52.7 %	1.39
Alcohol:	0 %	0.00



Energy per 100g of food: 102 Kcal
426 Kilojoules

MOST SIGNIFICANT SOURCES OF:

Sodium: Black beans, Cuban style (Habichuelas negras gu...
 Cholest: Beef Bottom Round, Choice, lean (0"trim) braised
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 6.9

RATIOS:

Potassium to Sodium: 2.32 to 1
 Calcium to Phosphorus: 1 to 1.61

Percent of the Daily Values (DV) achieved:

