

Nutritional Analysis for <b>GOLDEN GOURMET</b>																			

**5065 Fettuccini Alfredo, Brussel Sprouts & 4 Vegetable Blend**

<b>Vitamins</b>																							
	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
Fettuccine Pasta	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
Brussel Sprouts	2.5	71.0	29.3	2.9	5.7	0.0	0.0	0.0	2.9	77.0	79.8	0.2	0.0	25.7	14.2	0.2	7.0	262.2	39.7	0.3	0.0	0.0	NA
Alfredo Sauce w/Parmesan Cheese	3.0	85.0	60.0	1.5	10.5	0.8	0.5	7.5	0.0	0.0	0.0	0.032	0.4	72.0	12.6	0.7	300.0	62.7	176.9	0.2	0.0	0.2	NA
Vegetable Blend/Fet	1.25	37.0	11.5	0.7	2.3	0.1	0.0	0.0	1.1	2911.0	13.7	0.05	0.0	13.6	5.0	0.1	8.6	85.9	16.3	0.2	0.0	1.1	NA
Vegetable Blend	2.5	71.0	16.0	0.8	3.2	0.1	0.0	0.0	1.1	84.2	38.5	0.1	0.0	0.6	7.2	0.2	2.0	152.5	19.3	0.3	0.0	1.9	NA
<b>Total:</b>	<b>12.25</b>	<b>349</b>	<b>195.5</b>	<b>8.44</b>	<b>37.5</b>	<b>1.46</b>	<b>0.53</b>	<b>7.5</b>	<b>5.87</b>	<b>3072.2</b>	<b>132</b>	<b>0.46</b>	<b>0.462</b>	<b>112</b>	<b>54.3</b>	<b>1.65</b>	<b>317.6</b>	<b>600.7</b>	<b>300</b>	<b>1.854</b>	<b>0.014</b>	<b>4.374</b>	<b>NA</b>
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- Sugar Added as an ingredient, and NA- Sugar not added an an ingredient.																							