

Nutritional Analysis for GOLDEN GOURMET



5068 Turkey Tetrazzini over Bowtie Pasta, Yellow Squash & Chickpeas

										Vitamins								
Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	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
Turkey Medallions, D	2 oz.	56	88.5	16.9	0	1.82	0.58	39.1	0	0	0	0.305	0.21	10.8	15.9	1.15	128	172
Bowtie Pasta	2.5 oz.	70	111	4.08	21.7	0.652	0.12	0	1.28	0	0	0.035	0	4.96	12.8	0.36	29.8	31.2
Beans White	1 oz.	28	94.4	6.62	17.1	0.241	0.06	0	4.31	0	0	0.09	0	68	53.9	1.04	4.54	509
Chickpeas, No Salt	1 oz.	28	46.5	2.51	7.77	0.734	0.08	0	2.16	0.28	0.37	0.039	0	13.9	13.6	0.43	1.98	82.5
Squash summer, froze	2.2 oz.	61.6	20.6	0.55	2.61	1.148	0.23	0	0.87	20	3.31	0.1	0.175	16.8	14.3	0.24	169	117
Spinach, frozen	1 oz.	28	8.22	1.03	1.19	0.162	0.01	0	0.82	166	3.09	0.049	0	36.6	21.3	0.16	21	98.1
Green Peas, frozen	2.1 oz.	58.8	45.8	3.11	8.11	0.236	0.04	0	2.68	61.3	13.6	0.049	0	13.1	15.5	0.49	64.3	91.1
Veg Carrots, frozen	2.1 oz.	58.8	20.8	0.45	4.89	0.107	0.02	0	1.79	507	2.14	0.091	0	17.9	5.95	0.12	34.5	140
Bread Whole Wheat	1 sl	25	76.5	4.06	12.8	1.01	0.23	0	3.12	0	0	0.06	0	32.5	24.8	0.54	146	81.5
Juice Orange	4 oz.	112	54.8	1	12.5	0.336	0.04	0	0	8.72	53.2	0.067	0	12.4	13.7	0.05	1.25	237
Milk Skim	1 cup	245	83.3	8.26	12.2	0.19	0.14	4.9	0	149	0	0.09	1.23	299	27	1.03	103	382
LUNCH/DINNER MEAL TOTALS			651	48.6	101	6.652	1.55	44	17	913	75.7	0.976	1.609	525	219	5.61	703	1941
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	650.7	2000	33%
Protein	g	48.6	50	97%
Carbohydrate	g	100.9	300	34%
Dietary Fiber	g	17	25	68%
Total Fat	g	6.652	65	10%
Saturated Fat	g	1.55	20	8%
Cholesterol	mg	44	300	15%
Calcium	mg	525.9	1000	53%
Magnesium	mg	218.5	400	55%
Phosphorus	mg	738.8	1000	74%
Potassium	mg	1941	3500	55%
Sodium	mg	703.2	2400	29%
Zinc	mg	5.606	15	37%
Vitamin A (RAE)	mcg	913.1		
Vitamin C	mg	75.7	60	126%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	2.306	22	10%
Folate	mcg	368.1	400	92%
Vitamin B6	mg	0.976	2	49%
Vitamin B12	mcg	1.609	6	27%

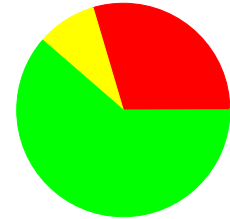
Total weight: 788.56g (27.82 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 651 (2726 Kilojoules)
 Sodium: 703.15 mg Energy deficit:
 Fiber: 17.03 g -1349 Kcal
 Cholesterol: 44.02 mg -5654 Kj

DISTRIBUTION OF CALORIES

		g/kg of body wt
■ Protein:	29.5 %	0.65
■ Fat:	9.1 %	0.09
■ Carbo:	61.4 %	1.35
■ Alcohol:	0 %	0.00



Energy per 100g of food: 83 Kcal
 346 Kilojoules

FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	6.7 g		
■ Saturated fat:	1.5 g	23 %	2 %
■ Polyunsaturated fat:	2.1 g	32 %	3 %
■ Monounsaturated fat:	1.5 g	23 %	2 %
■ Other / unspecified:	1.5 g	22 %	2 %



MOST SIGNIFICANT SOURCES OF:

Sodium: Squash, summer, cooked, NS as to form, NS as to...
 Cholest: Turkey, light meat, cooked, skin not eaten
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 6.7

RATIOS:

Potassium to Sodium: 2.76 to 1
 Calcium to Phosphorus: 1 to 1.4

Percent of the Daily Values (DV) achieved:

