

Nutritional Analysis for **GOLDEN GOURMET**



5078 Cheese Tortellini Pomodoro, Brussel Sprouts & Carrots

Vitamins

Ingredients	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.
	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K
Cheese Tortellini	3.42oz.	95.8	180	10.5	18.4	6.86	3.04	99.9	0.68	44.6	0.1	0.01	0.62	61.1	16.5	1.54	275.4	111.5
Marinara Sauce	3.58 oz.	100	88.3	1.81	14	2.73	0.71	2.03	2.64	23.3	2	0.18	0	22.3	21.3	0.55	30.4	320.7
Cheese Mozarella	0.25oz.	7	18	1.72	0.2	1.13	0.72	4.54	0	9	0	0.01	0.06	55.4	1.63	0.2	43.9	5.96
Carrots, frozen	2 oz.	56	20.4	0.44	4.48	0.26	0.03	0	1.87	459	5.1	0.05	0	20.4	6.8	0.19	17.9	133.2
Brussel Sprouts, frozen	2 oz.	56	23.2	2.14	4.46	0.23	0.05	0	2.16	17.6	42	0.12	0	14.7	11.3	0.18	5.67	209.8
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	145.8	81.5
Nutri Grain Bar	1 bar	37	139	2	26	3	0.45	0.37	1.33	224	2.9	0.52	0.11	200	17	0.33	104.7	92.5
Juice Orange	1/2 cup	125	54.8	0.1	12.5	0.34	0.04	0	0	8.72	53	0.07	0	12.4	13.7	0.05	1.25	236.6
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	102.9	382
LUNCH/DINNER MEAL TOTALS			684	31	105	15.8	5.41	112	11.8	935	105	1.11	2.02	718	140	4.61	727.9	1574
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	684	2000	34%
Protein	g	31.9	50	64%
Carbohydrate	g	105	300	35%
Dietary Fiber	g	11.8	25	47%
Total Fat	g	15.8	65	24%
Saturated Fat	g	5.394	20	27%
Cholesterol	mg	111.7	300	37%
Calcium	mg	718	1000	72%
Magnesium	mg	140	400	35%
Phosphorus	mg	635.1	1000	64%
Potassium	mg	1574	3500	45%
Sodium	mg	727.8	2400	30%
Zinc	mg	4.597	15	31%
Vitamin A (RAE)	mcg	935.4		
Vitamin C	mg	105.3	60	175%
Vitamin D	mcg	3.257	10	33%
Vitamin E (a-toc)	mg	4.019	22	18%
Folate	mcg	230.3	400	58%
Vitamin B6	mg	1.178	2	59%
Vitamin B12	mcg	2.015	6	34%

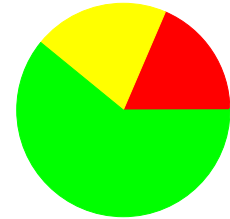
Total weight: 750.44g (26.47 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 684 (2866 Kilojoules)
 Sodium: 727.81 mg Energy deficit:
 Fiber: 11.8 g -1316 Kcal
 Cholesterol: 111.7 mg -5514 Kj

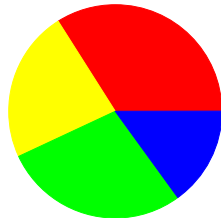
DISTRIBUTION OF CALORIES

		g/kg of body wt
■	Protein: 18.5 %	0.43
■	Fat: 20.6 %	0.21
■	Carbo: 60.9 %	1.40
■	Alcohol: 0 %	0.00



FAT BREAKDOWN: grams %fat %Kcal

■	Total Fat:	15.8 g		
■	Saturated fat:	5.4 g	34 %	7 %
■	Polyunsaturated fat:	3.6 g	23 %	5 %
■	Monounsaturated fat:	4.4 g	28 %	6 %
■	Other / unspecified:	2.3 g	15 %	3 %



Energy per 100g of food: 91 Kcal
382 Kilojoules

MOST SIGNIFICANT SOURCES OF:

Sodium: Ravioli, NS as to filling, no sauce
 Cholest: Ravioli, NS as to filling, no sauce
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 7.

RATIOS:

Potassium to Sodium: 2.16 to 1
 Calcium to Phosphorus: 1.13 to 1

Percent of the Daily Values (DV) achieved:

