

Nutritional Analysis for **GOLDEN GOURMET**



**5079 Cheese Ravioli w/Tomato Cream Sauce, Cauliflower, Broccoli**

**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 Ravioli	3.9 oz	109.2	206	12	21	7.81	3.46	114	0.77	50.9	0.11	0.1	0.71	69.7	25.1	1.76	314	192
Tomato Cream Sauce	3.1 oz	86.8	76.5	1.56	12.1	2.36	0.61	1.8	2.28	20.2	1.76	0.15	0	19.3	18.5	0.47	26.4	278
Cheese Mozzarella	0.25oz	7	18	1.72	0.2	1.12	0.72	4.5	0	9	0	0.01	0.06	55.4	1.63	0.2	43.9	5.95
Cauliflower	2 oz	56	13.6	1.14	2.65	0.15	0.02	0	1.3	1.13	27.7	0.07	0	12.5	6.8	0.09	13.6	109
Broccoli Spears	2 oz	56	16.4	1.74	3.03	0.19	0.03	0	1.7	77.7	38.7	0.09	0	23.2	9.07	0.19	9.64	142
Whole Wheat Bread	1 sl	25	76.5	4.06	12.8	1.02	0.23	0	3.12	0	0	0.06	0	32.5	24.8	0.54	146	81.5
Nutri Grain Bar	1 bar	37	139	2	26	3	0.45	0.4	1.33	224	2.88	0.52	0.11	200.2	17	0.33	105	92.5
Juice Orange	1/2 cup	124.5	54.8	0.99	12.5	0.33	0.04	0	0	8.71	53.2	0.07	0	12.4	13.7	0.05	1.25	237
Milk Skim	1 cup	245	83.3	8.25	12.2	0.2	0.13	4.9	0	149	0	0.09	1.22	298.9	27	1.02	103	382
<b>LUNCH MEAL TOTALS</b>			<b>684</b>	<b>33.5</b>	<b>102</b>	<b>16.2</b>	<b>5.69</b>	<b>125</b>	<b>10.5</b>	<b>541</b>	<b>124</b>	<b>1.16</b>	<b>2.1</b>	<b>724.1</b>	<b>144</b>	<b>4.65</b>	<b>762</b>	<b>1520</b>
<b>Goals: 33% DRI</b>			<b>6-800</b>	<b>23</b>		<b>&lt;25</b>			<b>≥8</b>	<b>≥300</b>	<b>≥30</b>	<b>≥.6</b>	<b>≥.8</b>	<b>≥400</b>	<b>≥140</b>	<b>≥3.75</b>	<b>≤800</b>	<b>≥1500</b>

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.

**FoodWorks - Nutrient Totals with Comparison to Daily Values (DV)****Mode: Single day (Day 1)**

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	683.9	2000	34%
Protein	g	33.4	50	67%
Carbohydrate	g	102.5	300	34%
Dietary Fiber	g	10.5	25	42%
Total Fat	g	16.2	65	25%
Saturated Fat	g	5.705	20	29%
Cholesterol	mg	125.4	300	42%
Calcium	mg	724.2	1000	72%
Magnesium	mg	143.5	400	36%
Phosphorus	mg	646.5	1000	65%
Potassium	mg	1519	3500	43%
Sodium	mg	762.1	2400	32%
Zinc	mg	4.667	15	31%
Vitamin A (RAE)	mcg	540.5		
Vitamin C	mg	124.3	60	207%
Vitamin D	mcg	3.257	10	33%
Vitamin E (a-toc)	mg	3.753	22	17%
Folate	mcg	254	400	63%
Vitamin B6	mg	1.168	2	58%
Vitamin B12	mcg	2.102	6	35%

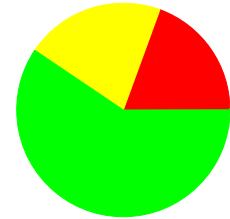
Total weight: 750.44g (26.47 oz)

**IMPORTANT TOTALS:**

Est. KCal need: 2000 (8380 Kilojoules)  
 Calories: 684 (2865 Kilojoules)  
 Sodium: 762.09 mg Energy deficit:  
 Fiber: 10.52 g -1316 Kcal  
 Cholesterol: 125.45 mg -5515 Kj

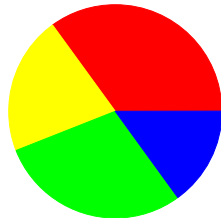
**DISTRIBUTION OF CALORIES**

		g/kg of body wt
<span style="color: red;">■</span>	Protein: 19.4 %	0.45
<span style="color: yellow;">■</span>	Fat: 21.2 %	0.22
<span style="color: green;">■</span>	Carbo: 59.4 %	1.37
<span style="color: blue;">■</span>	Alcohol: 0 %	0.00



**FAT BREAKDOWN:** grams %fat %Kcal

<span style="color: red;">■</span>	Total Fat:	16.2 g		
<span style="color: red;">■</span>	Saturated fat:	5.7 g	35 %	8 %
<span style="color: yellow;">■</span>	Polyunsaturated fat:	3.4 g	21 %	4 %
<span style="color: green;">■</span>	Monounsaturated fat:	4.7 g	29 %	6 %
<span style="color: blue;">■</span>	Other / unspecified:	2.4 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):** 6.8

**RATIOS:**

Potassium to Sodium: 1.99 to 1  
 Calcium to Phosphorus: 1.12 to 1

**Percent of the Daily Values (DV) achieved:**

