


Nutritional Analysis for GOLDEN GOURMET																	

5098 Homestyle Lasagna, Green Beans, and Garbanzo Bean Blend

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
Beef, Ground, Lean	1.5oz	42	94.8	14.1	0	3.84	1.34	40.4	0	0	0	0.2	0.83	2.97	9.35	1.18	18.3	115.2
Marinara Sauce	3.8 oz	106.4	93.7	1.91	14.8	2.89	0.75	2.15	2.8	24.8	2.15	0.18	0	23.7	22.6	0.58	32.3	340.4
Noodles	1.5 oz	42	54.9	2.99	6.79	1.8	1.08	6.37	0.98	18.3	1.7	0.04	0.03	58.3	14.5	0.42	190.1	71.9
Cheese, Mozzarella	0.3 oz	8.4	21.6	2.06	0.23	1.35	0.86	5.44	0	10.8	0	0.01	0.07	66.5	1.95	0.23	52.6	7.14
Chick Pea Blend	1 oz	28	103.2	5.47	17.2	1.71	0.17	0	4.93	0.85	1.13	0.15	0	29.8	32.6	0.97	6.8	248.1
Spinach	1.2 oz	33.6	9.86	1.23	1.43	0.19	0.01	0	0.98	199.4	3.7	0.05	0	43.9	25.5	0.19	25.2	117.7
Green Beans	2.2 oz	61.6	24.3	1.11	4.7	0.13	0.03	0	2.24	16.8	8.05	0.03	0	26.2	13.7	0.16	1.87	116
Margarine	0.16 oz	4.48	33.8	0.04	0.04	3.78	0.66	0	0	38.5	0.01	0	0	1.41	0.14	0	44.3	1.97
Bread, Wheat	1 oz	25	76.5	4.07	12.8	1.02	0.23	0	3.12	0	0	0.06	0	32.5	24.8	0.54	145.8	81.5
Cookies Animal	0.74 oz	20.72	93.6	1.3	15.8	2.82	1.11	3.36	0	2.1	0.26	0.01	0.02	3.57	3.36	0.09	85.6	17.6
Juice, Orange	4 oz	112	54.8	0.1	12.5	0.34	0.04	0	0	8.72	53.2	0.07	0	12.4	13.7	0.05	1.25	236.6
Milk, Skim	8 oz	245	83.3	8.26	12.2	0.2	0.13	4.9	0	149.4	0	0.09	1.22	298.9	27	1.03	102	382.2
Net Weight	25.4 oz																	
LUNCH/DINNER MEAL TOTALS			744.4	42.6	98.5	20.1	6.42	62.62	15.1	469.7	70.2	0.89	2.17	600.2	189.2	5.44	707	1736
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: Average of days (1-1)

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	744.3	2000	37%
Protein	g	43.5	50	87%
Carbohydrate	g	98.5	300	33%
Dietary Fiber	g	15.1	25	60%
Total Fat	g	20.1	65	31%
Saturated Fat	g	6.425	20	32%
Cholesterol	mg	62.6	300	21%
Calcium	mg	600.1	1000	60%
Magnesium	mg	189.1	400	47%
Phosphorus	mg	720.8	1000	72%
Potassium	mg	1736	3500	50%
Sodium	mg	707	2400	29%
Zinc	mg	5.464	15	36%
Vitamin A (RAE)	mcg	469.7		
Vitamin C	mg	70.2	60	117%
Vitamin D	mcg	2.966	10	30%
Vitamin E (a-toc)	mg	5.364	22	24%
Folate	mcg	326.7	400	82%
Vitamin B6	mg	0.891	2	45%
Vitamin B12	mcg	2.177	6	36%

Total weight: 746.2g (26.32 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 744 (3119 Kilojoules)
 Sodium: 707 mg Energy deficit:
 Fiber: 15.07 g -1256 Kcal
 Cholesterol: 62.63 mg -5261 Kj

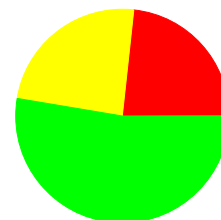
FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	20.1 g		
Saturated fat:	6.4 g	32 %	8 %
Polyunsaturated fat:	4.2 g	21 %	5 %
Monounsaturated fat:	7.1 g	35 %	9 %
Other / unspecified:	2.4 g	12 %	3 %



DISTRIBUTION OF CALORIES

	%	g/kg of body wt
Protein:	23.2 %	0.58
Fat:	24.1 %	0.27
Carbo:	52.6 %	1.31
Alcohol:	0 %	0.00



Energy per 100g of food: 100 Kcal
418 Kilojoules

MOST SIGNIFICANT SOURCES OF:

Sodium: Lasagna, meatless, spinach noodles
 Cholest: Beef Bottom Round, Choice, lean (0"trim) braised
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 6.6

RATIOS:

Potassium to Sodium: 2.46 to 1
 Calcium to Phosphorus: 1 to 1.2

Percent of the Daily Values (DV) achieved:

