

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

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	330.3	2000	17%
Protein	g	16.6	50	33%
Carbohydrate	g	41.5	300	14%
Dietary Fiber	g	7.343	25	29%
Total Fat	g	11.2	65	17%
Saturated Fat	g	4.541	20	23%
Cholesterol	mg	106.4	300	35%
Calcium	mg	174	1000	17%
Magnesium	mg	57.6	400	14%
Phosphorus	mg	243.4	1000	24%
Potassium	mg	781.2	3500	22%
Sodium	mg	373.2	2400	16%
Zinc	mg	2.648	15	18%
Vitamin A (RAE)	mcg	553.8		
Vitamin C	mg	49.2	60	82%
Vitamin D	mcg	0.021	10	0%
Vitamin E (a-toc)	mg	3.511	22	16%
Folate	mcg	129	400	32%
Vitamin B6	mg	0.443	2	22%
Vitamin B12	mcg	0.679	6	11%

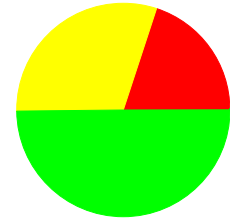
Total weight: 318.94g (11.25 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 330 (1384 Kilojoules)
 Sodium: 373.21 mg Energy deficit:
 Fiber: 7.34 g -1670 Kcal
 Cholesterol: 106.43 mg -6996 Kj

DISTRIBUTION OF CALORIES

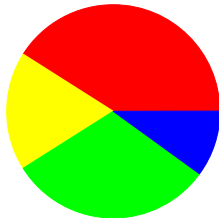
		g/kg of body wt
■ Protein:	19.9 %	0.22
■ Fat:	30.3 %	0.15
■ Carbo:	49.8 %	0.55
■ Alcohol:	0 %	0.00



Energy per 100g of food: 104 Kcal
434 Kilojoules

FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	11.2 g		
■ Saturated fat:	4.5 g	41 %	12 %
■ Polyunsaturated fat:	2 g	18 %	5 %
■ Monounsaturated fat:	3.5 g	31 %	9 %
■ Other / unspecified:	1.2 g	10 %	3 %



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): 2.8

RATIOS:

Potassium to Sodium: 2.09 to 1
 Calcium to Phosphorus: 1 to 1.4

Percent of the Daily Values (DV) achieved:

