

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

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	330.2	2000	17%
Protein	g	18.1	50	36%
Carbohydrate	g	39	300	13%
Dietary Fiber	g	6.064	25	24%
Total Fat	g	11.7	65	18%
Saturated Fat	g	4.851	20	24%
Cholesterol	mg	120.2	300	40%
Calcium	mg	180.1	1000	18%
Magnesium	mg	61.1	400	15%
Phosphorus	mg	254.9	1000	25%
Potassium	mg	726.7	3500	21%
Sodium	mg	407.5	2400	17%
Zinc	mg	2.717	15	18%
Vitamin A (RAE)	mcg	158.9		
Vitamin C	mg	68.3	60	114%
Vitamin D	mcg	0.021	10	0%
Vitamin E (a-toc)	mg	3.245	22	15%
Folate	mcg	152.7	400	38%
Vitamin B6	mg	0.433	2	22%
Vitamin B12	mcg	0.766	6	13%

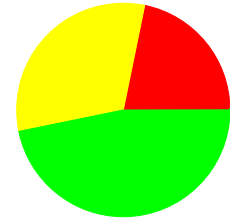
Total weight: 318.94g (11.25 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 330 (1383 Kilojoules)
 Sodium: 407.49 mg Energy deficit:
 Fiber: 6.06 g -1670 Kcal
 Cholesterol: 120.18 mg -6997 Kj

DISTRIBUTION OF CALORIES

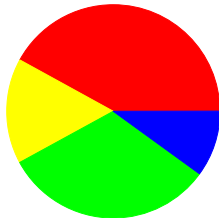
		g/kg of body wt
■	Protein: 21.8 %	0.24
■	Fat: 31.5 %	0.16
■	Carbo: 46.8 %	0.52
■	Alcohol: 0 %	0.00



Energy per 100g of food: 104 Kcal
434 Kilojoules

FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	11.7 g		
■ Saturated fat:	4.9 g	42 %	13 %
■ Polyunsaturated fat:	1.8 g	16 %	5 %
■ Monounsaturated fat:	3.7 g	32 %	10 %
■ Other / unspecified:	1.3 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): 2.6

RATIOS:

Potassium to Sodium: 1.78 to 1
 Calcium to Phosphorus: 1 to 1.41

Percent of the Daily Values (DV) achieved:

