Nutritional Analysis for **GOLDEN GOURMET**

5098 Cheese Lasagna w/Marinara Sauce, Yellow Squash and Italian Green Beans

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
Ingredients	**Size**	**gm**	**kcal**	**Pro**	**CHO**	**T. Fat**	**SFA**	**Chol**	**Fiber**	**Vit.A**	**Vit.C**	**Vit.B6**	**Vit.B12**	**Ca**	**Mag**	**Zn**	**Na**	**K**	**PO4**	**Fe/Iron**	**Vit. D**	**Total Sugars**	**Added Sugars**
Lasagna Sandwich	2.9	82.0	150.0	8.0	28.0	1.5	0.5	5.0	4.0	107.0	14.0	0.1	0.5	166.0	17.2	0.7	300.0	278.0	114.8	3.0	0.0	2.0	NA
Mozarella Cheese	0.3	8.52	21.8	2.2	0.2	1.4	0.8	5.5	0.0	7.4	0.0	0.0	0.1	80.4	2.9	0.2	53.0	7.2	30.1	0.0	1.1	0.1	NA
Yellow Squash	2.35	66.62	13.42	0.67	3.45	0	0	0	0.67	36.4	7.09	0.0959	0	16.49	16	0.192	3.45	175	25.23	0.0959	0	0	NA
Italian Green Beans	2.5	71.23	27.83	1.38	5.75	0	0	0	2.12	71.2	14.06	0.122	0.25	34.245	50.9	0.25	2.123	109.1	0.5	0.25	0	1.377	NA
Marinara Sauce	3.5	99	61.32	1.82	10.5	1.26	0	0	1.75	78.8	7.87	0.14	0	21	20.88	0.56	117.6	551.3	24.78	0.84	0	7	AD
Total:	**11.55**	**327.4**	**274.4**	**14.0**	**47.9**	**4.2**	**1.3**	**10.5**	**8.5**	**300.9**	**43.0**	**0.4**	**0.8**	**318.1**	**107.9**	**2.0**	**476.2**	**1120.5**	**195.4**	**4.2**	**1.1**	**10.5**	**0.0**
1/3 RDI's:			600-750	20-25		23		>8		>334	30	0.57	0.79	400	140	3.1	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,

AD- Sugar Added as an ingredient, and NA- Sugar not added an an ingredient.

100

Calcium- 26.5%	Calcium- 25%
Vitamin D- 4.4%	Vitamin D- 5%
Iron- 23.3%	Iron/Fe- 25%
Magnesium- 25.69%	Magnesium- 25%
Zinc- 18%	Zinc- 20%
Vitamin A- 33.4%	Vitamin A- 35%
Vtamin C- 47.77%	Vitamin C- 45%
Protein- 14 grams	Protein- 14 grams
Calories from Fat- 37.8	Calories from Fat- 38 Calories
Potassium- 24.9%	Potassium- 25%