

# Nutritional Analysis for **GOLDEN GOURMET**



## 5062 Swedish Style Meatballs over Noodles, Broccoli & Black Bean Blend

																			<b>Vitamins</b>							
	<b>Amount</b>			<b>Gm.</b>	<b>Gm.</b>	<b>Gm.</b>	<b>Gm.</b>	<b>mg.</b>	<b>Gm.</b>	<b>IU</b>	<b>mg.</b>	<b>mg.</b>	<b>mcg.</b>	<b>mg.</b>	<b>mg.</b>	<b>mg.</b>	<b>mg.</b>	<b>mg.</b>	<b>mg.</b>							
<b>Ingredients</b>	<b>Size</b>	<b>gm</b>	<b>kcal</b>	<b>Pro</b>	<b>CHO</b>	<b>T. Fat</b>	<b>SFA</b>	<b>Chol</b>	<b>Fiber</b>	<b>Vit.A</b>	<b>Vit.C</b>	<b>Vit.B6</b>	<b>Vit.B12</b>	<b>Ca</b>	<b>Mag</b>	<b>Zn</b>	<b>Na</b>	<b>K</b>								
Swedish Meat Balls	3.08oz.	86.2	194.7	28.9	0	7.89	2.8	83	0	0	0	0.4	1.7	6.11	19.2	5.06	37.5	236.6								
Sauce w/No Salt	3.09 oz	86.5	76.2	1.56	12.1	2.36	0.6	1.75	2.3	20.1	1.75	0.15	0	19.3	18.4	0.47	26.3	276.8								
Egg Noodles, No Salt	2.33 oz.	65.2	103.7	3.81	20.3	0.61	0.1	0	1.9	0	0	0.03	0	4.62	11.9	0.33	23.7	29.1								
Beans Black Cuban	2 oz.	56	64.1	3.38	10.5	0.1	0.2	0.57	2.4	1.13	3	0.05	0	23.2	22.7	0.52	235	186.5								
Tomatoes, stewed	0.5oz.	14	3.69	0.13	0.88	0.03	0	0	0.1	1.27	1.56	0	0	4.82	1.7	0.02	31.3	29.3								
Onions, frozen	0.25oz.	7	2.27	0.06	0.54	0	0	0	0.1	0	0.34	0.01	0	1.42	0.64	0.01	0.57	8.43								
Broccoli, frozen	1.7 oz.	47.6	14	1.48	2.58	0.16	0	0	1.5	66	32.9	0.08	0	19.8	7.71	0.16	8.19	120.5								
Bread Whole Wheat	1 sl	25	76.5	4.06	12.8	1.01	0.2	0	3.1	0	0	0.06	0	32.5	24.8	0.54	146	81.5								
Moon Pie	1 oz.	28	119.4	1.13	19.2	4.79	1.3	0	0.6	0.29	0.03	0.02	0.05	13	10.2	0.19	47.6	51.6								
Juice Apple	4 oz.	112	53.3	0.07	13.2	0.13	0	0	0.1	0	12.6	0.03	0	7.94	3.4	0.03	3.4	134.9								
Milk Skim	1 cup	245	83.3	8.26	12.2	0.19	0.1	4.9	0	149	0	0.09	1.23	299	27	1.03	103	382								
<b>LUNCH MEAL TOTALS</b>			<b>791.2</b>	<b>52.8</b>	<b>104</b>	<b>17.3</b>	<b>5.4</b>	<b>90.2</b>	<b>12</b>	<b>238</b>	<b>52.2</b>	<b>0.92</b>	<b>2.98</b>	<b>432</b>	<b>148</b>	<b>8.36</b>	<b>662</b>	<b>1301</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>&lt;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, NA- Sodium.																										

**FoodWorks - Nutrient Totals with Comparison to Daily Values (DV)**

**Mode: Single day (Day 1)**

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	791.1	2000	40%
Protein	g	52.8	50	106%
Carbohydrate	g	104.2	300	35%
Dietary Fiber	g	11.4	25	45%
Total Fat	g	18.1	65	28%
Saturated Fat	g	5.432	20	27%
Cholesterol	mg	90.2	300	30%
Calcium	mg	431.6	1000	43%
Magnesium	mg	147.5	400	37%
Phosphorus	mg	695.8	1000	70%
Potassium	mg	1538	3500	44%
Sodium	mg	662	2400	28%
Zinc	mg	5.744	15	38%
Vitamin A (RAE)	mcg	238.3		
Vitamin C	mg	52.2	60	87%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	3.651	22	17%
Folate	mcg	187.5	400	47%
Vitamin B6	mg	0.933	2	47%
Vitamin B12	mcg	2.976	6	50%

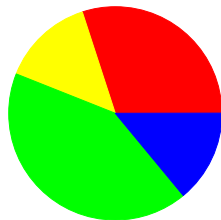
Total weight: 778.88g (27.47 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)  
 Calories: 791 (3315 Kilojoules)  
 Sodium: 662.05 mg Energy deficit:  
 Fiber: 11.36 g -1209 Kcal  
 Cholesterol: 90.17 mg -5065 Kj

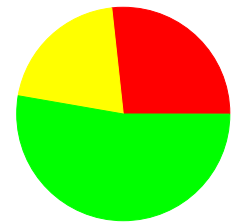
FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	18.1 g		
Saturated fat:	5.4 g	30 %	6 %
Polyunsaturated fat:	2.6 g	14 %	3 %
Monounsaturated fat:	7.6 g	42 %	9 %
Other / unspecified:	2.5 g	14 %	3 %



DISTRIBUTION OF CALORIES

	%	g/kg of body wt
Protein:	26.7 %	0.70
Fat:	20.6 %	0.24
Carbo:	52.7 %	1.39
Alcohol:	0 %	0.00



Energy per 100g of food: 102 Kcal  
426 Kilojoules

MOST SIGNIFICANT SOURCES OF:

Sodium: Black beans, Cuban style (Habichuelas negras gu...  
 Cholest: Beef Bottom Round, Choice, lean (0"trim) braised  
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 6.9

RATIOS:

Potassium to Sodium: 2.32 to 1  
 Calcium to Phosphorus: 1 to 1.61

Percent of the Daily Values (DV) achieved:

