Nutritional Analysis for **GOLDEN GOURMET**

5043 Spaghetti and Meatballs, Marinara Sauce, Broccoli & Black Bean Blend

						Gm.				**Vitamins**												
	Amount			**Gm.**	**Gm.**	**Gm.**	**Gm.**	**mg.**	**Gm.**	**IU**	**mg.**	**mg.**	**mcg.**	**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**	**Fe/Iron**	**Vit. D**	**Total Sugars**	**Added Sugars**
Spaghetti Blend	**2.7 oz.**	**76.5**	**113.4**	**3.78**	**22.68**	**0.5**	**0**	**0**	**1.08**	**0**	**0**	**0.06**	**0.069**	**0**	**23.8**	**0.62**	**0**	**33.7**	0.666	0	1.62	NA
Meatballs	3 oz.	85.05	225	14.5	4.995	20	7.95	50	1.01	18	3.6	0.37	2.96	48	21.3	7.37	260	317	0.645	0	1.995	NA
Broccoli	**2 oz.**	**56.7**	**14.86**	**1.71**	**2.86**	**0**	**0**	**0**	**1.71**	**108**	**48.3**	**0.13**	**0.153**	**41**	**11.3**	**0.27**	**13.7**	**142**	0.476	0	1	NA
Marinara Sauce	3.55 oz.	100.6	62	1.775	10.65	1.1	0	0	1.78	79.9	7.99	0.17	0	21.3	21.1	0.54	120	559	0.8875	0	7.1	AD
Black Bean Blend	**2.5 oz.**	**70.88**	**59**	**3.975**	**10.285**	**0.2**	**0**	**0**	**4.1**	**4**	**5.15**	**0.15**	**0**	**12.3**	**75.2**	**1.58**	**1.06**	**671**	0.7417	0	0	NA
Totals:	**13.75**	**390**																				
LUNCH/DINNER MEAL TOTALS			**474.3**	**25.74**	**51.47**	22	**7.95**	**50**	**9.67**	**210**	**65.1**	**0.88**	**3.182**	**123**	**153**	**10.4**	**394**	**1722**	3.4162	0	11.715	2.66
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- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.																						
						1																
						2.8																
						20																