

Nutritional Analysis for GOLDEN GOURMET



5048 Meatloaf w/Mashed Potatoes & a Tangy Tomato Sauce, Brussel Sprouts & Corn

Vitamins

Ingredients	Amount		kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	VB6	B12	Ca	Mag	Zn	Na	K
	Size	gm																
Meat Loaf Patty	3 oz.	84	189.7	28	0	7.68	2.68	80.8	0	0	0	0.39	1.7	6	18.7	2.4	36.6	231
Tomato Sauce, LS	1.4 oz	39	34.5	0.71	5.46	1.07	0.28	0.79	1.03	9.12	0.79	0.06	0	8.7	8.33	0.2	11.9	125
Corn Whole Kernel	2 oz.	56	74.3	2.05	14.7	0.81	0.03	0	1.47	6.8	0.9	0.07	0	2.8	14.2	0.3	2.27	157
Mashed Potatoes	2.7 oz.	76	96.4	3.83	20.7	2.3	0.77	35.2	2.3	7.66	41.3	0.31	0.2	61	0	0.3	16.4	541
Brussel Sprouts, frozen	2.2 oz.	62	34.9	2.2	5.02	1.35	0.27	0	2.5	43	27.5	0.24	0.2	16	10.6	0.1	168	175
LUNCH MEAL TOTALS			429.8	36.8	45.9	13.2	4.03	117	7.3	66.6	70.5	1.07	2	94	51.8	3.3	235	1229

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	429.8	2000	21%
Protein	g	36.9	50	74%
Carbohydrate	g	45.8	300	15%
Dietary Fiber	g	7.297	25	29%
Total Fat	g	13.2	65	20%
Saturated Fat	g	4.083	20	20%
Cholesterol	mg	116.8	300	39%
Calcium	mg	94.2	1000	9%
Magnesium	mg	51.8	400	13%
Phosphorus	mg	279.6	1000	28%
Potassium	mg	1229	3500	35%
Sodium	mg	234.9	2400	10%
Zinc	mg	3.308	15	22%
Vitamin A (RAE)	mcg	66.6		
Vitamin C	mg	70.5	60	118%
Vitamin D	mcg	0	10	0%
Vitamin E (a-toc)	mg	2.091	22	10%
Folate	mcg	139	400	35%
Vitamin B6	mg	1.08	2	54%
Vitamin B12	mcg	2.011	6	34%

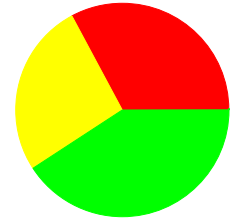
Total weight: 320.36g (11.3 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 430 (1801 Kilojoules)
 Sodium: 234.9 mg Energy deficit:
 Fiber: 7.3 g -1570 Kcal
 Cholesterol: 116.8 mg -6579 Kj

DISTRIBUTION OF CALORIES

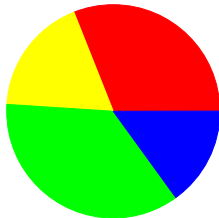
		g/kg of body wt
■	Protein: 32.8 %	0.49
■	Fat: 26.4 %	0.18
■	Carbo: 40.8 %	0.61
■	Alcohol: 0 %	0.00



Energy per 100g of food: 134 Kcal
562 Kilojoules

FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	13.2 g		
■ Saturated fat:	4.1 g	31 %	9 %
■ Polyunsaturated fat:	2.4 g	18 %	5 %
■ Monounsaturated fat:	4.8 g	36 %	10 %
■ Other / unspecified:	1.9 g	15 %	4 %



MOST SIGNIFICANT SOURCES OF:

Sodium: Brussels sprouts, cooked, from frozen, fat added in...
 Cholest: Beef Bottom Round, Choice, lean (0"trim) braised
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 3.1

RATIOS:

Potassium to Sodium: 5.23 to 1
 Calcium to Phosphorus: 1 to 2.97

Percent of the Daily Values (DV) achieved:

