



# Beef Noodle Casserole

## Nutrient Analysis

Source: Axxya Systems

Yield: 4 (2.000 cup(s))

No. Ingredients: 7

Category: Combination Food, Dish, Meat

Manufacturer: (None)

Nutrient Goal Template:

KDH Dinner Goal

Nutrient	Value	Unit	Goal	%
Weight	353.546	g		
Kilocalories	515.455	kcal	660.000	78 %
Protein	29.733	g	15.000	198 %
Carbohydrate	50.007	g	100.000	50 %
Fat, Total	21.364	g	33.000	65 %
Alcohol	0.000	g		
Cholesterol	101.167	mg	100.000	101 %
Saturated Fat	7.642	g	8.000	96 %
Monounsaturated Fat	8.906	g	10.000	89 %
Polyunsaturated Fat	1.934	g	3.000	64 %
MFA 18:1, Oleic	7.822	g	1.000	782 %
PFA 18:2, Linoleic	1.613	g	1.000	161 %
PFA 18:3, Linolenic	0.201	g	1.000	20 %
PFA 20:5, EPA	0.033	g	1.000	3 %
PFA 22:6, DHA	0.000	g	1.000	0 %
Trans Fatty Acid	0.000	g	5.000	0 %
Sodium	735.603	mg	2400.000	31 %
Potassium	592.417	mg	3500.000	17 %
Vitamin A (RE)	47.180	RE		
Vitamin A (IU)	438.970	IU	5000.000	9 %
Vitamin A (RAE)				
Beta-Carotene	179.188	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	68.625	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	8326.499	µg		
Vitamin C	41.514	mg	30.000	138 %
Calcium	91.077	mg	350.000	26 %
Iron	5.891	mg	7.000	84 %
Vitamin D (ug)	0.000	µg	3.200	0 %
Vitamin D (IU)	0.000	IU	150.000	0 %
Vitamin E (mg)	1.953	mg	16.000	12 %
Vitamin E (IU)	2.909	IU	10.000	29 %
Alpha-Tocopherol	0.062	mg		
Thiamin	0.489	mg	0.300	163 %
Riboflavin	0.530	mg	0.300	177 %
Niacin	8.727	mg	6.000	145 %
Pyridoxine (Vitamin B6)	0.291	mg	1.000	29 %
Folate (Total)	90.411	µg	175.000	52 %
Folate (DFE)	164.574	µg		
Cobalamin (Vitamin B12)	1.862	µg	2.000	93 %
Biotin	0.223	µg	100.000	0 %
Pantothenic Acid	0.820	mg	4.000	21 %
Vitamin K	0.967	µg	2.500	39 %

Nutrient	Value	Unit	Goal	%
Phosphorus	274.407	mg	333.000	82 %
Iodine		µg	50.000	
Magnesium	55.867	mg	120.000	47 %
Zinc	5.648	mg	5.000	113 %
Copper	0.366	mg	1.000	37 %
Manganese	0.612	mg	1.000	61 %
Selenium	41.835	µg	22.000	190 %
Fluoride	12.000	µg		
Chromium	0.004	mg	0.120	3 %
Molybdenum	3.793	µg	55.000	7 %
Dietary Fiber, Total	2.036	g	8.000	25 %
Soluble Fiber	0.020	g		
Insoluble Fiber	0.320	g		
Crude Fiber	0.770	g		
Sugar, Total	2.432	g		
Glucose	0.367	g		
Galactose	0.000	g		
Fructose	0.407	g		
Sucrose	0.367	g		
Lactose	0.000	g		
Maltose	0.265	g		
Sugar Alcohol		g		
Other Carbohydrate		g		
Tryptophan	365.504	mg		
Threonine	1137.399	mg		
Isoleucine	1247.442	mg		
Leucine	2265.192	mg		
Lysine	2003.533	mg		
Methionine	632.424	mg		
Cystine	382.610	mg		
Phenylalanine	1203.530	mg		
Tyrosine	879.113	mg		
Valine	1416.238	mg		
Arginine	1789.483	mg		
Histidine	850.089	mg		
Alanine	1670.348	mg		
Aspartic Acid	2411.561	mg		
Glutamic Acid	6070.623	mg		
Glycine	1866.054	mg		
Proline	1885.979	mg		
Serine	1238.303	mg		
Moisture	223.262	g		
Ash	4.176	g		
Caffeine	0.000	mg		

Analyzed by: Beef Noodle Casserole  
Amount: Single Serving

## Percentage of Kcals

Protein	23.3%
Carbohydrate	39.1%
Fat, total	37.6%
Alcohol	0.0%

## Exchanges

Bread/Starch	3.50
Fat	2.50
Meat-Lean	3.00