	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y
1	Nutritional Analysis for **GOLDEN GOURMET**																								7.31.19
2																									
3																									
4																									
5																									
6																									
7																									
8																									
9	5 Day Frozen Meal Packs - 3 Week 3 - Code 3																								
10												**Vitamins**													
11			Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
12	**Code**	**Meal**	**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**
13	6024	Cheddar Cheese Omelet	24.55	700.00	728.20	33.6	99.3	24.2	8.2	260.3	9.1	600.0	69.0	0.98	3.2	717.4	181.8	5.25	963.1	1546.2	651.3	5.4	18.3	44.66	AD
14	5086	Chicken A La King	23.1	664.9	691.6	39.8	83.8	26.6	9.1	54.9	8.1	913.6	121.5	1.6	1.7	684.2	125.7	5.6	689.3	1240.0	627.8	4.6	6.7	28.1	AD
15	5099	Southern Style Fish	22.8	648.7	716.4	30.6	93.7	25.6	8.7	50.0	8.1	1517.5	103.5	0.8	3.0	441.4	139.4	4.4	841.7	1369.9	643.6	3.2	6.3	29.3	AD
16	5072	Beef Stew	23.4	666.3	638.1	34.1	74.6	25.6	9.5	50.1	11.1	2383.7	58.3	1.1	3.9	500.0	184.5	7.6	1174.2	1435.1	631.3	5.7	8.3	30.2	AD
17	5093	Santa Fe Chicken	26.9	770.7	686.8	37.3	86.1	23.9	8.9	47.6	9.4	2137.1	95.8	1.0	1.5	645.6	154.3	5.5	1022.9	1437.6	610.5	2.6	10.1	29.1	AD
18		**Total:**	**120.7**	**3450.6**	**3461.1**	**175**	**437.5**	**126**	**44.4**	**462.9**	**45.8**	**7551.75**	**448.1**	**5.51**	**13.3**	**2988.6**	**785.7**	**28.3**	**4691.2**	**7028.8**	**3164**	**21.41**	**49.7**	**161.32**	**AD**
19			**24.14**	**690.12**	**692.22**	**35.1**	**87.5**	**25.2**	**8.89**	**92.57**	**9.16**	**1510.35**	**89.62**	**1.102**	**2.66**	**597.72**	**157.1**	**5.66**	**938.23**	**1405.8**	**632.9**	**4.282**	**9.95**	**32.264**	**AD**
20		Goals: 33% DRI			600-750	>23		23-27			≥8	≥1000	≥30	≥.6	≥.8	≥400	≥110	≥3.1	≤1200						
21		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,																							
22		NA- Sodium, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.																							

Nutritional Analysis for **GOLDEN GOURMET**

7.30.19

GOLDEN GOURMET

6024 Cheddar Cheese Omelet, Turkey Sausage, Seasoned Potatoes, Cinnamon Applesauce

										Vitamins													
	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**
Egg Omelet	3.00	85.0	100.0	8.0	3.0	5.0	2.0	215.0	0.0	309.7	0.0	0.03	0.7	65.4	11.7	1.4	260.0	150.6	152.5	1.0	6.3	2.0	NA
Cheese, Mild Cheddar	0.25	7	22.9	1.5	0	1.916	1.08	5.25	0	11.25	0	0	0.0933	50	2.16	0.25	37.5	15.9	19.4	0	0	0	NA
Seasoned Diced Potatoes	3.0	85.0	110.0	2.0	19.0	4.0	0.5	0.0	2.0	0.0	9.0	0.2	0.0	0.0	28.7	0.3	15.0	459.6	67.0	0.2	0.0	0.0	NA
Cinnamon Applesauce	2.50	71.0	33.3	0.0	8.3	0.0	0.0	0.0	1.1	0.0	2.0	0.0	0.0	0.0	2.1	0.0	5.6	52.4	8.5	0.4	0.0	6.7	NA
Turkey Sausage	1.50	42.0	90.0	7.0	1.0	7.0	1.5	40.0	0.0	0.0	0.0	0.2	0.8	50.0	16.0	0.0	220.0	90.0	6.5	1.1	0.0	0.0	AD
Milk, 2%	8.0	227.0	122.0	8.1	13.0	4.8	3.1	0.0	0.0	90.0	4.0	0.1	1.2	360.0	27.0	1.0	100.0	382.2	229.4	0.0	6.3	12.0	NA
Whole Wheat Bread	1	30	70	3	13	1	0	0	2	0	0	0.1	0	48	24.8	0.5	150	81.5	75.8	0.3	0	2	AD
Raisin Bran	1.3	35	120	3	28	0.5	0	0	4	54	0	0.26	0.4	24	55.6	1.7	170	124	72.3	2.4	2	12	AD
Juice Orange	4.0	118.0	60.0	1.0	14.0	0.0	0.0	0.0	0.0	135.0	54.0	0.1	0.0	120.0	13.7	0.1	5.0	190.0	19.9	0.0	3.8	10.0	NA
Total:	**24.55**	**700.00**	**728.20**	**33.60**	**99.33**	**24.22**	**8.22**	**260.25**	**9.11**	**599.95**	**69.00**	**0.98**	**3.21**	**717.40**	**181.79**	**5.25**	**963.05**	**1546.20**	**651.30**	**5.35**	**18.30**	**44.66**	**0.0**
Goals: 33% DRI			6-750	23		23-27			>8	>300	>30	>.6	>.8	>400	>140	>3.75	<1200				>5		

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.

Nutritional Analysis for **GOLDEN GOURMET**

GOLDEN GOURMET

7/30.19

5086 Chicken Ala King with Rice, Brussel Sprouts & Cauliflower topped w/Cheese

Vitamins

	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**	**B12**	**Ca**	**Mag**	**Zn**	**Na**	**K**	**PO4**	**Fe/Iron**	**Vit. D**	**Total Sugars**	**Added Sugars**
Diced Chicken	3.0	84.0	85.7	19.7	1.7	1.7	0.0	47.0	0.0	0.0	1.5	0.5	0.3	0.0	24.7	2.7	85.7	216.0	139.3	0.6	0.1	0.0	NA
Peas & Carrots in Rice	0.5	14.16	14.7	0.335	3.1	0.069	0.004	0.0	0.2	271.9	0.5	0.01	0.0	1.8	1.1	0.07	1.8	7.1	5.9	0.23	0.00	0.154	NA
Rice, Cooked	2.0	57.0	66.0	1.4	14.9	0.2	0.1	0.0	0.2	0.0	0.0	0.03	0.0	11,4	2.8	0.3	0.5	5.1	22.85	0.00	0.0	0.11	AD
A La King Line Blend	1.5	42.53	9.903	0.31	2.033	0.05	0.02	0.1	0.043	0.149	0.536	0.011	0	6.998	1.423	0.05	4.141	9.082	5.685	0.09	0	0.466	AD
Cauliflower	2.3	65.2	16.4	1.31	3.28	0	0	0	1.457	0	30.3	0.145	0	14.45	9.8	0.18	16.4	126.83	28.7	0.66	0	1.31	NA
Cheese, Cheddar	0.25	7.0875	28.6	1.77	0.091	2.349	1.5	7.44	0	71	0	0.005	0.059	51.1	1.985	0.22	44	15.9	36.3	0.048	0.09	0.037	NA
Brussel Sprouts	2.50	70.9	29.3	2.9	5.7	0.0	0.0	0.0	2.9	77.0	63.8	0.21	0.0	25.7	14.2	0.2	7.1	292.0	43.9	0.40	0.0	0.00	NA
Milk, 2%	8.0	227.0	122.0	8.1	13.0	4.8	3.1	0.0	0.0	90.0	4.0	0.1	1.2	360.0	27.0	1.0	100.0	382.2	229.4	0.0	6.3	12.0	NA
Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
Whole Wheat Bread	1	30	60	2	14	0.5	0	0	2	0	18	0.1	0	24	24.8	0.5	135	81.5	75.8	0.72	0	2	AD
Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
Nutri Grain Bar	1.0	37.0	139.0	2.0	26.0	3.0	0.5	0.4	1.3	223.5	2.9	0.5	0.1	200.2	17.0	0.3	104.7	92.5	38.0	1.8	0.3	12.0	AD
Total:	**23.05**	**664.85**	**691.58**	**39.81**	**83.77**	**26.64**	**9.13**	**54.92**	**8.10**	**913.55**	**121.54**	**1.63**	**1.69**	**684.24**	**125.71**	**5.56**	**689.34**	**1240.01**	**627.82**	**4.56**	**6.72**	**28.08**	**0.0**
Goals: 33% DRI			6-750	>23		23-27			≥8	≥300	≥30	≥.6	≥.8	≥400	≥110	≥3.75	<1200						

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.

Nutritional Analysis for **GOLDEN GOURMET**

GOLDEN GOURMET

7.30.2019

5099 Southern Style Fish with Rice Blend, California Blend Veggies, Green Peas

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg	mg.	mcg.	gm.	gm.
Ingredients	**Size (oz.)**	**gm**	**kcal**	**Pro**	**CHO**	**T. Fat**	**SFA**	**Chol**	**Fiber**	**Vit.A**	**Vit.C**	**B6**	**B12**	**Ca**	**Mag**	**Zn**	**Na**	**K**	**PO4**	**Fe/Iron**	**Vit. D**	**Total Sugars**	**Added Sugars**
Fish Patty Trident	4.0	113.4	230.0	14.0	19.0	10.0	1.5	50.0	1.0	18.0	0.0	0.3	1.5	0.0	36.3	1.6	300.0	494.4	206.4	0.32	0.0	1.0	AD
Green Peas	2.2	62.4	48.4	3.19	8.8	0	0	0	3.19	405.9	29.7	0.13	0.22	25.2	16.2	0.55	67.9	95.48	51.2	0.792	0	3.19	NA
California Blend	2.1	59.5	7.87	0.315	1.37	0	0	0	0.95	850.5	47.3	0.11	0	0	7.88	0.21	9.18	133	25	0.67	0	0.84	NA
Rice	2.0	56.7	66	1.4	14.8	0.2	0.06	0	0.2	0	0	0	0	11.4	6.73	0.2	0.46	20.86	7.53	0	0	0.133	NA
Veggie Blend	2.0	56.7	12.1	0.6	2.7	0.085	0.017	0.0	0.8	63.1	4.6	0.05	0.0	20.8	9.9	0.13	39.2	105.0	14.3	0.4	0.0	1.2	NA
Milk, 2%	8.0	227.0	122.0	8.1	13.0	4.8	3.1	0.0	0.0	90.0	4.0	0.1	1.2	360.0	27.0	1.0	100.0	382.2	229.4	0.0	6.3	12.0	NA
Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
Whole Wheat Bread	1	30	60	2	14	0.5	0	0	2	0	18	0.1	0	24	24.8	0.5	135	81.5	75.8	0.72	0	2	AD
Chocolate Moon Pie	1	28	110	1	20	3	2	0	0	0	0	0.02	0.05	0	10.2	0.15	95	51.6	33	0.32	0	9	AD
Total:	**22.80**	**648.7**	**716.4**	**30.6**	**93.7**	**25.6**	**8.7**	**50.0**	**8.1**	**1517.5**	**103.5**	**0.8**	**3.0**	**441.4**	**139.4**	**4.4**	**841.7**	**1369.9**	**643.6**	**3.2**	**6.3**	**29.3**	**0.0**
Goal:			600-750	>23		23-27			≥8	≥300	≥30	≥0.6	≥0.8	≥400	≥110	≥3.75	<1200						

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.

Nutritional Analysis for **GOLDEN GOURMET**

GOLDEN GOURMET

7.30.2019

5072 Beef Stew, Peas, Garbanzo and Spinach Blend

Vitamins

	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 Sugar**	**Added Sugars**
Beef, Shredded	3	85	123	16.9	0	5.38	2.3	50	0	0	0	0.39	2.082	0	18.7	2.38	292	234.7	183.4	0.8	0	0	NA
Veggie Mix	2	56.7	34.6	1.4	7.2	0.2	0.03	0	1.77	1916	6.8	0.06	0	17	15.3	0.24	30.6	165.5	32.3	0.468	0	1.665	NA
Sauce	2	56.7	14.7	0.54	2.87	0.22	0.05	0.2	0.31	0.129	1.4	0.02	0.004	6.989	4.23	0.06	250.8	71.7	8.683	0.224	0	1.011	NA
Squash, Yellow	2.5	70.9	14.3	0.7	3.6	0.0	0.0	0.0	0.7	38.6	7.1	0.2	0.2	17.1	16.3	0.3	3.6	185.7	26.9	0.2	0.0	0.0	NA
Italian Green Beans	2.65	75.0	29.5	1.5	6.0	0.0	0.0	0.0	2.3	105.0	21.0	0.0	0.0	50.9	21.8	1.5	2.3	178.0	0.5	0.9	0.0	1.5	NA
Milk, 2%	8.0	227.0	122.0	8.1	13.0	4.8	3.1	0.0	0.0	90.0	4.0	0.1	1.2	360.0	27.0	1.0	100.0	382.2	229.4	0.0	6.3	12.0	NA
Raisin Bran	1.3	35.0	120.0	3.0	28.0	0.5	0.0	0.0	4.0	54.0	0.0	0.26	0.4	24.0	55.6	1.7	170.0	124.0	72.3	2.4	2.0	12.0	AD
Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
Whole Wheat Bread	1	30	60	2	14	0.5	0	0	2	0	18	0.1	0	24	24.8	0.5	135	81.5	75.8	0.72	0	2	AD
Totals:	**23.40**	**666.3**	**638.1**	**34.1**	**74.6**	**25.6**	**9.5**	**50.1**	**11.1**	**2383.7**	**58.3**	**1.1**	**3.9**	**500.0**	**184.5**	**7.6**	**1174.2**	**1435.1**	**631.3**	**5.7**	**8.3**	**30.2**	**0.0**
Goals: 33% DRI			**6-750**	**>23**		**23-27**			**≥8**	**≥1000**	**≥30**	**≥.6**	**≥.8**	**≥400**	**≥140**	**≥3.75**	**≤1200**						

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.

Nutritional Analysis for Golden Gourmet

GOLDEN GOURMET

7.30.19

5093 Santa Fe Chicken with Rice Blend & White Cheese Sauce, Lima Beans, Carrots

											Vitamins												
	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**
White Rice, cooked	2	57	65.5	1.42	14.7	0.17	0.06	0	0.226	0	0	0.01	0	11.35	6.71	0.174	0.45	2.32	11.3	0	0	0.113333	NA
Veggie Blend	2	57	46.7	2.54	9	0.32	0.06	0	2.329	27.9	7.828	0.066	0	12.7	20.2	0.364	27.3	156.4	16.3	0.25	0	1.016	NA
White Cheese Sauce	1.5	43	42.5	1.84	2.255	2.9	1.59	7.65	0.025	91.3	0.113	0.009	0	57.9	3.722	0.27	28.7	22.8	42.2	0.061	0.03	0.158	NA
Lima Bean Blend	2.3	65.2	69.115	3.8	13.455	0.23	0.05	0	3.04	91.4	7.084	0.099	0	20.24	25.645	0.322	26.45	238.05	54.74	1.1109	0	0.8487	NA
Crinkle Cut Carrots	2.1	59.535	21	0.59	4.704	0	0	0	1.764	1521.45	2.94	0.084	0	39.48	6.972	0.168	39.984	136.5	19.53	0.252	0	2.94	NA
Diced Chicken	3.0	84.0	80.0	16.0	1.0	1.0	0.0	40.0	0.0	0.0	1.8	0.5	0.3	0.0	24.7	2.7	470.0	216.0	139.3	0.2	0.1	0.0	NA
Milk, 2%	8.0	227.0	122.0	8.1	13.0	4.8	3.1	0.0	0.0	90.0	4.0	0.1	1.2	360.0	27.0	1.0	100.0	382.2	229.4	0.0	6.3	12.0	NA
Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
Margarine	0.5	15	60	0	0	7	2	0	0	90	0	0	0	0	0.4	0	95	5.9	1	0	0	0	NA
Whole Wheat Bread	1	30	60	2	14	0.5	0	0	2	0	18	0.1	0	24	24.8	0.5	135	81.5	75.8	0.72	0	2	AD
Juice Orange	4.0	118.0	60.0	1.0	14.0	0.0	0.0	0.0	0.0	135.0	54.0	0.1	0.0	120.0	13.7	0.1	5.0	190.0	19.9	0.0	3.8	10.0	NA
Total:	**26.90**	**770.74**	**686.82**	**37.29**	**86.11**	**23.92**	**8.89**	**47.65**	**9.38**	**2137.05**	**95.77**	**1.04**	**1.52**	**645.67**	**154.27**	**5.56**	**1022.88**	**1437.57**	**610.47**	**2.55**	**10.12**	**29.08**	**0.0**
Goals: 33% DRI			6-750	>23		23-27			≥8	≥300	≥30	≥.6	≥.8	≥400	≥140	≥3.75	<1200						

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.