

	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											<h1 style="color: gold; text-decoration: underline;">GOLDEN GOURMET</h1>											7.31.19													
2																																				
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8																																				
9	5 Day Frozen Meal Packs - 5 Week 5 - Code 5																																			
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	5077	Fiesta Chicken	23.60	670	685.4	35.2	88.40	24.30	9.3	40	8.7	799.7	64.0	1.0	1.8	438.2	158.1	5.70	1114.40	1352.40	548.10	2.20	6.30	26.30	AD											
14	5090	Georgia Brunswick Stew	23.5	667.1	674.8	35.8	88.6	23.4	9.4	36.8	12.5	2433.1	54.7	0.9	2.9	544.0	146.5	7.0	660.6	1512.1	668.8	5.3	6.3	34.4	AD											
15	5048	Meat Loaf with Gravy	25.2	722.0	705.8	31.24	96.0	24.3	10.0	43.9	12.1	1983.6	121.0	1.1	3.5	510.0	133.0	8.8	709.2	1992.0	528.2	3.17	6.4	38.3	AD											
16	5040	Chicken & Potatoes w/Gravy	22.5	638.7	651.0	40.0	77.0	24.1	7.6	52.0	10.5	2075.9	46.4	1.1	1.5	480.0	149.0	5.3	902.5	1536.8	563.2	3.6	6.3	15.8	AD											
17	5068	Turkey Tetrazzini	23.85	696.6	729.6	40.8	95.8	24.2	7.2	53.0	9.8	1698.4	80.9	1.2	1.3	490.9	110.5	3.8	1110.3	1609.9	476.5	4.3	6.3	45.0	AD											
18		Total:	118.54	3394.7	3446.6	151.8	445.75	120.3	43.6	225.8	53.6	8990.7	367	5.196	11.03	2463.1	697.12	30.47	4496.99	8003.2	2784.8	18.637	31.66	159.8026	0											
19		Average of 5 Meals:	23.708	678.93	689.31	30.35	89.15	24.06	8.72	45.17	10.7	1798.14	73.4	1.039	2.206	492.62	139.42	6.094	899.398	1600.64	556.96	3.7275	6.331	31.96052	0											
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										GOLDEN GOURMET										7/30/2019					
5077 Fiesta Chicken over Rice w/Chili Sauce, Black Beans, Corn & Yellow Squash																									
												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		
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		
Rice, Cooked	2	57	65.5	1.4	14.7	19	0.06	0	0.26	0	0	0	0	11.35	6.7	0.19	0.45	20.8	4.7	0	0	0.13	NA		
Chili Sauce	2.0	57.0	21.0	0.7	4.5	0.3	0.05	0.1	0.7	253.2	2.1	0.043	0.001	9.7	6.3	0.1	117.2	111.7	12.6	0.5	0.0	1.5	AD		
Squash, Yellow	2.35	66.6	13.4	0.67	3.36	0.14	0	0	0.67	36.3	6.74	0.1457	0.18612	16.074	15.3	0.254	3.3558	174.6	25.286	0.1598	0	0	NA		
Black Bean Blend	2.2	62.4	86.0	5.1	16.3	0.5	0.1	0.0	4.5	240.2	0.8	0.1	0.0	14.6	39.0	0.7	2.4	245.2	19.2	0.2	0.0	0.6	NA		
Pepper Blend	1.0	28.4	7.5	0.3	1.6	0.1	0.01	0.0	0.6	0.0	30.6	0.1	0.0	2.5	3.3	0.1	1.0	57.0	6.8	0.1	0.0	1.0	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		
Chocolate Moon Pie	1	28	110	1	20	3	2	0	0	0	0	0.018	0.048	0	10.2	0.148	95	51.6	33	0.32	0	9	AD		
Total:	23.6	670.3	685.4	35.2	88.4	24.3	9.3	40.1	8.7	799.7	64.0	1.0	1.8	438.2	158.1	5.7	1114.4	1352.4	548.1	2.2	6.3	26.3	0.0		
Goals: 33% DRI			6-750	>23		<u>23-27</u>			≥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,																									
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GOLDEN GOURMET

7/30/2019

5068 Turkey Tetrazzini and Bowtie Pasta, with Brussel Sprouts and Yellow Squash

Vitamins

Ingredients	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
	Size	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
Turkey Medallions	3.0	85.0	105.0	21.0	1.7	1.5	0.0	52.5	0.0	0.0	0.0	0.5	0.0	36.0	1.5	1.3	487.0	258.6	11.1	0.5	0.004	0.0	NA
Bowtie Pasta, Cooked	2	56.7	84	3.2	16.4	0.4	0	0	0.4	0	0	0.028	0	9.6	10.2	0.29	6	24.9	32.9	0.72	0	0.4	NA
Green Peas	0.5	14.18	11.4	0.714	2	0	0	0	0.71	291.7	3.25	0.012	0	3.14	3.685	0.12	15.714	35.9	11.6	0.2857	0	0.714	NA
Tetrazzini Line Blend	2.0	57.0	20.0	0.9	3.6	0.2	0.1	0.5	0.7	300.4	3.1	0.0	0.0	8.1	4.5	0.1	35.1	45.8	15.2	0.3	0.034	0.8	AD
Brussel Sprouts	2.5	87.5	28.6	2.86	5.7	0	0	0	2.86	656.3	52.5	0.205	0	26	14.2	0.22	10	370	43.9	1	0	0	NA
Sweet Potato Cubes	2.85	80.8	98.7	1.1	17.5	2.74	0	0	2.19	180	0	0.134	0	24	14.7	0.16	131.5	186.9	26	0.36	0	12.05	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
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
Raisins	1.0	28.4	80.0	1.0	22.0	0.0	0.0	0.0	1.0	0.0	0.0	0.1	0.0	0.0	9.1	0.1	0.0	212.3	28.6	0.4	0.0	17.0	NA
Total:	23.85	696.6	729.6	40.8	95.8	24.2	7.2	53.0	9.8	1698.4	80.9	1.2	1.3	490.9	110.5	3.8	1110.3	1609.9	476.5	4.3	6.3	45.0	0.0
Goals: 33% DRI			6-750	>23		23-27			≥8	≥300	≥30	≥.6	≥.8	≥400	≥110	≥3.75	≤1200						
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