

	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																										
3																										
4																										
5																										
6																										
7																										
8																										
9	2 Day Frozen Meal Packs - 6 - Week 6 - Code 6																									
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	5020	BBQ Pork Rib Patty	19.40	551.1	723.0	32.0	99.0	24.5	9.6	45.0	10.4	1000.8	47.0	1.075	2.155	559.0	191.7	6.0	892.3	1241.4	612.36	6.2	8.3	50.05	AD	
14	5085	Creole Baked Fish	23.20	669.4	750.0	31.0	110.3	23.7	5.8	40.4	8.3	555.4	98.5	1.2	3.5	701.80	155.1	3.5	990.8	1377.9	610.8	5.4	6.6	34.4	AD	
15	5052	Fettuccini w/Meat Sauce	27.30	782.0	729.1	36.4	100.0	23.3	10.4	69.8	9.6	2350.0	103.2	1.1	1.7	565.40	168.1	5.8	687.4	1572.3	649.5	4.2	7.2	33.2	AD	
16	5047	Chicken Parmesan	24.20	687.6	725.2	41.5	101.0	23.3	8.2	84.1	8.5	487.1	37.2	1.3	2.3	668.2	183.9	7.3	975.1	1328.4	643.2	6.4	10.0	30.2	AD	
17	5076	Sweet & Sour Chicken	23.65	671.6	709.1	36.6	96.8	24.3	9.2	47.0	8.1	2126.6	86.0	1.1	1.6	483.70	124.7	5.1	703.4	1272.0	578.1	3.2	6.3	36.2	AD	
18	Total:		117.75	3362	3636.4	178	507.1	119	43.2	286.3	44.9	6519.9	371.9	5.775	11.255	2309.9	823.5	27.65	4249	6792	3094	25.411	38.35	184.05	0	
19			23.55	672.3	727.28	35.5	101.4	23.8	8.64	57.26	8.98	1304	74.38	1.155	2.251	461.98	164.7	5.53	849.8	1358.4	618.79	5.0822	7.67	36.81	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**



7.31.2019

5030 BBQ Pork Rib Pattie, Cubed Sweet Potatoes, and Turnips w/Roots

Vitamins

	Amount		Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	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	
BBQ Glazed Pork Rib Patty	3.2	90.7	200.0	16.0	5.0	13.0	4.5	45.0	1.0	18.0	1.8	0.403	0.517	48.0	18.1	2.4	250.0	304.8	159.7	1.4	0.0	3.0	Added Sugars	
Sweet Potato Cubes	2.85	80.8	98.7	1.1	18	2.74	0	0	2.19	180	0	0.134	0	24	14.7	0.16	131.5	186.9	25.96	0.36	0	12.05	AD	
Turnip Greens w/Roots	2.1	59.54	12.6	1.2	1.8	0	0	0	1.19	658.8	23.2	0.06	0	79.2	41.3	0.1	10.8	110.4	16.2	0.971	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	
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	
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	
Chocolate Moon Pie	1	28	110	1	20	3	2	0	0	0	0	0.018	0.048	0	10.2	0.15	95	51.6	33	0.32	0	9	AD	
Total:	19.4	551.1	723	32	99	24.5	9.6	45	10.4	1000.8	47	1.075	2.155	559	191.7	5.95	892.3	1241.4	612.36	6.211	8.25	50.05	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.																								

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X													
1	Nutritional Analysis for GOLDEN GOURMET										<h1 style="margin: 0;">GOLDEN GOURMET</h1>																		7.30.19								
2																																					
3																																					
4																																					
5																																					
6																																					
7																																					
8	5091 Fettuccine with Meat Sauce																																				
9											Vitamins																										
10		Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	gm.	gm.											
11	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													
12	Cooked Fettuccinne Pasta	2.0	57.0	52.5	1.8	10.5	0.3	0.0	0.0	0.5	0.0	0.0	0.1	0.0	10.2	0.3	0.0	24.9	31.7	0.5	0.0	0.8	NA														
13	Sauce, Low Sodium	2.1	60.0	41.0	1.4	6.0	1.7	1.0	5.2	1.1	353.5	6.5	0.1	0.0	25.6	15.1	0.3	22.5	280.5	37.3	1.1	0.0	2.9	NA													
14	Ground Chicken	3.0	85.0	105.0	15.0	0.0	4.5	1.5	60.0	0.0	0.0	0.0	0.5	0.3	0.0	24.7	2.7	112.5	216.0	139.0	0.2	0.1	0.0	NA													
15	Mozzarella	0.3	8.0	18.1	1.7	0.2	1.1	0.7	4.6	0.0	6.2	0.0	0.0	0.1	67.0	2.3	0.2	44.2	6.0	25.1	0.0	0.9	0.1	NA													
16	Lima Beans, Onions, Peppers	3.0	85.0	85.5	4.6	16.7	0.0	0.0	0.0	3.9	26.6	18.0	0.1	0.0	29.4	31.3	0.4	30.6	302.3	67.0	1.3	0.0	0.0	NA													
17	Crinkle Cut Carrots	2.5	69.0	25.0	0.7	5.6	0.0	0.0	0.0	2.1	1775.0	3.5	0.1	0.0	47.0	8.3	0.2	47.6	163.0	23.3	0.3	0.0	3.5	NA													
18	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													
19	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													
20	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													
21	Juice Orange	4.0	118.0	50.0	0.1	14.0	0.3	0.0	0.0	0.0	8.7	53.2	0.1	0.0	12.4	13.7	0.1	5.0	110.0	19.9	0.0	0.0	12.0	NA													
22	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													
23	Total:	27.30	782.0	729.1	36.4	100.0	23.3	10.4	69.8	9.6	2350.0	103.2	1.1	1.7	565.4	168.1	5.8	687.4	1572.3	649.5	4.2	7.2	33.2	0.0													
24	Goals: 33% DRI			6-750	>23		<u>23-27</u>			≥8	≥300	≥30	≥.6	≥.8	≥400	≥140	≥3.75	<1200																			
25	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,																																				
26	NA- Sodium, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.																																				
33																																					

Nutritional Analysis for GOLDEN GOURMET											GOLDEN GOURMET											7/30/2019	
5047 Chicken Parmesan w/Mozzarella Cheese & Linguini w/Marinara Sauce, Zucchini, Yellow Squash																							
Vitamins																							
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	
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
Chicken Parmesan Patty	4.0	113.4	190.0	20.0	19.0	4.50	1.5	75.0	0.0	93.8	0.0	0.5	0.3	54.5	24.7	2.7	300.0	216.0	139.5	0.9	0.1	0.0	AD
Linguine	2.0	56.0	88.0	3.2	17.2	0.30	0.0	0.0	0.8	0.0	0.0	0.1	0.1	24.0	10.2	0.3	6.0	24.9	31.7	1.8	0.0	0.4	NA
Marinara Sauce	2.4	68.0	24.8	0.5	3.5	1.0	0.2	0.0	0.5	88.0	3.4	0.0	0.0	16.6	0.6	0.0	76.0	21.0	0.6	0.3	0.0	2.4	AD
Cheese Mozzarella	0.5	14.2	36.3	3.5	0.4	4.60	1.4	9.1	0.0	12.4	0.0	0.0	0.1	134.0	4.7	0.4	88.4	12.0	50.2	0.0	1.7	0.2	NA
Zucchini, frozen	2.2	62.4	10.7	0.6	2.5	0.0	0.0	0.0	0.6	22.6	5.1	0.1	0.0	15.1	20.6	0.5	1.3	286.3	17.5	0.2	0.0	1.3	NA
Summer Squash, frozen	2.35	66.65	13.44	0.7	3.384	0	0	0	0.66	36.3	6.67	0.188	0.188	16.1	15.32	0.282	3.38	174.56	25.3	0.188	0	0	NA
Milk, 2%	8.0	227.0	122.0	8.1	13.0	4.89	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
Raisin Bran	1.3	35.0	120.0	3.0	28.0	0.50	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
Total:	24.20	687.6	725.2	41.5	101.0	23.3	8.2	84.1	8.5	487.1	37.2	1.3	2.3	668.2	183.9	7.3	975.1	1328.4	643.2	6.4	10.0	30.2	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,																							
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