

	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																						7.31.2019		
2	GOLDEN GOURMET																								
3																									
4																									
5																									
6																									
7																									
8																									
9	5 Day Frozen Meal Packs - 2 Week 2 - Code 2																								
10	Vitamins																								
11		Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	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	5060	Chicken Cacciatore	23.40	700.72	714.60	40.08	109.10	23.14	7.67	47.00	11.19	413.60	127.60	1.86	2.99	478.00	184.00	6.67	951.50	1813.00	572.20	5.2	6.90	40.79	AD
14	5031	Charbroiled Pork Chop Pattie	25.60	731.32	716.25	35.78	89.85	25.33	9.10	55.00	9.54	3913.00	134.00	1.02	1.86	611.65	119.96	5.07	812.78	1469.11	550.75	4.09	10.55	31.97	AD
15	6021	Western Scrambled Eggs w/Ham	21.25	603.00	711.90	32.70	100.60	23.60	7.60	281.90	9.80	801.20	38.90	0.70	1.70	515.40	156.20	4.20	970.90	1271.20	651.30	5.10	8.30	39.40	AD
16	5049	Charbroiled Beef Patty	26.45	756.80	695.10	34.70	86.60	26.70	10.20	40.00	9.00	1458.10	102.50	1.00	3.40	498.50	132.70	8.70	584.20	1666.00	548.30	2.90	6.40	33.80	AD
17	5066	Chicken & Rice w/Mushroom Sauce	27.55	797.94	758.68	37.47	121.61	23.02	6.97	45.83	11.61	2334.42	78.88	2.09	3.26	791.91	173.12	6.83	1197.54	1477.26	598.95	6.68	8.26	52.53	AD
18		Total:	124.25	3589.8	3596.5	180.7	507.76	121.8	41.54	469.73	51.14	8920.32	481.88	6.67	13.205	2895.5	765.98	31.47	4516.92	7696.57	2921.5	23.92	40.41	198.49	0
19			24.85	717.96	719.31	36.15	101.55	24.36	8.308	93.946	10.23	1784.06	96.376	1.334	2.641	579.09	153.2	6.294	903.384	1539.31	584.3	4.784	8.082	39.698	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			
5060 Chicken Cacciatore over Rice w/Marinara, Brussel Sprouts, 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-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
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
Cooked White Rice	2.0	57.0	66.0	1.4	14.8	0.2	0.07	0.0	0.2	0.0	0.0	0.0	0.0	11.4	6.7	0.2	0.5	20.8	7.5	0.0	0.0	0.1	NA
Brussel Sprouts	2.5	71.0	29.3	2.9	5.7	0.0	0.0	0.0	2.9	77.0	79.8	0.2	0.0	25.7	14.2	0.2	7.0	262.2	39.7	0.3	0.0	0.0	NA
Yellow Squash	2.35	66.74	13.44	0.658	3.38	0	0	0	0.658	36.28	6.674	0.188	0	16.1	15.3	0.28	3.384	174.6	25.28	0.188	0	0	NA
Marinara Sauce	2.5	71.0	43.8	1.3	7.5	0.9	0.0	0.0	1.3	66.3	5.6	0.1	0.0	15.0	14.9	0.4	259.0	393.8	17.7	0.6	0.0	5.0	AD
Vegetable Blend	0.55	15.59	4.4	0.11	0.99	0	0	0	0.22	0.11	11.99	0	0	2.09	1.54	0	0.99	23.32	3.52	0	0	0.66	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	25	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	0.048	0	10.2	0.15	95	51.6	33	0.32	0	9	AD
Raisin Bran	1.25 oz.	35.44	120	3	28	5	0.5	0	4	54	0	0.63	1.418	24	44.7	1.23	170	200.9		2.4	0.602	12	AD
Total:	23.4	700.72	714.6	40.08	109.1	23.14	7.67	47	11.19	413.6	127.6	1.86	2.985	478	184	6.67	951.5	1813	572.2	5.1557	6.9372	40.79	0
Goals: 33% DRI			6-800	23		<u>23-27</u>			≥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					
6021 Western Style Scrambled Eggs with Ham, Peaches, Seasoned Potatoes																									
Vitamins																									
Ingredients	Amount	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	
Scrambled Eggs	3.0	85.0	139.9	13.3	4.1	10.1	2.6	275.4	0.086	338.6	0.0	0.0	0.0	41.5	7.1	0.0	408.8	86.0	128.8	1.2	0.0	0.6	0.6	NA	
Egg Topping w/Ham	0.75	21.0	10.5	0.8	0.9	0.0	0.2	0.2	0.3	5.1	6.6	0.0	0.0	2.6	0.9	0.1	17.1	14.4	17.2	0.1	0.0	0.1	0.1	NA	
Cheddar Cheese	0.25	7.0	27.5	1.8	0.0	2.3	1.3	6.3	0.0	13.5	0.0	0.0	0.1	60.0	2.6	0.3	45.0	9.1	36.3	0.0	0.0	0.0	0.0	NA	
Peach Half	3.5	99.0	62.0	0.9	10.5	0.0	0.0	0.0	0.9	300.0	1.2	0.0	0.0	0.0	5.3	0.2	0.0	84.3	9.9	0.0	0.0	8.7	AD		
Cubed Potatoes, IQF	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	0.0	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		
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		
Graham Crackers	0.5	14.0	60.0	0.9	11.0	1.5	0.0	0.0	0.4	0.0	0.0	0.0	0.0	3.4	4.2	0.1	80.0	30.0	14.6	0.5	0.0	4.0	AD		
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:	21.25	603.0	711.9	32.7	100.6	23.6	7.6	281.9	9.6	801.2	38.9	0.7	1.7	515.4	156.2	4.2	970.9	1271.2	651.3	5.1	8.3	39.4	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.																									
Chol-Cholesterol, Fiber-Dietary Fiber, NA- Sodium.																									

Nutritional Analysis for GOLDEN GOURMET										GOLDEN GOURMET										7/30/2019			
5049 Charbroiled Beef Patty (Caramel Color) over Mashed Potatoes w/Gravy, Corn, Peas & Carrots																							
										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	B6	B12	Ca	Mag	Zn	Na	K	PO4	Fe/Iron	Vit. D	Total Sugars	Added Sugars
Beef Patty, Charbroiled	3.0	85.0	190.0	18.0	4.0	12.0	5.0	40.0	3.0	0.0	0.0	0.4	2.1	72.0	38.3	6.5	230.0	410.0	160.7	1.2	0.2	0.0	NA
Peas & Carrots	2.85	80.795	46	2.42	8.98	0	0	0	0.807	1189.9	12.3975	0.14	0	24.37	15.39	.4275	71.82	156.75	13.395	0.428	0	4.1325	NA
Mashed Potatoes	2.0	57.0	66.7	1.3	13.3	0.7	0.0	0.0	1.3	0.0	6.0	0.2	0.1	0.0	10.2	0.6	13.3	400.9	6.8	0.2	0.0	0.7	NA
Brown Gravy with Onions	2.1	59.0	25.0	0.2	1.3	0.5	0.0	0.0	0.1	48.6	0.4	0.0	0.0	5.7	1.6	0.0	3.3	15.8	4.6	0.1	0.0	0.4	AD
Cut Corn	3	85	75.4	2.57	18	0.86	0	0	1.714	30.857	8.48	0	0	0	1.3	0	2.57	103	36.7	0.309	0	2.57	NA
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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	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
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
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
Totals:	26.45	756.8	695.1	34.7	86.6	26.7	10.2	40.0	9.0	1458.1	102.5	1.0	3.4	498.5	132.7	8.7	584.2	1666.0	548.3	2.9	6.4	33.8	AD
Goals: 33% DRI			6-750	20-25		23-27			>8	>1000	>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			
5066 Chicken & Rice with Mushroom Sauce & Mozzarella Cheese, Broccoli & Carrots																							
										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	B6	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
Cooked White Rice	2.1	57	66	1.4	14.8	0.2	0.07	0	0.2	0	0	0	0	11.4	6.73	0.2	0.46	20.86	7.53	0	0	0.133	NA
Mozzarella	0.250	8.5	2.2	2.1	0.2	1.4	0.8	5.5	0.0	7.4	0.0	0.0	0.1	80.4	2.8	0.2	53.0	7.2	30.1	0.0	1.0	0.1	NA
Gravy	2	59	9.44	0.36	2.005	0.051	0.01	0	0.17	4.179	0.248	0.01	0.004	3.812	1.847	0.07	2.935	28.5	8.556	0.121	0	0.3	AD
Crinkle Cut Carrots	2.45	70.0	25.2	0.8	5.7	0.0	0.0	0.0	2.2	1757.0	3.6	0.1	0.0	47.1	8.4	0.2	47.7	165.0	23.3	1.0	0.0	1.0	NA
Broccoli	2.0	57.0	14.9	1.7	2.9	0.0	0.0	0.0	1.7	108.0	48.3	0.1	0.2	41.0	11.3	0.3	13.7	141.8	37.3	0.5	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
Nutri Grain Bar	1.0	37.0	139.0	2.0	26.0	3.1	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
Juice Apple	4.0	118.0	60.0	0.0	14.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4	0.0	5.0	134.9	8.7	0.0	0.0	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	1.25	35.44	120	3	28	5	0.5	0	4	54	0	0.63	1.418	24	44.7	1.23	170	200.9		2.4	0.602	12	AD
Total:	27.55	797.94	758.68	37.47	121.61	23.02	6.97	45.83	11.61	2334.12	78.88	2.09	3.26	791.91	173.12	6.83	1197.54	1477.26	598.95	6.68	8.26	52.53	0.0
Goals: 33% DRI			600-750	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.																							