

Nutritional Analysis for GOLDEN GOURMET										GOLDEN GOURMET									

5044 Salisbury Steak & Cubed Potatoes with Mushroom Gravy, Peas & Carrots, Cauliflower

Vitamins																							
Ingredients	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.	
	Size-oz.	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
Salisbury Steak Patty	3	85.0	180.0	15.0	5.0	12.0	5.0	25.0	3.0	0.0	0.0	0.3	1.6	72.0	23.8	3.6	280.0	306.2	64.6	0.8	2.0	1.0	NA
Cubed Potatoes	2.5	70.8	91.6	1.67	15.8	3.33	0.417	0	1.67	0	7.5	0.167	0.0008	0	23.9	0.29	12.5	3.83	5.66	0.17	0	0	NA
Cauliflower	2.3	65.55	15.76	1.27	3.34	0	0	0	1.27	0	48	0.115	0.23	15.755	7.82	0.12	15.76	125.81	15.295	0.115	0	1.265	NA
Brown Gravy & Mushrooms	2.1	59.0	25.0	1.0	5.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.8	0.6	155.3	47.9	17.0	0.0	0.0	0.0	AD
Peas & Carrots	2.85	81.23	31.49	1.57	6.02	0	0	0	2.42	1672	23.2	0.143	0	69.113	16.25	0.29	29.07	182.26	13.395	1.425	0	3.2775	NA
Totals:	12.75	361.6	343.8	20.5	35.7	15.8	5.4	25.0	8.4	1671.5	78.7	0.7	1.9	156.9	74.6	4.9	492.6	666.0	116.0	2.5	2.0	5.5	0.0
Goals: 33% DRI			6-800	20-25		<25			≥8	≥300	≥30	≥.6	≥.8	≥400	≥140	≥3.75	<800	≥1500					
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.																							
100																							
Calcium- 13.075				Calcium- 10%																			
Vitamin D- 8%				Vitamin D- 10%																			
Iron- 13.88%				Iron/Fe- 15%																			
Magnesium- 17.76%				Magnesium- 20%																			
Zinc- 44.54%				Zinc- 45%																			
Vitamin A- 185.72%				Vitamin A- 190%																			
Vitamin C- 87.66%				Vitamin C- 90%																			
Protein-20.5 = 21 grams				Protein- 21 Grams																			
Calories from Fat- 142.2 grams = 140 Grams				Calories from Fat- 140 Grams																			
Potassium- 14.8%				Potassium- 15%																			