

	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>													
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13	5045 Breaded Fish, Baby Lima Beans, Corn and Red Peppers																								
14																									
15	<h2>Vitamins</h2>																								
16	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	gm.	gm.
17	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	
18	Baked Breaded Fish	4.0	112.0	230.0	14.0	19.0	10.0	1.5	50.0	1.0	18.0	0.0	0.2	2.2	0.0	55.6	1.1	300.0	443.4	206.4	0.3	0.0	1.0	AD	
19	Cut Corn	2.7	76.5	68.0	2.3	16.2	0.8	0.0	0.0	1.5	27.9	0.0	0.0	0.0	7.6	1.3	0.0	2.4	103.0	36.7	0.2	0.0	1.3	NA	
20	Red Peppers in Corn	0.3	8.5	2.6	0.1	0.5	0.0	0.0	0.0	0.2	14.0	10.9	0.0	0.0	0.6	1.0	0.0	0.3	17.9	2.2	0.0	0.0	0.4	NA	
21	Baby Limas	3.0	85.0	113.0	6.9	21.4	0.0	0.0	0.0	5.1	31.0	10.8	0.1	0.0	41.3	30.3	0.4	44.5	295.7	88.5	0.8	0.0	0.0	NA	
22	Total:	10.00	282.0	413.6	23.3	40.9	10.8	1.5	50.0	7.8	90.9	21.7	0.3	2.2	49.5	88.2	1.5	347.2	860.0	333.8	1.4	0.0	2.7	0.0	
23	Goal:			600-800	20-25	<25				≥8	≥300	≥30	≥0.6	≥0.8	≥400	≥140	≥3.7	≤800	≥1500						
24	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,																								
25	AD- Sugar Added as an ingredient, and NA- Sugar not added an an ingredient.																								
26																									
27																									
28	Calcium- 4.125%			Calcium- 5%																					
29	Vitamin D- 0%			Vitamin D- 0%																					
30	Iron/Fe- 7.7777%			Iron- 5%																					
31	Magnesium- 21%			Magnesium- 20%																					
32	Zinc- 13.6%			Zinc- 10%																					
33	Vitamin A- 10.1%			Vitamin A- 10%																					
34	Vitamin C- 24.1%			Vitamin C- 25%																					
35	Protein- 23.3 Grams			Protein- 23 Grams																					
36	Calories from Fat- 97.2 Calories			Calories from Fat- 100 Calories																					
37	Potassium- 19.11%			Potassium- 20%																					