

	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 <b>GOLDEN GOURMET</b>																							
2	<b><u>GOLDEN GOURMET</u></b>																							
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13	5085 Creole Fish w/Tomato Cilantro Sauce, Corn, Lima Beans, Cauliflower, & Green Beans																							
14																								
15	<b>Vitamins</b>																							
16		Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
17	<b>Ingredients</b>	<b>Size (oz.)</b>	<b>gm</b>	<b>kcal</b>	<b>Pro</b>	<b>CHO</b>	<b>T. Fat</b>	<b>SFA</b>	<b>Chol</b>	<b>Fiber</b>	<b>Vit.A</b>	<b>Vit.C</b>	<b>B6</b>	<b>B12</b>	<b>Ca</b>	<b>Mag</b>	<b>Zn</b>	<b>Na</b>	<b>K</b>	<b>PO4</b>	<b>Fe/Iron</b>	<b>Vit. D</b>	<b>Total Sugars</b>	<b>Added Sugars</b>
18	Baked Breaded Fish	4.0	113.4	230.0	14.0	19.0	10.0	1.5	50.0	1.0	18.0	0.0	0.4	2.2	0.0	55.6	1.1	300.0	443.4	206.4	0.3	0.0	1.0	AD
19	Green Beans	2.25	63	20.9925	1.013	4.275	0	0	0	1.575	53.2	10.575	0	0	25.7	18	0.338	1.4963	124.43	19/35	0	0	1.0125	NA
20	Tomato Cilantro Sauce	2.0	56.7	49.5	0.6	5.9	2.9	0.2	0.0	0.7	20.4	6.8	0.1	0.0	12.8	7.3	0.1	48.3	148.8	13.3	0.5	0.0	4.8	AD
21	Corn, Lima Beans, Canola Oil	2	56.7	128.2	2.6	11.1	8.8	0.7	0	2	45.5	4.7	0.1	0	9.38	16.4	0.2	13.3	159.5	41.7	0.6	0	0	NA
22	Cauliflower	2.3	65.21	15.755	1.265	3.22	0	0	0	1.265	0.46	47.84	0.003	0	15.8	0.391	0.006	15.755	6.2905	1.15	0.115	0	1.265	NA
23	<b>Total:</b>	<b>12.550</b>	<b>355.0</b>	<b>444.4</b>	<b>19.5</b>	<b>43.50</b>	<b>21.7</b>	<b>2.4</b>	<b>50.0</b>	<b>6.6</b>	<b>137.6</b>	<b>69.92</b>	<b>0.6</b>	<b>2.2</b>	<b>63.6</b>	<b>97.69</b>	<b>1.7</b>	<b>378.85</b>	<b>882.42</b>	<b>262.55</b>	<b>1.58</b>	<b>0.00</b>	<b>8.08</b>	<b>0.00</b>
24	Goal:			600-800	20-25		≤25			≥8	≥300	≥30	≥0.6	≥0.8	≥400	≥140	≥3.75	≤800	≥1500					
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, Na-Sodium,																							
26	AD- Sugar Added as an ingredient, and NA- Sugar not added an an ingredient.																							
27																								
28	100																							
31	Calcium- 5.3%		Calcium- 5%																					
32	Vitamin D - 0%		Vitamin D- 0%																					
33	Iron/Fe- 8.777%		Iron- 10%																					
34	Magnesium- 23.25%		Magnesium- 25%																					
35	Zinc- 15.45%		Zinc- 15%																					
36	Vitamin A- 15.28%		Vitamin A- 15%																					
37	Vitamin C- 77.68%		Vitamin C- 80%																					
38	Protein- 19.5 Grams		Protein- 20 Grams																					
39	Calories from Fat- 195.3 Calories		Calories from Fat- 190 Calories																					
49	Potassium- 17.6%		Potassium- 15%																					