Nutritional Analysis for **GOLDEN GOURMET**

6022 French Toast Sticks, Turkey Sausage, Peaches

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	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**
French Toast Sticks(3)	3.25	92.0	225.0	3.8	30.8	9.0	2.25	0.0	0.8	0.0	0.0	0.6	0.6	54.0	24.3	1.1	300.0	171.5	166.0	0.6	0.0	7.5	AD
Turkey Sausage	1.5	42.5	80.0	8.0	1.0	5.0	1.5	25.0	0.1	0.0	0.0	0.2	0.8	20.0	16.0	0.0	310.0	2.9	6.5	0.7	0.0	1.0	AD
Diced Cinnamon Peaches	3.5	99.0	61.3	0.9	10.5	0.0	0.0	0.0	0.9	300.0	1.2	0.0	0.0	0.0	5.0	0.2	0.0	0.0	9.9	0.0	0.0	8.8	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	NA
Total:	**11.25**	**318.5**	**476.3**	**14.6**	**61.3**	**18.0**	**4.3**	**25.0**	**3.7**	**300.0**	**10.2**	**1.0**	1.3	**74.0**	**74.0**	**1.6**	**625.0**	**634.1**	**249.4**	**1.5**	**0.0**	**17.3**	**0.0**
Goals: 33% DRI			6-800	23		≤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.
Chol-Cholesterol, Fiber-Dietary Fiber, NA- Sodium.