

Nutritional Analysis for **GOLDEN GOURMET**



6024 Cheddar Cheese Omelet, Turkey Patty, Seasoned Potatoes, Cinnamon Applesauce

Vitamins

Ingredients	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.
	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
Omelet w/Cheese	3.5	99.0	140.0	11.0	4.0	9.0	4.0	230.0	0.0	90.0	0.0	0.0	1.0	180.0	15.9	1.4	510.0	170.7	223.0	0.5	0.0	2.0	NA
Seasoned Diced Potatoes	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
Cinnamon Applesauce	2.5	71.0	33.3	0.0	8.3	0.0	0.0	0.0	1.1	0.0	2.0	0.0	0.0	0.0	2.1	0.0	5.6	52.4	8.5	0.4	0.0	6.7	NA
Turkey Patty	1.5	43.0	80.0	8.0	1.0	5.0	1.5	25.0	0.1	0.0	0.0	0.2	0.6	24.0	14.0	1.9	310.0	168.0	6.5	0.3	0.9	1.0	AD
Total:	10.5	298.0	363.3	21.0	32.3	18.0	6.0	255.0	3.2	90.0	11.0	0.4	1.5	204.0	60.7	3.5	840.6	850.7	305.0	1.4	0.9	9.7	0.0
Goals: 33% DRI			6-800	23		<25			>8	>300	>30	>.6	>.8	>400	>140	>3.75	<766	>1566			>5		

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.