

Nutritional Analysis for GOLDEN GOURMET										GOLDEN GOURMET													
5053 Turkey & Dressing w/Gravy, Corn & Green Beans																							
										Vitamins													
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.	
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
Turkey, Cooked	3.0	85.0	105.0	21.0	1.7	1.5	0.0	52.5	0.0	0.0	0.0	0.0	0.0	36.0	1.5	0.1	487.0	13.3	11.1	0.5	0.0	0.0	NA
Corn	3.0	85.0	75.0	2.6	18.0	0.9	0.0	0.0	1.7	31.0	0.0	0.0	0.0	8.5	1.4	0.0	2.6	114.0	3.2	0.2	0.0	2.6	NA
Whole Grain Stuffing Mix	1.5	43.0	56.0	2.1	11.1	0.4	0.0	0.0	0.9	0.0	0.0	0.0	0.0	21.0	0.3	0.0	146.0	1.6	5.3	0.2	0.0	1.3	Added Sugars
Poultry Gravy Mix	2.0	56.0	40.0	1.0	6.0	1.5	0.0	5.0	0.0	0.0	0.0	0.0	0.6	0.1	0.0	130.0	30.0	0.9	0.0	0.0	1.0	NA	
Green Beans	2.5	71.0	28.0	1.4	5.7	0.0	0.0	0.0	2.1	71.0	14.1	0.0	0.0	34.3	3.2	0.0	2.0	166.0	25.8	0.0	0.0	1.4	NA
Total:	12.0	340.0	304.0	28.1	42.5	4.3	0.0	57.5	4.7	102.0	14.1	0.0	0.0	100.3	6.4	0.2	767.6	324.9	46.2	0.9	0.0	6.3	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.																							