

Nutritional Analysis for **GOLDEN GOURMET**



5072 Beef Stew, Peas, Garbanzo and Spinach Blend

Vitamins

Ingredients	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	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
Beef, Diced	2 oz.	56	126.4	19	0	5.12	1.79	54	0	0	0	0.26	1.11	3.96	12.5	3.28	24.4	154
Sirloin Steak Sauce	1.73 oz.	48	33.4	0.5	7.01	0.49	0.09	0	0.19	0.71	0.83	0.03	0	8.19	4.95	0.07	198.7	38.8
Potatoes	2.5 oz.	70	68.7	1.9	15.2	0.09	0.02	0	1.63	0.71	5.88	0.25	0	12.8	21.3	0.25	9.92	390
Beans Black, No Salt	2 oz.	56	74.8	5	13.4	0.31	0.08	0	4.93	0	0	0.04	0	15.3	43	0.71	0.57	226
Peas Green. Frozen	2 oz.	56	44.2	2.9	8.09	0.15	0.03	0	3.12	59.5	5.61	0.06	0	13.6	12.5	0.38	40.8	62.4
Veg Spinach, frozen	0.25oz.	7	2.06	0.3	0.3	0.04	0	0	0.21	41.5	0.77	0.12	0	9.14	5.32	0.04	5.25	25
Onions, frozen	0.27 oz.	7.6	2.45	0.1	0.58	0	0	0	0.7	0	0.37	0.01	0	1.53	0.69	0.01	0.61	9.11
Veg Celery, frozen	0.5 oz.	14	2.69	0.1	0.42	0.02	0	0	0.23	3.12	0.44	0.01	0	5.67	1.56	0.02	11.3	37
Pepper Sweet Red	0.5oz.	14	4.4	0.1	0.86	0.04	0	0	0.3	22.3	18.1	0.04	0	0.99	1.7	0.04	0.57	30
Veg Carrots, frozen	1 oz.	28	10.2	0.2	2.24	0.13	0.01	0	0.94	230	2.55	0.03	0	10.2	3.4	0.09	8.93	67
Margarine	1 tsp.	4.7	33.7	0	0.03	3.79	0.71	0	0	38.5	0.01	0	0	1.41	0.14	0	44.3	2.1
Bread Whole Wheat	1 sl	25	76.5	4.1	12.8	1.01	0.23	0	3.12	0	0	0.06	0	32.5	24.8	0.54	145.8	81.5
Moon Pie	1 oz.	28	119.4	1.1	19.2	4.79	1.34	0	0.57	0.28	0.03	0.02	0.05	13	10.2	0.18	47.6	52
Milk Skim	1 cup	245	83.3	8.3	12.2	0.19	0.14	4.9	0	149	0	0.09	1.23	299	27	1.03	102.9	382
LUNCH/DINNER MEAL TOTALS			682	43	92	16.2	4.4	59	15.3	546	34.6	0.91	2.39	427	169	4.9	641.7	1555
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.																		

FoodWorks - Nutrient Totals with Comparison to Daily Values (DV)**Mode: Single day (Day 1)**

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	681.9	2000	34%
Protein	g	43.3	50	87%
Carbohydrate	g	92.3	300	31%
Dietary Fiber	g	15.3	25	61%
Total Fat	g	16.2	65	25%
Saturated Fat	g	4.449	20	22%
Cholesterol	mg	58.8	300	20%
Calcium	mg	427.2	1000	43%
Magnesium	mg	168.9	400	42%
Phosphorus	mg	675.4	1000	68%
Potassium	mg	1555	3500	44%
Sodium	mg	641.7	2400	27%
Zinc	mg	4.938	15	33%
Vitamin A (RAE)	mcg	545.7		
Vitamin C	mg	34.6	60	58%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	1.614	22	7%
Folate	mcg	202.6	400	51%
Vitamin B6	mg	0.914	2	46%
Vitamin B12	mcg	2.384	6	40%

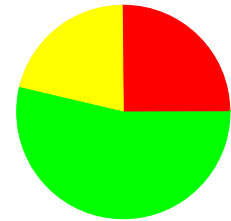
Total weight: 664.51g (23.44 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 682 (2857 Kilojoules)
 Sodium: 641.67 mg Energy deficit:
 Fiber: 15.29 g -1318 Kcal
 Cholesterol: 58.76 mg -5523 Kj

DISTRIBUTION OF CALORIES

		g/kg of body wt
■ Protein:	25.1 %	0.58
■ Fat:	21.2 %	0.22
■ Carbo:	53.7 %	1.23
■ Alcohol:	0 %	0.00



Energy per 100g of food: 103 Kcal
430 Kilojoules

FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	16.2 g		
■ Saturated fat:	4.4 g	27 %	6 %
■ Polyunsaturated fat:	2.4 g	15 %	3 %
■ Monounsaturated fat:	7.2 g	45 %	10 %
■ Other / unspecified:	2.1 g	13 %	3 %



MOST SIGNIFICANT SOURCES OF:

Sodium: Golden Gourmet Teriyaki Sauce
 Cholest: Beef Bottom Round, Choice, lean (0"trim) braised
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 6.2

RATIOS:

Potassium to Sodium: 2.42 to 1
 Calcium to Phosphorus: 1 to 1.58

Percent of the Daily Values (DV) achieved:

