

Nutritional Analysis for GOLDEN GOURMET



5099 Southern Style Fish over Rice & Veggies, Green Peas, California Blend

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K
Fish Patty	3 oz	84	171	11.6	10.5	8.92	2.29	46.8	0.8	14.5	2.98	0.222	0.493	23	27.2	0.46	205	370.8
Squash Summer, froze	0.039	1.09	4.54	0.17	0.61	0.213	0.04	0	0.2	3.97	0.71	0.022	0.034	2.55	2.69	0.04	0.71	30.6
Onions, frozen	0.5 oz.	14	4.54	0.11	1.07	0.011	0	0	0.1	0	0.68	0.018	0	2.84	1.28	0.02	1.13	16.9
Okra, frozen	1 oz.	28	8.51	0.48	1.88	0.071	0.02	0	0.6	5.1	3.52	0.012	0	23	12.2	0.15	0.85	59.8
Rice, cooked	1 oz.	28	103	0.98	23.6	0.159	0.04	0	0.5	0	0	0.004	0	5.1	3.4	0.21	51.6	8.505
Tomatoes stewed	1 oz.	28	7.37	0.26	1.76	0.054	0.01	0	0.3	2.55	3.11	0.005	0	9.64	3.4	0.05	62.7	58.7
Carrots, frozen	1 oz.	28	10.2	0.22	2.24	0.13	0.01	0	0.9	230	2.55	0.027	0	10.2	3.4	0.09	8.93	66.6
Cauliflower, frozen	1 oz.	28	6.8	0.57	1.33	0.007	0.01	0	0.7	0.57	13.8	0.035	0	6.24	3.4	0.05	6.8	54.7
Broccoli, frozen	1 oz.	28	8.22	0.87	1.52	0.096	0.02	0	0.9	38.8	19.4	0.05	0	11.6	4.54	0.1	4.82	70.9
Peas, Green, frozen	2 oz.	56	43.7	2.96	7.72	0.23	0.04	0	2.6	58.4	13	0.05	0	12.5	14.7	0.47	61.2	86.8
Bread, Whole Wheat	1 sl	25	69.2	3.63	11.6	0.938	0.21	0	1.9	0	0	0.06	0	30	23	0.5	132	69.4
Yogurt, Low Fat	1 cup	186	199	8.18	36.6	1.49	0.94	7.44	1.9	3.72	1.3	0.07	0.91	296	74.4	0.91	151	630.5
Milk Skim	1 cup	245	83.3	8.26	12.2	0.19	0.14	4.9	0	149	0	0.09	1.23	299	27	1.03	103	383
LUNCH/DINNER MEAL TOTALS			720	38.3	113	12.51	3.77	59.1	11	507	61	0.665	2.667	731	201	4.07	790	1907.2
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.

FoodWorks - Nutrient Totals with Comparison to Daily Values (DV)

Mode: Single day (Day 1)

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	719.5	2000	36%
Protein	g	38.3	50	77%
Carbohydrate	g	112.6	300	38%
Dietary Fiber	g	11.2	25	45%
Total Fat	g	12.6	65	19%
Saturated Fat	g	3.764	20	19%
Cholesterol	mg	59.1	300	20%
Calcium	mg	731.2	1000	73%
Magnesium	mg	200.6	400	50%
Phosphorus	mg	842.1	1000	84%
Potassium	mg	1906	3500	54%
Sodium	mg	789.4	2400	33%
Zinc	mg	4.07	15	27%
Vitamin A (RAE)	mcg	506.7		
Vitamin C	mg	61	60	102%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	1.796	22	8%
Folate	mcg	190.7	400	48%
Vitamin B6	mg	0.665	2	33%
Vitamin B12	mcg	2.664	6	44%

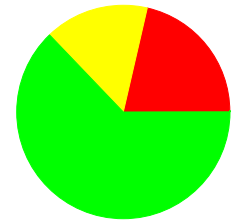
Total weight: 799.2g (28.19 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 719 (3015 Kilojoules)
 Sodium: 789.42 mg Energy deficit:
 Fiber: 11.19 g -1281 Kcal
 Cholesterol: 59.12 mg -5365 Kj

DISTRIBUTION OF CALORIES

		g/kg of body wt
■	Protein: 21.4 %	0.51
■	Fat: 15.8 %	0.17
■	Carbo: 62.8 %	1.50
■	Alcohol: 0 %	0.00



Energy per 100g of food: 90 Kcal
377 Kilojoules

FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	12.6 g		
■ Saturated fat:	3.8 g	30 %	5 %
■ Polyunsaturated fat:	3.1 g	24 %	4 %
■ Monounsaturated fat:	4.6 g	36 %	6 %
■ Other / unspecified:	1.2 g	10 %	1 %



MOST SIGNIFICANT SOURCES OF:

Sodium: Fish cake or patty, NS as to fish
 Cholest: Fish cake or patty, NS as to fish
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 7.5

RATIOS:

Potassium to Sodium: 2.41 to 1
 Calcium to Phosphorus: 1 to 1.15

Percent of the Daily Values (DV) achieved:

