

Nutritional Analysis for <b>GOLDEN GOURMET</b>																							
<h1><u>GOLDEN GOURMET</u></h1>																							
<b>6021 Western Style Scrambled Eggs, Diced Cinnamon Apples, Seasoned Potatoes</b>																							
<h2>Vitamins</h2>																							
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	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
Scrambled Eggs	3.0	85.0	145.0	13.3	3.4	9.6	2.8	291.4	0.1	423.0	0.3	0.1	0.6	65.4	7.7	0.9	332.0	125.0	25.5	1.4	1.5	1.0	NA
Omelet Topping	0.75	21.0	10.5	0.8	0.9	0.0	0.2	0.2	0.3	5.1	6.6	0.0	0.0	2.6	0.9	0.1	17.1	14.4	17.2	0.1	0.0	0.1	NA
Cheddar Cheese	0.25	7.0	27.5	1.8	0.0	2.3	1.3	6.3	0.0	13.5	0.0	0.0	0.1	60.0	2.6	0.3	45.0	9.1	36.3	0.0	0.0	0.0	NA
Cinnamon Peach Half	3.5	99.0	62.0	0.9	10.5	0.0	0.0	0.0	0.9	300.0	1.2	0.0	0.0	0.0	5.3	0.2	0.0	84.3	9.9	0.0	0.0	8.7	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
<b>Totals:</b>	<b>10.5</b>	<b>297.0</b>	<b>355.0</b>	<b>18.7</b>	<b>33.8</b>	<b>15.9</b>	<b>4.7</b>	<b>297.9</b>	<b>3.3</b>	<b>741.6</b>	<b>17.1</b>	<b>0.3</b>	<b>0.6</b>	<b>128.0</b>	<b>45.1</b>	<b>1.7</b>	<b>409.1</b>	<b>692.5</b>	<b>155.9</b>	<b>1.6</b>	<b>1.5</b>	<b>9.8</b>	<b>0.0</b>
Goals: 33% DRI			6-800	23		<25			>=8	>300	>=30	>=6	>=8	>400	>=140	>=3.75	<800	>=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.																							