

Nutritional Analysis for <b>GOLDEN GOURMET</b>										<b>GOLDEN GOURMET</b>													
<b>5044 Salisbury Steak w/Gravy, Red Skin Potatoes, Peas &amp; Carrots</b>																							
<b>Vitamins</b>																							
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	
Ingredients	Size-oz.	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
Salisbury Steak Patty	3	85.0	230.0	13.0	6.0	18.0	6.0	45.0	1.0	18.0	3.6	0.3	1.6	48.0	23.8	3.6	370.0	306.2	64.6	0.6	2.0	1.0	NA
Panfried Cubed Potatoes	3	85.0	110.0	2.0	19.0	4.0	0.5	0.0	2.0	0.0	9.0	0.2	0.001	0.0	28.7	0.35	15.0	459.6	6.8	0.2	0.0	0.0	NA
Cauliflower	2	57.0	13.7	1.1	2.9	0.0	0.0	0.0	1.1	0.0	41.7	0.1	0.2	13.7	6.8	0.1	13.7	109.4	13.3	0.1	0.0	1.1	NA
Brown Gravy & Mushrooms	2.1	59.0	25.0	1.0	5.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.8	0.6	155.3	47.9	17.0	0.0	0.0	0.0	AD
Peas & Carrots	2	57.0	22.1	1.1	4.3	0.0	0.0	0.0	1.7	1173.0	16.3	0.1	0.0	48.5	11.4	0.2	20.4	127.9	9.4	1.0	0.0	2.3	NA
<b>Totals:</b>	<b>12.1</b>	<b>343.0</b>	<b>400.8</b>	<b>18.3</b>	<b>37.6</b>	<b>22.5</b>	<b>6.5</b>	<b>45.0</b>	<b>5.8</b>	<b>1191.0</b>	<b>70.6</b>	<b>0.7</b>	<b>1.9</b>	<b>110.2</b>	<b>73.5</b>	<b>4.9</b>	<b>574.4</b>	<b>1051.0</b>	<b>111.1</b>	<b>1.9</b>	<b>2.0</b>	<b>4.4</b>	<b>0.0</b>
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.																							