

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X
1	Nutritional Analysis for GOLDEN GOURMET																							
2																								
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9																								
10																								
11																								
12																								
13	5045 Baked Breaded Fish, Cut Corn with Red Peppers and Baby Limas																							
14																								
15																								
16		Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
17	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
18	Baked Breaded Fish	4.0	112.0	230.0	14.0	19.0	10.0	1.5	50.0	1.0	18.0	0.0	0.2	2.2	0.0	55.6	1.1	300.0	443.4	206.4	0.3	0.0	1.0	AD
19	Cut Corn	2.7	76.5	68.0	2.3	16.2	0.8	0.0	0.0	1.5	27.9	0.0	0.0	0.0	7.6	1.3	0.0	2.4	103.0	36.7	0.2	0.0	1.3	NA
20	Red Peppers in Corn	0.3	8.5	2.6	0.1	0.5	0.0	0.0	0.0	0.2	14.0	10.9	.025	0.0	0.6	1.0	0.0	0.3	17.9	2.2	0.0	0.0	0.4	NA
21	Baby Limas	3.0	85.0	113.0	6.9	21.4	0.0	0.0	0.0	5.1	31.0	10.8	0.1	0.0	41.3	30.3	0.4	44.5	295.7	88.5	0.8	0.0	0.0	NA
22	Total:	10.0	282.0	413.6	23.3	40.9	10.8	1.5	50.0	7.8	90.9	21.7	0.3	2.2	49.5	88.2	1.5	347.2	860.0	333.8	1.4	0.0	2.7	0.0
23	Goal:			600-750	23		23			>8	>334	30	0.57	0.79	400	140	3.1	800	>1500					
24	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,																							
25	AD- Sugar Added as an ingredient, and NA- Sugar not added an an ingredient.																							

