

Nutritional Analysis for GOLDEN GOURMET										GOLDEN GOURMET																																			
5048 Meatloaf w/Mashed Potatoes & a Tangy Tomato Sauce, Brussel Sprouts & Crinkle Cut Carrots																																													
										Vitamins																																			
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.																						
Ingredients	Ounces	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	VB6	B12	Ca	Mag	Zn	Na	K	PO4	Fe/Iron	Vit. D	Total Sugars	Added Sugars																						
Meat Loaf Patty	3.0	85.0	210.0	14.0	7.0	15.0	6.0	40.0	3.0	36.0	5.4	0.3	2.1	48.0	28.9	5.7	300.0	286.0	119.9	0.8	0.2	2.0	NA																						
Brussel Sprouts	2.50	71.0	29.0	2.9	5.7	0.0	0.0	0.0	2.9	77.0	80.0	0.2	0.0	25.7	16.3	0.3	7.0	275.7	39.7	0.3	0.0	0.0	NA																						
Sirloin Sauce & Tomato Puree	1.50	43.0	17.0	1.0	2.9	0.4	0.1	1.5	0.6	10.5	3.1	0.0	0.0	6.5	6.5	0.2	27.0	147.0	3.9	0.5	0.0	1.7	NA																						
Crinkle Cut Carrots	2.45	70.0	25.0	0.7	5.6	0.0	0.0	0.0	2.1	2505.0	3.5	0.1	0.0	47.0	8.3	0.2	47.6	164.0	23.3	0.3	0.0	3.5	NA																						
Mashed Potatoes	2.00	57.0	67.0	1.3	13.3	0.7	0.0	0.0	1.3	0.0	6.0	0.2	0.1	0.0	10.2	0.6	13.3	400.7	6.8	0.2		0.7	NA																						
Totals:	11.45	326.0	348.0	19.9	34.5	16.0	6.1	41.5	9.9	2628.5	98.0	0.8	2.3	127.2	70.3	6.9	394.9	1273.4	193.5	2.1	0.2	7.9	0.0																						
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.																																													