

Nutritional Analysis for GOLDEN GOURMET										GOLDEN GOURMET													
5049 Charbroiled Beef Patty over Mashed Potatoes w/Gravy, Black Bean Blend, Peas & Carrots																							
Vitamins																							
	Amount		Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	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 Sugar	Added Sugars
Beef Patty, Charbroiled	3.0	85.0	190.0	18.0	4.0	12.0	5.0	40.0	3.0	0.0	0.4	2.1	72.0	38.3	6.5	230.0	410.0	160.7	1.2	0.2	0.0	0.0	NA
Peas & Carrots	2.0	57.0	32.3	1.7	6.3	0.0	0.0	0.0	2.3	835.0	8.7	0.1	0.0	17.1	10.8	0.3	50.4	110.0	9.4	0.3	0.0	2.9	NA
Mashed Potatoes	2.0	57.0	66.7	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	400.9	6.8	0.2	0.0	0.7	NA
Sauce & Onions	2.1	59.0	25.0	0.2	1.3	0.5	0.0	0.0	0.1	48.6	0.4	0.0	0.0	5.7	1.6	0.0	3.3	15.8	4.6	0.1	0.0	0.4	AD
Black Bean Blend	2.5	71.0	77.8	6.4	14.5	0.0	0.0	0.0	5.4	5.1	6.6	0.1	0.0	15.7	44.4	0.8	1.2	247.6	1.9	0.5	0.0	0.0	NA
Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Totals:	11.6	329.0	391.8	27.6	39.5	13.2	5.0	40.0	12.2	888.7	21.7	0.7	2.2	110.6	105.3	8.2	298.3	1184.3	183.4	2.2	0.2	3.9	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.																							