

Nutritional Analysis for **GOLDEN GOURMET**



5074 Pot Roast with Gravy over Mashed Potatoes, Italian Green Beans, & Black Bean Blend

Vitamins

Ingredients	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	Vitamins								
	Size	gm	kcal							Pro	CHO	T. Fat	SFA	Chol	Fiber	IU	mg.	mg.
Beef, Diced	2.5 oz.	70	158	23.4	0	6.4	2.23	67.3	0	0	0	0.03	1.38	4.96	15.6	1.977	30.5	192
Sirloin Tip Sauce	2 oz.	56	38.6	0.52	8.11	0.57	0.01	0	0.22	0.82	0.96	0.03	0	9.47	5.72	0.08	229.7	44.9
Mashed Potatoes	3.2 oz.	89.6	114	4.54	24.5	2.72	0.91	41.7	2.72	9.07	49	0.36	0.18	71.7	12	0.33	19.4	641
Beans Black, No Salt	1.2 oz.	33.6	44.9	3.01	8.07	0.18	0.05	0	2.96	0	0	0.23	0	9.18	25.8	0.42	0.34	135
Tomato Sauce, No Salt	1 oz.	28	11.9	0.37	2.47	0.06	0	0	0.42	7.65	3.71	0.04	0	3.96	5.39	0.07	3.11	105
Veg Carrots, frozen	1 oz.	28	10.2	0.22	2.24	0.13	0.01	0	0.94	230	2.55	0.03	0	10.2	3.4	0.09	8.93	66.6
Green Beans, frozen	2 oz.	56	25.5	0.82	3.53	1.25	0.26	0	1.64	31.2	2.21	0.11	0.21	23.2	10.2	0.094	165.6	87.3
Onions, frozen	0.4 oz.	11.2	3.63	0.1	0.86	0	0	0	0.1	0	0.54	0.02	0	2.29	1.02	0.02	0.9	13.5
Herb Garlic	0.4 oz.	11.2	16.9	0.72	3.75	0.06	0.01	0	0.24	0	3.58	0.14	0	20.5	2.84	0.13	1.92	45.5
Bread Whole Wheat	1 sl	25	76.5	4.06	12.8	1.01	0.23	0	3.12	0	0	0.06	0	32.5	24.8	0.54	145.8	81.5
Moon Pie	1 oz.	28	119	1.13	19.2	4.79	1.34	0	0.57	0.28	0.03	0.02	0.05	13	10.2	0.18	47.6	51.6
Milk Skim	1 cup	245	83.3	8.26	12.2	0.19	0.14	4.9	0	149	0	0.09	1.23	299	27	1.03	102.9	382
LUNCH/DINNER MEAL TOTALS			703	47.2	97.7	17.4	5.19	114	12.9	428	62.6	1.24	3.05	500	144	5.002	756.7	1847
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.

FoodWorks - Nutrient Totals with Comparison to Daily Values (DV)**Mode: Single day (Day 1)**

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	703.2	2000	35%
Protein	g	47.2	50	94%
Carbohydrate	g	97.6	300	33%
Dietary Fiber	g	12.9	25	52%
Total Fat	g	17.4	65	27%
Saturated Fat	g	5.281	20	26%
Cholesterol	mg	114	300	38%
Calcium	mg	499.9	1000	50%
Magnesium	mg	143.8	400	36%
Phosphorus	mg	612.5	1000	61%
Potassium	mg	1847	3500	53%
Sodium	mg	756.6	2400	32%
Zinc	mg	5.002	15	33%
Vitamin A (RAE)	mcg	428.1		
Vitamin C	mg	62.5	60	104%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	1.657	22	8%
Folate	mcg	156.5	400	39%
Vitamin B6	mg	1.247	2	62%
Vitamin B12	mcg	3.046	6	51%

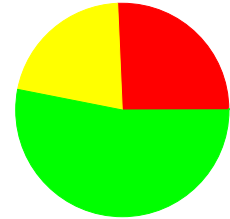
Total weight: 686.74g (24.22 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 703 (2946 Kilojoules)
 Sodium: 756.65 mg Energy deficit:
 Fiber: 12.93 g -1297 Kcal
 Cholesterol: 113.96 mg -5434 Kj

DISTRIBUTION OF CALORIES

		g/kg of body wt
■	Protein: 25.7 %	0.63
■	Fat: 21.3 %	0.23
■	Carbo: 53.1 %	1.30
■	Alcohol: 0 %	0.00



FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	17.4 g		
■ Saturated fat:	5.3 g	30 %	7 %
■ Polyunsaturated fat:	2.7 g	15 %	3 %
■ Monounsaturated fat:	7.2 g	41 %	9 %
■ Other / unspecified:	2.2 g	14 %	3 %



Energy per 100g of food: 102 Kcal
429 Kilojoules

MOST SIGNIFICANT SOURCES OF:

Sodium: Golden Gourmet Teriyaki Sauce
 Cholest: Beef Bottom Round, Choice, lean (0"trim) braised
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 6.5

RATIOS:

Potassium to Sodium: 2.44 to 1
 Calcium to Phosphorus: 1 to 1.23

Percent of the Daily Values (DV) achieved:

