

	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 <b>GOLDEN GOURMET</b>																							
2																								
3																								
4																								
5																								
6																								
7																								
8																								
9																								
10																								
11																								
12																								
13	5085 Creole Fish w/Tomato Cilantro Sauce, Corn, Lima Beans, Cauliflower, & Green Beans																							
14																								
15																								
16																								
17																								
18																								
19																								
20																								
21																								
22																								
23																								
24																								
25																								
26																								



**Vitamins**

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
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
Baked Breaded Fish	4.0	113.4	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
Cut Greens Beans	2.0	56.7	22.24	1.12	4.56	0	0	0	1.68	79.2	15.84	0.0	0	38.4	16.48	0.16	1.68	134.4	20.6	0.64	0	1.12	NA
Tomato Cilantro Sauce	2.0	56.7	49.5	0.6	5.9	2.9	0.2	0.0	0.7	20.4	6.8	0.1	0.0	12.8	7.3	0.1	48.3	148.8	13.3	0.5	0.0	4.8	AD
Corn, Lima Beans, Canola Oil	2.0	56.7	128.2	2.6	11.1	8.8	0.7	0.0	2.0	45.5	4.7	0.1	0.0	9.4	16.4	0.2	13.3	159.5	41.7	0.6	0.0	0.0	NA
Cauliflower	2.0	56.7	13.7	1.1	2.8	0.0	0.0	0.0	1.1	0.4	41.6	0.003	0.0	13.7	0.34	0.005	13.7	5.47	1.0	0.1	0.0	1.1	NA
<b>Total:</b>	<b>12.0</b>	<b>340.2</b>	<b>443.6</b>	<b>19.5</b>	<b>43.36</b>	<b>21.7</b>	<b>2.5</b>	<b>50.0</b>	<b>6.5</b>	<b>163.5</b>	<b>68.94</b>	<b>0.4</b>	<b>2.2</b>	<b>74.3</b>	<b>96.12</b>	<b>1.6</b>	<b>376.98</b>	<b>891.6</b>	<b>2.3</b>	<b>0.0</b>	<b>8.02</b>	<b>0.0</b>	
			600-750	23				>8		>334	30	0.57	0.79	400	140	3.1	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- Sugar Added as an ingredient, and NA- Sugar not added as an ingredient.