

	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										GOLDEN GOURMET																							
2																																		
3																																		
4																																		
5																																		
6																																		
7																																		
8	5090 Brunswick Stew																																	
9											Vitamins																							
10		Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.										
11	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 Sugars	Added Sugars										
12	Brunswick Stew Sauce	3.0	85.0	43.6	0.7	10.8	0.1	0.0	0.0	0.7	207.5	5.1	0.0	0.0	11.2	7.8	0.1	39.2	157.8	13.7	0.5	0.0	3.2	AD										
13	Ground Chicken	3.0	85.0	105.0	15.0	0.0	4.5	1.5	60.0	0.0	0.0	0.0	0.5	0.3	0.0	24.7	2.7	112.5	216.0	139.3	0.2	0.1	0.0	NA										
14	Crinkle Cut Carrots	2.5	69.0	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	163.0	23.8	0.3	0.0	3.5	NA										
15	Green Beans, Cut	2.0	57.0	22.2	1.1	4.6	0.0	0.0	0.0	1.7	79.2	15.8	0.0	0.0	38.4	16.5	0.2	1.7	134.4	20.6	0.7	0.0	1.1	NA										
16	Veggies, Line Blend	2.0	57.0	74.9	3.2	16.4	0.4	0.1	0.0	2.9	145.5	5.7	0.1	0.0	13.0	24.8	0.4	16.1	233.1	86.9	0.8	0.0	1.5	NA										
34	Total:	12.5	353.0	270.7	20.7	37.4	5.0	1.6	60.0	7.4	2937.2	30.1	0.8	0.3	109.6	82.2	3.7	217.1	904.3	284.3	2.6	0.1	9.3	0.0										
35	Goals: 33% DRI			6-800	23		<25			≥8	≥300	≥30	≥6	≥8	≥400	≥140	≥3.75	≤800	≥1500															
36	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,																																	
37	NA- Sodium, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.																																	