

| Nutritional Analysis for <b>GOLDEN GOURMET</b>   |              |               |               |              |              |               |             |              |              | <b>GOLDEN GOURMET</b> |              |               |                |              |              |             |               |                |               |                |               |                     |                     |      |     |     |  |  |  |  |  |  |  |
|--|--------------|---------------|---------------|--------------|--------------|---------------|-------------|--------------|--------------|-----------------------|--------------|---------------|----------------|--------------|--------------|-------------|---------------|----------------|---------------|----------------|---------------|---------------------|---------------------|------|-----|-----|--|--|--|--|--|--|--|
|  |              |               |               |              |              |               |             |              |              |                       |              |               |                |              |              |             |               |                |               |                |               |                     |                     |      |     |     |  |  |  |  |  |  |  |
| <b>5094 Meatballs &amp; Mushroom Gravy over Red Skin Potatoes, Zucchini &amp; Mixed Vegetables</b>   |              |               |               |              |              |               |             |              |              |                       |              |               |                |              |              |             |               |                |               |                |               |                     |                     |      |     |     |  |  |  |  |  |  |  |
|  |              |               |               |              |              |               |             |              |              | Vitamins              |              |               |                |              |              |             |               |                |               |                |               |                     |                     |      |     |     |  |  |  |  |  |  |  |
|  | Amount       |               |               | Gm.          | Gm.          | Gm.           | Gm.         | mg.          | Gm.          | IU                    | mg.          | mg.           | mcg.           | mg.          | mg.          | mg.         | mg.           | mg.            | mg.           | mg.            | mg.           | mg.                 | mg.                 | mcg. | gm. | gm. |  |  |  |  |  |  |  |
| <b>Ingredients</b>   | <b>Size</b>  | <b>gm</b>     | <b>kcal</b>   | <b>Pro</b>   | <b>CHO</b>   | <b>T. Fat</b> | <b>SFA</b>  | <b>Chol</b>  | <b>Fiber</b> | <b>Vit.A</b>          | <b>Vit.C</b> | <b>Vit.B6</b> | <b>Vit.B12</b> | <b>Ca</b>    | <b>Mag</b>   | <b>Zn</b>   | <b>Na</b>     | <b>K</b>       | <b>PO4</b>    | <b>Fe/Iron</b> | <b>Vit. D</b> | <b>Total Sugars</b> | <b>Added Sugars</b> |      |     |     |  |  |  |  |  |  |  |
| Potato Cubes   | 3.00         | 85.00         | 110.00        | 2.00         | 19.00        | 4.00          | 0.50        | 0.00         | 2.00         | 0.00                  | 9.00         | 0.20          | 0.00           | 0.00         | 28.70        | 0.30        | 15.00         | 459.60         | 6.80          | 0.16           | 0.00          | 0.00                | NA                  |      |     |     |  |  |  |  |  |  |  |
| Veggie Blend   | 2.30         | 65.00         | 32.30         | 1.30         | 7.20         | 0.20          | 0.00        | 0.00         | 1.60         | 620.60                | 8.80         | 0.00          | 0.00           | 30.00        | 8.80         | 0.20        | 12.60         | 93.80          | 44.70         | 0.55           | 0.00          | 1.70                | NA                  |      |     |     |  |  |  |  |  |  |  |
| LS Mushroom Sauce  | 2.10         | 59.00         | 25.00         | 1.00         | 5.00         | 0.50          | 0.00        | 0.00         | 0.00         | 0.00                  | 0.00         | 0.01          | 0.06           | 0.00         | 2.75         | 0.57        | 140.00        | 45.90          | 16.00         | 0.00           | 0.00          | 0.00                | AD                  |      |     |     |  |  |  |  |  |  |  |
| Zucchini   | 2.50         | 71.00         | 12.20         | 0.69         | 2.85         | 0.00          | 0.00        | 0.00         | 0.69         | 25.70                 | 5.80         | 0.10          | 0.00           | 17.20        | 23.50        | 0.57        | 1.50          | 325.30         | 15.40         | 0.23           | 0.00          | 1.50                | NA                  |      |     |     |  |  |  |  |  |  |  |
| Meatballs  | 3.00         | 84.00         | 250.00        | 13.00        | 5.00         | 20.00         | 8.00        | 50.00        | 1.00         | 18.00                 | 3.60         | 0.40          | 3.00           | 48.00        | 21.30        | 7.40        | 260.00        | 316.50         | 88.50         | 0.60           | 0.00          | 2.00                | NA                  |      |     |     |  |  |  |  |  |  |  |
| <b>Totals:</b>   | <b>12.90</b> | <b>364.00</b> | <b>429.50</b> | <b>17.99</b> | <b>39.05</b> | <b>24.70</b>  | <b>8.50</b> | <b>50.00</b> | <b>5.29</b>  | <b>664.30</b>         | <b>27.20</b> | <b>0.71</b>   | <b>3.06</b>    | <b>95.20</b> | <b>85.05</b> | <b>9.04</b> | <b>429.10</b> | <b>1241.10</b> | <b>171.40</b> | <b>1.54</b>    | <b>0.00</b>   | <b>5.20</b>         | <b>0.00</b>         |      |     |     |  |  |  |  |  |  |  |
| 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. |              |               |               |              |              |               |             |              |              |                       |              |               |                |              |              |             |               |                |               |                |               |                     |                     |      |     |     |  |  |  |  |  |  |  |