


Nutritional Analysis for <b>GOLDEN GOURMET</b>																		
																		
6018 Waffle,Pork Sausage Patty, Sliced Apples																		
<b>Vitamins</b>																		
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K
Waffles	2.0 oz	56	176	4.13	27.7	5.41	1.11	7.93	1.41	237	0	0.61	1.28	172	13	0.28	408.2	79.9
Pork Sausage	1.50 oz	42	129	6.41	0	11.3	3.74	30.6	0	5.52	0.29	0.13	0.37	3.82	5.95	0.92	270.5	105.5
Fried Sliced Apples	4.00 oz	112	86.2	0.2	22.6	0.2	0.03	0	1.36	1.13	1.92	0.02	0	4.53	3.4	0.04	3.4	69.2
Margarine	0.16 oz	4.48	33.7	0.08	0.03	3.79	0.71	0	0	38.5	0.09	0	0	1.41	0.14	0	44.3	1.97
Cracker Graham	0.5 oz	14	59.2	0.96	10.8	1.41	0.21	0	0.39	0	0	0	0	3.36	4.2	0.11	84.7	18.9
Juice Orange	4 oz	112	51	0.79	11.8	0.22	0.03	0	0.23	11.3	56.7	0.05	0	12.5	12.5	0.05	1.13	226.8
Milk	8 oz	245	83.3	8.25	12.2	0.19	0.14	4.9	0	149	0	0.1	1.22	299	27	1.02	103	382
Net Weight	20.16 oz																	
<b>LUNCH/DINNER MEAL TOTALS</b>			<b>619</b>	<b>20.8</b>	<b>85.1</b>	<b>22.5</b>	<b>5.97</b>	<b>43.4</b>	<b>3.39</b>	<b>443</b>	<b>59</b>	<b>0.91</b>	<b>2.87</b>	<b>496</b>	<b>66.2</b>	<b>2.42</b>	<b>915.23</b>	<b>884.27</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.																		

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

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	618.5	2000	31%
Protein	g	20.8	50	42%
Carbohydrate	g	85	300	28%
Dietary Fiber	g	3.397	25	14%
Total Fat	g	22.5	65	35%
Saturated Fat	g	5.977	20	30%
Cholesterol	mg	43.5	300	14%
Calcium	mg	496.3	1000	50%
Magnesium	mg	66.2	400	17%
Phosphorus	mg	594.9	1000	59%
Potassium	mg	884.5	3500	25%
Sodium	mg	915.2	2400	38%
Zinc	mg	2.451	15	16%
Vitamin A (RAE)	mcg	443		
Vitamin C	mg	58.9	60	98%
Vitamin D	mcg	3.493	10	35%
Vitamin E (a-toc)	mg	1.329	22	6%
Folate	mcg	95.1	400	24%
Vitamin B6	mg	0.916	2	46%
Vitamin B12	mcg	2.873	6	48%

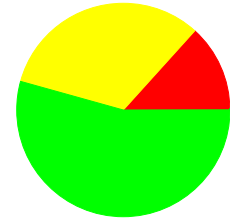
Total weight: 589.73g (20.8 oz)

**IMPORTANT TOTALS:**

Est. KCal need: 2000 (8380 Kilojoules)  
 Calories: 618 (2591 Kilojoules)  
 Sodium: 915.16 mg Energy deficit:  
 Fiber: 3.4 g -1382 Kcal  
 Cholesterol: 43.46 mg -5789 Kj

**DISTRIBUTION OF CALORIES**

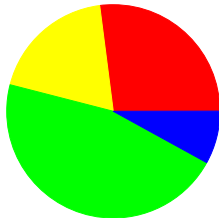
		g/kg of body wt
<span style="color: red;">■</span>	Protein: 13.3 %	0.28
<span style="color: yellow;">■</span>	Fat: 32.4 %	0.30
<span style="color: green;">■</span>	Carbo: 54.3 %	1.13
<span style="color: blue;">■</span>	Alcohol: 0 %	0.00



Energy per 100g of food: 105 Kcal  
439 Kilojoules

**FAT BREAKDOWN:**

	grams	%fat	%Kcal
Total Fat:	22.5 g		
<span style="color: red;">■</span> Saturated fat:	6 g	27 %	9 %
<span style="color: yellow;">■</span> Polyunsaturated fat:	4.4 g	19 %	6 %
<span style="color: green;">■</span> Monounsaturated fat:	10.4 g	46 %	15 %
<span style="color: blue;">■</span> Other / unspecified:	1.8 g	8 %	3 %



**MOST SIGNIFICANT SOURCES OF:**

Sodium: Waffle, plain  
 Cholest: Sausage, Pork, Fresh, Country Style, raw  
 Fat: Sausage, Pork, Fresh, Country Style, raw

**CARBOHYDRATE COUNTS (15g per count):** 5.7

**RATIOS:**

Potassium to Sodium: 1 to 1.03  
 Calcium to Phosphorus: 1 to 1.2

**Percent of the Daily Values (DV) achieved:**

