

Nutritional Analysis for GOLDEN GOURMET																								
																								

6019 Cheese Scrambled Eggs, Turkey Sausage Patty, and Grits																								
										Vitamins														
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.	
Ingredients	Size	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	
Scrambled Eggs	2.75	78	137.5	12.19	2.75	8.25	2.75	268.1	0	387.8	0.24	0.091	0.55	59.95	7.05	0.83	358	114.5	23.4	1.3	1.4	1.4	NA	
Cheddar Cheese	0.25	7	22.9	1.5	0	1.916	1.08	5.25	0	11.25	0	0	0.0933	50	2.16	0.25	37.5	7.58	19.4	0	0	0	NA	
Turkey Sausage Patty	1.5	42.5	90.4	7.5	0.4	6.5	1.8	37.1	0.0	0.0	1.0	0.2	0.8	25.6	16.0	0.0	267.0	2.9	6.5	0.4	0.0	0.4	AD	
Grits	4	113.4	97.1	2	20.8	0.459	0.09	0	1.207	0.787	0	0.061	0	1.05	9.45	0.19	0.26	37	29.1	0.8	0.0	0.2	NA	
Peaches	3.5	99.2	61.3	0.9	10.5	0.0	0.0	0.0	0.9	300.0	1.2	0.0	0.0	0.0	5.0	0.2	0.0	84.3	9.9	0.0	0.0	8.8	AD	
Total:	12.0	340.1	409.2	24.1	34.4	17.2	5.7	310.5	2.1	699.8	2.4	0.4	1.4	136.6	39.6	1.4	662.3	246.3	88.3	2.5	1.4	10.7	0.0	
Goals: 33% DRI			6-800	23		<25			>8	>300	>30	>6	>8	>400	>140	>3.75	<800	>1566			>5			
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.																								