Nutritional Analysis for **GOLDEN GOURMET**

6021 Western Style Scrambled Eggs, Diced Cinnamon Apples, Seasoned Potatoes

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	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**
Scrambled Eggs	3.0	85.0	145.0	13.3	3.4	9.6	2.8	291.4	0.1	423.0	0.3	0.1	0.6	65.4	7.7	0.9	332.0	125.0	25.5	1.4	1.5	1.0	NA
Omelet Topping	0.75	21.0	10.5	0.8	0.9	0.0	0.2	0.2	0.3	5.1	6.6	0.0	0.0	2.6	0.9	0.1	17.1	14.4	17.2	0.1	0.0	0.1	NA
Cheddar Cheese	0.25	7.0	27.5	1.8	0.0	2.3	1.3	6.3	0.0	13.5	0.0	0.0	0.1	60.0	2.6	0.3	45.0	9.1	36.3	0.0	0.0	0.0	NA
Cinnamon Peach Half	3.5	99.0	62.0	0.9	10.5	0.0	0.0	0.0	0.9	300.0	1.2	0.0	0.0	0.0	5.3	0.2	0.0	84.3	9.9	0.0	0.0	8.7	AD
Cubed Potatoes, IQF	3.0	85.0	110.0	2.0	19.0	4.0	0.5	0.0	2.0	0.0	9.0	0.2	0.0	0.0	28.7	0.3	15.0	459.6	67.0	0.2	0.0	0.0	NA
Totals:	**10.5**	**297.0**	**355.0**	**18.7**	**33.8**	**15.9**	**4.7**	**297.9**	**3.3**	**741.6**	**17.1**	**0.3**	**0.6**	**128.0**	**45.1**	**1.7**	**409.1**	**692.5**	**155.9**	**1.6**	**1.5**	**9.8**	**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.