


Nutritional Analysis for GOLDEN GOURMET																		
6023 Monterey Jack Cheese Omelet										Vitamins								
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
Omelet	3.00 oz	84	131	8.99	0.55	9.92	2.82	266	0	146.3	0	0.12	0.64	40.8	9.35	0.9	132	99.5
Monterey Jack Chee	0.25 oz	7	26.4	1.73	0.04	2.14	1.35	6.3	0	14	0	0	0.06	52.9	1.91	0.2	38	5.74
Seasoned Diced Pot	2.5 oz	70	66.6	1.48	14.9	0.1	0.02	0	1.48	0.7	8.93	0.15	0	7.08	19.1	0.3	4.96	386
Sliced Cinn Apples	2.50 oz	70	53.9	0.12	14.1	0.12	0.02	0	0.85	0.71	1.2	0.01	0	2.83	2.12	0	2.12	43.2
Margarine	0.16 oz	4.7	33.7	0.01	0.03	3.79	0.71	0	0	38.5	0	0	0	1.41	0.14	0	44.3	1.97
Raisins	1.5 Oz	43	128.6	1.32	34	0.19	0.02	0	1.59	0	0.98	0.07	0	21.5	13.8	0.1	4.73	322
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	0.1	1.13	227
Milk Skim	8 oz	224	83.3	8.25	12.2	0.19	0.14	4.9	0	149.4	0	0.1	1.23	299	27	1	103	382
Net Weight	21.91 oz																	
LUNCH/DINNER MEAL TOTALS			574.5	22.7	87.6	16.67	5.11	277	4.15	360.9	67.8	0.5	1.93	438	85.9	2.6	330	1467
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	574.5	2000	29%
Protein	g	22.7	50	45%
Carbohydrate	g	87.7	300	29%
Dietary Fiber	g	4.157	25	17%
Total Fat	g	16.7	65	26%
Saturated Fat	g	5.114	20	26%
Cholesterol	mg	277.4	300	92%
Calcium	mg	437.9	1000	44%
Magnesium	mg	85.9	400	21%
Phosphorus	mg	542.9	1000	54%
Potassium	mg	1467	3500	42%
Sodium	mg	330	2400	14%
Zinc	mg	2.596	15	17%
Vitamin A (RAE)	mcg	361		
Vitamin C	mg	67.8	60	113%
Vitamin D	mcg	4.386	10	44%
Vitamin E (a-toc)	mg	1.837	22	8%
Folate	mcg	110.6	400	28%
Vitamin B6	mg	0.506	2	25%
Vitamin B12	mcg	1.935	6	32%

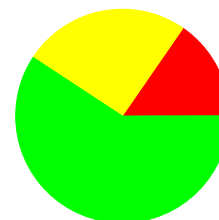
Total weight: 639.99g (22.57 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 574 (2407 Kilojoules)
 Sodium: 329.99 mg Energy deficit:
 Fiber: 4.16 g -1426 Kcal
 Cholesterol: 277.41 mg -5973 Kj

DISTRIBUTION OF CALORIES

		g/kg of body wt
■ Protein:	15.4 %	0.30
■ Fat:	25.4 %	0.22
■ Carbo:	59.2 %	1.17
■ Alcohol:	0 %	0.00



FAT BREAKDOWN: grams %fat %Kcal

■ Total Fat:	16.7 g		
■ Saturated fat:	5.1 g	31 %	8 %
■ Polyunsaturated fat:	3.6 g	22 %	6 %
■ Monounsaturated fat:	6.7 g	40 %	10 %
■ Other / unspecified:	1.3 g	7 %	2 %



Energy per 100g of food: 90 Kcal
376 Kilojoules

MOST SIGNIFICANT SOURCES OF:

Sodium: Egg, Whole, omelet
 Cholest: Egg, Whole, omelet
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 5.8

RATIOS:

Potassium to Sodium: 4.45 to 1
 Calcium to Phosphorus: 1 to 1.24

Percent of the Daily Values (DV) achieved:

