


Nutritional Analysis for GOLDEN GOURMET																											
6025 BUTTERMILK Pancakes, Turkey Sausage Patty, Seasoned Potatoes, Cinnamon Applesauce																											
										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									
Buttermilk P/C	2.5 oz	70	160	3.78	27.8	3.66	0.57	12.8	1.7	45.4	0.21	0.11	0.06	50.3	9.92	0.27	358	87.9									
Turkey Sausage	1.5 oz	42	83.3	10.2	0	4.44	0.96	39.1	0	5.52	0.29	0.13	0.52	9.35	8.93	1.65	283	127									
Seasoned Dcd Pot	3.0 oz	84	78.2	1.65	18.2	0.08	0.02	0	1.27	0	10.8	0.25	0	4.25	21.3	0.24	244	330									
Cinn Applesauce	2.5 oz	70	53.9	0.12	14.1	0.12	0.02	0	1.06	0.7	2.69	0.01	0	2.83	2.12	0.02	19.8	43.2									
Margarine	0.16 oz	4.7	33.7	0.08	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	129	1.32	34	0.19	0.03	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	0.04	0	12.5	12.5	0.06	1.13	227									
Milk Skim	8 oz	224	83.3	8.25	12.2	0.19	0.14	4.9	0	149	0	0.09	1.22	299	27	1.03	103	382									
Net Weight	23.16 oz																										
LUNCH/DINNER MEAL TOTALS			672	26.19	118	12.7	2.48	56.8	5.85	251	71.67	0.72	1.8	401	95.7	3.37	1058	1521									
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	671.5	2000	34%
Protein	g	26.1	50	52%
Carbohydrate	g	118.2	300	39%
Dietary Fiber	g	5.858	25	23%
Total Fat	g	12.7	65	20%
Saturated Fat	g	2.484	20	12%
Cholesterol	mg	56.8	300	19%
Calcium	mg	401	1000	40%
Magnesium	mg	95.6	400	24%
Phosphorus	mg	652.3	1000	65%
Potassium	mg	1521	3500	43%
Sodium	mg	1058	2400	44%
Zinc	mg	3.375	15	22%
Vitamin A (RAE)	mcg	250.9		
Vitamin C	mg	71.7	60	120%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	0.853	22	4%
Folate	mcg	104.7	400	26%
Vitamin B6	mg	0.726	2	36%
Vitamin B12	mcg	1.817	6	30%

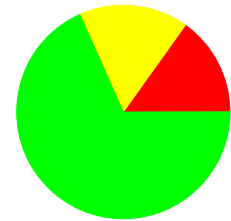
Total weight: 675.42g (23.82 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 672 (2814 Kilojoules)
 Sodium: 1057.73 mg Energy deficit:
 Fiber: 5.86 g -1328 Kcal
 Cholesterol: 56.78 mg -5566 Kj

DISTRIBUTION OF CALORIES

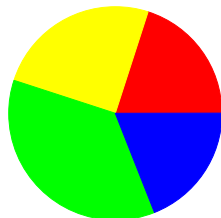
		g/kg of body wt
■	Protein: 15.1 %	0.35
■	Fat: 16.6 %	0.17
■	Carbo: 68.3 %	1.58
■	Alcohol: 0 %	0.00



Energy per 100g of food: 99 Kcal
417 Kilojoules

FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	12.7 g		
■ Saturated fat:	2.5 g	20 %	3 %
■ Polyunsaturated fat:	3.2 g	25 %	4 %
■ Monounsaturated fat:	4.6 g	36 %	6 %
■ Other / unspecified:	2.5 g	19 %	3 %



MOST SIGNIFICANT SOURCES OF:

Sodium: Pancakes, plain
 Cholest: Turkey sausage, fresh, cooked
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 7.9

RATIOS:

Potassium to Sodium: 1.44 to 1
 Calcium to Phosphorus: 1 to 1.63

Percent of the Daily Values (DV) achieved:

