


Nutritional Analysis for GOLDEN GOURMET																		
6027 Biscuit and Gravy, Potatoes Obrien																		
										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
Creamed Sauce	3.10 oz	87	70.3	1.98	14.7	0.19	0.03	0	0.52	0	0	0	0	5.27	5.27	0.13	92.3	21.1
Biscuit	2.0 oz	56	182.6	3.77	24.5	7.72	1.99	0.56	0.4	1.13	0	0.04	0.03	28.9	9.63	0.28	354.9	91.9
Roasted Potatoes	3.8 oz	106	101.3	2.26	22.7	0.16	0.02	0	2.26	1.07	13.6	0.23	0	10.8	29.1	0.37	7.54	586.1
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	128.6	1.32	34	0.19	0.02	0	1.59	0	0.98	0.07	0	21.5	13.8	0.09	4.73	322.1
Juice Orange	4 oz	112	51	0.79	11.8	0.22	0.02	0	0.23	11.3	56.7	0.04	0	12.5	12.5	0.05	1.13	226.8
Milk Skim	8 oz	224	83.3	8.25	12.2	0.19	0.13	4.9	0	149	0	0.1	1.22	299	27	1.02	102.9	382.2
Net Weight	22.56 oz																	
LUNCH/DINNER MEAL TOTALS			650.8	18.5	120	12.5	2.92	5.46	5	201	71.3	0.48	1.25	379	97.4	1.94	607.8	1632
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	650.7	2000	33%
Protein	g	18.4	50	37%
Carbohydrate	g	120	300	40%
Dietary Fiber	g	5.004	25	20%
Total Fat	g	12.5	65	19%
Saturated Fat	g	2.952	20	15%
Cholesterol	mg	5.467	300	2%
Calcium	mg	379.2	1000	38%
Magnesium	mg	97.3	400	24%
Phosphorus	mg	679.6	1000	68%
Potassium	mg	1632	3500	47%
Sodium	mg	607.8	2400	25%
Zinc	mg	1.973	15	13%
Vitamin A (RAE)	mcg	201.5		
Vitamin C	mg	71.3	60	119%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	0.988	22	4%
Folate	mcg	146.3	400	37%
Vitamin B6	mg	0.482	2	24%
Vitamin B12	mcg	1.258	6	21%

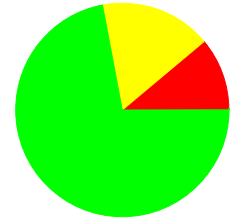
Total weight: 658.42g (23.22 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 651 (2727 Kilojoules)
 Sodium: 607.85 mg Energy deficit:
 Fiber: 5 g -1349 Kcal
 Cholesterol: 5.47 mg -5653 Kj

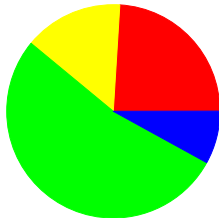
DISTRIBUTION OF CALORIES

		g/kg of body wt
■ Protein:	11.1 %	0.25
■ Fat:	16.9 %	0.17
■ Carbo:	72.1 %	1.60
■ Alcohol:	0 %	0.00



FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	12.5 g		
■ Saturated fat:	3 g	24 %	4 %
■ Polyunsaturated fat:	1.8 g	15 %	3 %
■ Monounsaturated fat:	6.6 g	53 %	9 %
■ Other / unspecified:	1.1 g	8 %	2 %



Energy per 100g of food: 99 Kcal
414 Kilojoules

MOST SIGNIFICANT SOURCES OF:

Sodium: Biscuit, Plain or Buttermilk, refrag dough
 Cholest: N/A
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 8.

RATIOS:

Potassium to Sodium: 2.68 to 1
 Calcium to Phosphorus: 1 to 1.79

Percent of the Daily Values (DV) achieved:

