


Nutritional Analysis for GOLDEN GOURMET																		
																		
6020 Spanish Omelet, Maple Oatmeal, 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
Oatmeal w maple	3 oz	84	60.4	2.03	11.3	0.85	0.14	0	2.04	248	10.2	0.33	1.02	44.2	17.9	0.52	102	74.8
Sauce, Salsa	1.5 oz	42	11.5	0.65	2.66	0.06	0.01	0	0.68	6.37	0.8	0.07	0	11.5	6.37	0.15	255	126
Cinnamon Applesauce	2.50 Oz.	70	30.5	0.12	8	0.03	0.01	0	0.85	0.7	0.85	0.01	0	2.12	2.12	0.02	1.41	53.2
Omelet	3.00 oz.	114	108	9.19	1.76	7.11	2.37	282	0	105	0	0.09	0.82	66.3	11.1	0.84	309	128
Net weight	10 oz.																	
LUNCH/DINNER MEAL TOTALS			210	12	23.7	8.05	2.53	282	3.57	359	11.9	0.5	1.84	124.1	37.5	1.53	667	383
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	210.4	2000	11%
Protein	g	12	50	24%
Carbohydrate	g	23.7	300	8%
Dietary Fiber	g	3.572	25	14%
Total Fat	g	8.064	65	12%
Saturated Fat	g	2.538	20	13%
Cholesterol	mg	281.5	300	94%
Calcium	mg	124.2	1000	12%
Magnesium	mg	37.4	400	9%
Phosphorus	mg	257.1	1000	26%
Potassium	mg	382.7	3500	11%
Sodium	mg	667.4	2400	28%
Zinc	mg	1.548	15	10%
Vitamin A (RAE)	mcg	359.2		
Vitamin C	mg	11.9	60	20%
Vitamin D	mcg	0	10	0%
Vitamin E (a-toc)	mg	1.357	22	6%
Folate	mcg	30.5	400	8%
Vitamin B6	mg	0.531	2	27%
Vitamin B12	mcg	1.846	6	31%

Total weight: 283.5g (10.0 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 210 (881 Kilojoules)
 Sodium: 667.36 mg Energy deficit:
 Fiber: 3.57 g -1790 Kcal
 Cholesterol: 281.52 mg -7499 Kj

DISTRIBUTION OF CALORIES

		g/kg of body wt
■	Protein: 22.3 %	0.16
■	Fat: 33.7 %	0.11
■	Carbo: 44 %	0.32
■	Alcohol: 0 %	0.00



Energy per 100g of food: 74 Kcal
311 Kilojoules

FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	8.1 g		
■ Saturated fat:	2.5 g	31 %	11 %
■ Polyunsaturated fat:	1.3 g	16 %	6 %
■ Monounsaturated fat:	2.9 g	36 %	13 %
■ Other / unspecified:	1.3 g	17 %	6 %



MOST SIGNIFICANT SOURCES OF:

Sodium: Egg omelet or scrambled egg, fat not added in coo...
 Cholest: Egg omelet or scrambled egg, fat not added in coo...
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 1.6

RATIOS:

Potassium to Sodium: 1 to 1.74
 Calcium to Phosphorus: 1 to 2.07

Percent of the Daily Values (DV) achieved:

