

Nutritional Analysis for **GOLDEN GOURMET**



6027 Biscuit and Gravy, Potatoes O'Brien

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K	PO4	Fe/Iron	Vit. D	Total Sugars	Added Sugars
Turkey Sausage	1.5	43.0	80.0	8.0	1.0	5.0	1.5	25.0	0.1	0.0	0.0	0.2	0.8	20.0	16.0	0.7	310.0	102.7	6.5	0.7	0.0	1.0	AD
Cream Sauce	2 oz.	57.0	141.0	1.8	6.9	11.9	1.675	5.2	0.2	70.8	0.1	0.0	0.0	47.7	1.9	0.2	30.6	60.8	65.7	0.3	0.0	0.0	NA
Biscuit	2 oz.	57.0	200.0	4.0	27.0	8.0	4.5	0.0	1.0	4.5	0.0	0.0	0.1	24.0	10.2	0.3	550.0	127.0	243.0	0.6	0.0	3.0	AD
Roasted Potatoes	3.0	85.0	110.0	1.3	18.9	4.0	0.5	0.0	2.0	0.0	9.0	0.2	0.0	0.0	28.7	0.0	15.0	460.0	67.0	0.2	0.0	0.0	NA
Sliced Apples	4 oz.	113.0	59.0	0.0	14.2	0.0	0.0	0.0	1.9	32.9	24.0	0.0	0.0	6.7	3.4	0.0	8.4	75.6	8.5	0.0	0.0	9.2	NA
Totals:	4.5	355.0	590.0	15.1	68.0	28.9	6.5	30.2	5.2	108.3	33.1	0.5	0.9	98.4	60.2	1.2	914.0	826.1	390.7	1.8	0.0	13.3	0.0
Goals: 33% DRI			6-800	23		<25			>8	>300	>30	>.6	>.8	>400	>140	>3.75	<766	>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.																							
Turkey Sausage	1.5 oz.	43.0	909.0	7.5	0.4	6.5	1.8	37.0	0.0	31.9	1.0	0.2	0.5	25.6	9.7	1.7	267.0	168.0	6.5	0.5	0.1	0.4	AD