

Nutritional Analysis for **GOLDEN GOURMET**



**5053 Turkey & Dressing w/Gravy, Corn & Green Beans**

**Vitamins**

	Amount		kcal	Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.
	Size	gm		Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	B6	B12	Ca	Mag	Zn	Na	K
Turkey Cooked	2.5 oz	70	110.6	21.1	0	2.28	0.73	48.9	0	0	0	0.4	0.3	14	19.8	1.4	160	216
Perfect Line Blend	5 oz.	140	30.6	0.576	4.21	1.334	0.249	0	0.64	18.7	1.67	0	0	15	5.04	0.1	61	91
Bread Stuffing/Corn	1.5 oz.	42	76.1	1.23	9.31	3.74	0.75	0	1.23	33.2	0.34	0	0	11	5.53	0.1	194	26.4
Corn Whole Kernel	2.4 oz.	67	89.1	2.46	17.6	0.97	0.1	0	1.77	8.16	1.08	0.1	0	3.4	17	0.4	2.7	188
Green Beans	2.2 oz	62	24.3	1.12	4.7	0.13	0.03	0	2.25	16.8	8.04	0	0	26	13.7	0.2	1.9	116
<b>LUNCH MEAL TOTALS</b>			<b>330.7</b>	<b>26.49</b>	<b>35.8</b>	<b>8.454</b>	<b>1.859</b>	<b>48.9</b>	<b>5.89</b>	<b>76.9</b>	<b>11.1</b>	<b>0.5</b>	<b>0.3</b>	<b>69</b>	<b>61.1</b>	<b>2.1</b>	<b>419</b>	<b>637</b>
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	330.8	2000	17%
Protein	g	26.5	50	53%
Carbohydrate	g	35.8	300	12%
Dietary Fiber	g	5.888	25	24%
Total Fat	g	8.448	65	13%
Saturated Fat	g	1.854	20	9%
Cholesterol	mg	48.9	300	16%
Calcium	mg	68.9	1000	7%
Magnesium	mg	61.1	400	15%
Phosphorus	mg	267.6	1000	27%
Potassium	mg	636.6	3500	18%
Sodium	mg	419.5	2400	17%
Zinc	mg	2.134	15	14%
Vitamin A (RAE)	mcg	76.9		
Vitamin C	mg	11.1	60	19%
Vitamin D	mcg	0	10	0%
Vitamin E (a-toc)	mg	0.974	22	4%
Folate	mcg	105.2	400	26%
Vitamin B6	mg	0.551	2	28%
Vitamin B12	mcg	0.268	6	4%

Total weight: 385.56g (13.6 oz)

**IMPORTANT TOTALS:**

Est. KCal need: 2000 (8380 Kilojoules)  
 Calories: 331 (1386 Kilojoules)  
 Sodium: 419.49 mg Energy deficit:  
 Fiber: 5.89 g -1669 Kcal  
 Cholesterol: 48.9 mg -6994 Kj

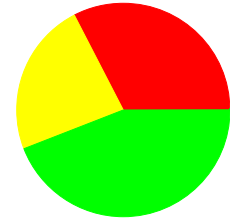
**FAT BREAKDOWN:** grams %fat %Kcal

Total Fat:	8.4 g		
Saturated fat:	1.9 g	22 %	5 %
Polyunsaturated fat:	2.1 g	25 %	6 %
Monounsaturated fat:	2.2 g	26 %	6 %
Other / unspecified:	2.2 g	27 %	6 %



**DISTRIBUTION OF CALORIES**

		g/kg of body wt
Protein:	32.6 %	0.35
Fat:	23.4 %	0.11
Carbo:	44 %	0.48
Alcohol:	0 %	0.00



Energy per 100g of food: 86 Kcal  
 359 Kilojoules

**MOST SIGNIFICANT SOURCES OF:**

Sodium: Bread Stuffing, Corn, dry mix, prep  
 Cholest: Turkey, light meat, cooked, skin not eaten  
 Fat: N/A

**CARBOHYDRATE COUNTS (15g per count):** 2.4

**RATIOS:**

Potassium to Sodium: 1.52 to 1  
 Calcium to Phosphorus: 1 to 3.89

**Percent of the Daily Values (DV) achieved:**

