

Nutritional Analysis for **GOLDEN GOURMET**



5074 Turkey Pot Roast with Gravy over Mashed Potatoes, Italian Green Beans, & Crinkle Cut Carrots

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	B6	B12	Ca	Mag	Zn	Na	K	Fe/Iron	Vit. D	Total Sugars	Added Sugars
Turkey Thigh Roast	3 oz.	85	120	13.5	4.5	5.25	1.5	45	0	0	0	0.035	2.1	36	38.3	6.48	525	355	0.48	0.17	1.5	AD
Mashed Potatoes	3.0 oz.	85	100	2	20	1	0	0	2	0	9	0.34	0.2	0	15.3	0.85	20	601	0.33	0	1	NA
Low Sodium Brown Gravy	2 oz.	57	25	1	5	0.5	0	0	0	0	0	0.009	0	0	1.71	0.06	140	31.1	0	0	0	AD
Italian Green Beans	2.65 oz.	75	29.47	1.5	6	0	0	0	2.27	105	21	0.048	0	50.9	21.8	1.458	2.268	178	0.8833298	0	1.51	NA
Crinkle Cut Carrots	2.45 oz.	69	25.19	0.7	5.59	0	0	0	2.09	2505	3.53	0.066	0	47	8.34	0.245	47.6	164	0.3234	0	3.4986	NA
Totals:	13.1	371																				
LUNCH/DINNER MEAL TOTALS			299.7	18.7	41.1	6.75	1.5	45	6.36	2610	24.5	0.498	2.2	134	85.4	9.093	734.9	1329	2.0167298	0.17	7.5086	AD
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, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.																						