

Nutritional Analysis for **GOLDEN GOURMET**



**6019 Cheese Scrambled Eggs, Turkey Sausage Patty, and Grits**

**Vitamins**

Ingredients	Amount		kcal	Gm. Pro	Gm. CHO	Gm. T. Fat	Gm. SFA	mg. Chol	Gm. Fiber	IU Vit.A	mg. Vit.C	mg. Vit.B6	mcg. Vit.B12	mg. Ca	mg. Mag	mg. Zn	mg. Na	mg. K
	Size	gm																
<b>Grits</b>	<b>4.50 oz</b>	<b>126</b>	<b>75.3</b>	<b>1.77</b>	<b>16.1</b>	<b>0.24</b>	<b>0.03</b>	<b>0.03</b>	<b>0.38</b>	<b>0</b>	<b>0</b>	<b>0.02</b>	<b>0</b>	<b>3.82</b>	<b>6.37</b>	<b>0.1</b>	<b>19</b>	<b>27</b>
Cheddar Cheese	0.25 oz	7	28.6	1.76	0.09	2.34	1.5	7.44	0	18.8	0	0	0.05	51.1	1.98	0.2	44	6.9
<b>Scrambled Eggs</b>	<b>2.75 oz</b>	<b>77</b>	<b>105</b>	<b>10.2</b>	<b>5.84</b>	<b>4.36</b>	<b>0.82</b>	<b>216</b>	<b>0</b>	<b>16.4</b>	<b>0</b>	<b>0.01</b>	<b>0.13</b>	<b>13.3</b>	<b>7.79</b>	<b>0.1</b>	<b>126</b>	<b>115</b>
Turkey Sausage Patty	1.50 oz	42	83.3	10.2	0	4.44	0.96	39.1	0	5.53	0.29	0.13	0.52	9.35	8.93	1.7	283	127
<b>Net Weight</b>	<b>9 oz.</b>																	
<b>LUNCH/DINNER MEAL TOTALS</b>			<b>292</b>	<b>23.93</b>	<b>22</b>	<b>11.38</b>	<b>3.31</b>	<b>263</b>	<b>0.38</b>	<b>40.7</b>	<b>0.29</b>	<b>0.16</b>	<b>0.7</b>	<b>77.6</b>	<b>25.1</b>	<b>2.1</b>	<b>472</b>	<b>275</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	292.4	2000	15%
Protein	g	23.9	50	48%
Carbohydrate	g	22	300	7%
Dietary Fiber	g	0.383	25	2%
Total Fat	g	11.4	65	18%
Saturated Fat	g	3.311	20	17%
Cholesterol	mg	262.5	300	88%
Calcium	mg	77.5	1000	8%
Magnesium	mg	25.1	400	6%
Phosphorus	mg	159.6	1000	16%
Potassium	mg	275.1	3500	8%
Sodium	mg	472.2	2400	20%
Zinc	mg	2.082	15	14%
Vitamin A (RAE)	mcg	40.7		
Vitamin C	mg	0.298	60	0%
Vitamin D	mcg	1.446	10	14%
Vitamin E (a-toc)	mg	0.777	22	4%
Folate	mcg	46.4	400	12%
Vitamin B6	mg	0.177	2	9%
Vitamin B12	mcg	0.714	6	12%

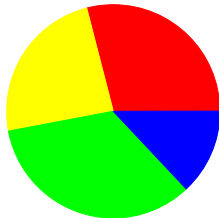
Total weight: 255.15g (9.0 oz)

**IMPORTANT TOTALS:**

Est. KCal need: 2000 (8380 Kilojoules)  
 Calories: 292 (1225 Kilojoules)  
 Sodium: 472.24 mg Energy deficit:  
 Fiber: 0.38 g -1708 Kcal  
 Cholesterol: 262.52 mg -7155 Kj

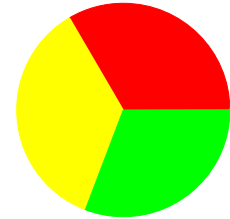
**FAT BREAKDOWN:** grams %fat %Kcal

Total Fat:	11.4 g		
Saturated fat:	3.3 g	29 %	10 %
Polyunsaturated fat:	2.7 g	24 %	8 %
Monounsaturated fat:	3.8 g	34 %	12 %
Other / unspecified:	1.6 g	13 %	5 %



**DISTRIBUTION OF CALORIES**

		g/kg of body wt
Protein:	33.4 %	0.32
Fat:	35.8 %	0.15
Carbo:	30.8 %	0.29
Alcohol:	0 %	0.00



Energy per 100g of food: 115 Kcal  
480 Kilojoules

**MOST SIGNIFICANT SOURCES OF:**

Sodium: Turkey sausage, fresh, cooked  
 Cholest: Eggs, scrambled, frozen mixture  
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 1.5

**RATIOS:**

Potassium to Sodium: 1 to 1.72  
 Calcium to Phosphorus: 1 to 2.06

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

