

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X
1	Nutritional Analysis for <b>GOLDEN GOURMET</b>																							
2																								
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7																								
8																								
9	<b>6025 Whole Wheat Pancakes, Turkey Sausage Patty, Seasoned Potatoes &amp; Onions, Cinnamon Applesauce</b>																							
10																								
11		Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
12	<b>Ingredients</b>	<b>Size</b>	<b>gm</b>	<b>Kcal</b>	<b>Pro</b>	<b>CHO</b>	<b>T. Fat</b>	<b>SFA</b>	<b>Chol</b>	<b>Fiber</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Vit B6</b>	<b>Vit B12</b>	<b>Ca</b>	<b>Mg</b>	<b>Zn</b>	<b>Na</b>	<b>K</b>	<b>PO4</b>	<b>Fe/Iron</b>	<b>Vit. D</b>	<b>Total Sugars</b>	<b>Added Sugars</b>
13	WW Pancakes-2 each	2.4	68	120	4	24	2	0	5	3	0	0	0.1	0.1	72	10.5	0.4	250	4.7	97.3	0.48	0	6	AD
14	Turkey Sausage	1.5	43	<b>90.46</b>	<b>7.51</b>	<b>0.392</b>	<b>6.54</b>	<b>1.8</b>	<b>37.1</b>	<b>0</b>	<b>0</b>	<b>1.8</b>	<b>0.2</b>	<b>0.8</b>	<b>24</b>	<b>16</b>	<b>0.7</b>	<b>268</b>	<b>2.9</b>	<b>6.5</b>	<b>0.43</b>	<b>0</b>	<b>0.378</b>	AD
15	Seasoned Dcd Potatoes	3	85	110.30	1.9	19.200	3.7	0.50	0	0.8	0	8.4	0.19	0	3.5	26.8	0.28	16.5	455.6	64	0.19	0	0	NA
16	Cinnamon Applesauce	2.5	71	33.3	0	8.3	0	0	0	1.1	0	2	0	0	0	2.1	0	5.6	52.4	8.5	0.4	0	6.7	NA
17		<b>9.4</b>	<b>267</b>	<b>354.06</b>	<b>13.4</b>	<b>51.89</b>	<b>12.2</b>	<b>2.3</b>	<b>42.1</b>	<b>4.9</b>	<b>0</b>	<b>12.2</b>	<b>0.49</b>	<b>0.9</b>	<b>99.5</b>	<b>55.4</b>	<b>1.38</b>	<b>540</b>	<b>515.6</b>	<b>176</b>	<b>1.5</b>	<b>0</b>	<b>13.078</b>	<b>0</b>
18	Goals: 33% DRI			6-800	23		<25			>8	>300	>30	>.6	>.8	>400	>140	>3.75	<766	>1566			>5		
19	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,																							
20	AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.																							
21																								
33																								

