

Nutritional Analysis for **GOLDEN GOURMET**



5066 Chicken & Rice w/a Swiss Mushrooms Sauce, Broccoli & Carrots

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	B6	B12	Ca	Mag	Zn	Na	K
Chicken, Diced	2.5 oz	70	116	21.8	0	2.51	0.71	59.5	0	4.25	0	0.4	0.2	10.6	20.6	1.26	130.4	180
Perfect Pan Gravy	2.75 oz	77	6.24	1.32	0	0	0	0	0	0	0	0	0	0	0	0	304.1	0
Rice, White	2.95 oz	82.6	97.9	1.82	21	0.42	0.014	0	0.5	0	0	0	0	6.69	4.18	1.11	3.345	7.5
Broccoli Spears, froz	2.2 oz	61.6	18.1	1.91	3.34	0.21	0.03	0	1.87	35.6	42.6	0.1	0	25.6	9.98	0.21	10.6	156
Cheese Swiss, Low F	.25oz	7	12.3	2.01	0.24	0.36	0.23	2.48	0	2.83	0	0	0.1	68.1	2.55	0.27	18.4	7.9
Carrots frozen	2.25 oz	63	23	0.49	5.04	0.29	0.03	0	2.11	516.7	5.73	0.1	0	23	7.65	0.21	20.1	150
Total Weight: 12.9 oz.																		
LUNCH/DINNER MEAL TOTALS			274	29.4	29.6	3.79	1.021	62	4.48	609.2	48.3	0.6	0.4	134	44.9	2.37	486.9	501
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	273.6	2000	14%
Protein	g	29.4	50	59%
Carbohydrate	g	29.6	300	10%
Dietary Fiber	g	4.478	25	18%
Total Fat	g	3.794	65	6%
Saturated Fat	g	1.021	20	5%
Cholesterol	mg	62	300	21%
Calcium	mg	134	1000	13%
Magnesium	mg	44.9	400	11%
Phosphorus	mg	291.8	1000	29%
Potassium	mg	501.2	3500	14%
Sodium	mg	486.9	2400	20%
Zinc	mg	2.37	15	16%
Vitamin A (RAE)	mcg	609.2		
Vitamin C	mg	48.3	60	81%
Vitamin D	mcg	0.007	10	0%
Vitamin E (a-toc)	mg	1.41	22	6%
Folate	mcg	133	400	33%
Vitamin B6	mg	0.639	2	32%
Vitamin B12	mcg	0.36	6	6%

Total weight: 365.71g (12.9 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 274 (1147 Kilojoules)
 Sodium: 486.93 mg Energy deficit:
 Fiber: 4.48 g -1726 Kcal
 Cholesterol: 62.02 mg -7233 Kj

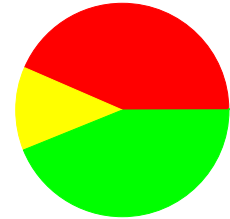
FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	3.8 g		
Saturated fat:	1 g	27 %	3 %
Polyunsaturated fat:	0.8 g	22 %	3 %
Monounsaturated fat:	1.1 g	28 %	3 %
Other / unspecified:	0.9 g	23 %	3 %



DISTRIBUTION OF CALORIES

		g/kg of body wt
Protein:	43.5 %	0.39
Fat:	12.6 %	0.05
Carbo:	43.9 %	0.39
Alcohol:	0 %	0.00



Energy per 100g of food: 75 Kcal
314 Kilojoules

MOST SIGNIFICANT SOURCES OF:

Sodium: Perfect Pan Gravy
 Cholest: Chicken, breast, roasted, broiled, or baked, skin n...
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 2.

RATIOS:

Potassium to Sodium: 1.03 to 1
 Calcium to Phosphorus: 1 to 2.18

Percent of the Daily Values (DV) achieved:

