

Nutritional Analysis for **GOLDEN GOURMET**



5093 Santa Fe Chicken, Penne Pasta & Lima Bean Blend

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K
Diced Chicken	1.4 oz.	39	65.1	12.2	0	1.41	0.4	33.3	0	2.38	0	0.236	0.135	5.95	11.5	0.71	73	101
Pasta Penne	2.1 oz.	58.8	93.5	3.42	18.3	0.55	0.1	0	1.07	0	0	0.03	0	4.17	10.7	0.3	25	26.2
Cut Corn	2.9 oz.	81.2	108	2.98	21.3	1.17	0.12	0	2.138	9.87	1.3	0.099	0	4.11	20.6	0.44	3.29	227
Beans Large Lima, froze	2 oz.	56	65.2	4.42	11.8	0.22	0.05	0	3.969	0	0	0.091	0	9.64	24.4	0.54	1.13	288
Beans Black, No Salt Ad	.5 oz.	14	18.7	1.26	3.36	0.08	0.02	0	1.233	0	0	0.01	0	3.83	10.7	0.18	0.14	56.4
Crinkle cut Carrots	.5 oz	14	5.1	0.11	1.12	0.07	0.01	0	0.468	115	1.27	0.013	0	5.1	1.7	0.05	4.47	33.3
Onions, frozen	0.648oz.	18.1	5.33	0.01	1.25	0.02	0	0	0.331	0.37	0.61	0.014	0	3.12	1.29	0.01	2.21	22.8
Diced Green Pepper	.1 oz.	2.8	0.57	0.02	0.13	0.01	0	0	0.048	0.51	2.28	0.006	0	0.28	0.28	0	0	4.96
Diced Tomatoes	.5 oz.	14	3.69	0.13	0.88	0.03	0	0	0.142	1.28	1.56	0.002	0	0.39	0.14	0	31.3	29.3
White Cheese Sauce, LF	0.75 oz.	21	56.1	3.97	2.76	3.21	1.19	5.95	0.043	37.4	0.13	0.02	0.217	114	5.95	0.52	273	67.6
LUNCH/DINNER MEAL TOTALS			421	28.5	60.9	6.74	1.9	39.3	9.442	167	7.14	0.521	0.352	151	87.3	2.75	414	856

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	421	2000	21%
Protein	g	28.7	50	57%
Carbohydrate	g	60.9	300	20%
Dietary Fiber	g	9.442	25	38%
Total Fat	g	6.738	65	10%
Saturated Fat	g	1.904	20	10%
Cholesterol	mg	39.3	300	13%
Calcium	mg	155.4	1000	16%
Magnesium	mg	88.8	400	22%
Phosphorus	mg	423.5	1000	42%
Potassium	mg	856.4	3500	24%
Sodium	mg	414.1	2400	17%
Zinc	mg	2.769	15	18%
Vitamin A (RAE)	mcg	166.6		
Vitamin C	mg	7.142	60	12%
Vitamin D	mcg	0	10	0%
Vitamin E (a-toc)	mg	0.801	22	4%
Folate	mcg	162.9	400	41%
Vitamin B6	mg	0.521	2	26%
Vitamin B12	mcg	0.352	6	6%

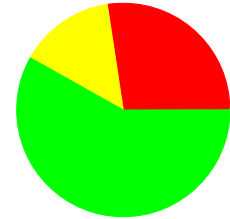
Total weight: 344.4g (12.15 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 421 (1764 Kilojoules)
 Sodium: 414.12 mg Energy deficit:
 Fiber: 9.44 g -1579 Kcal
 Cholesterol: 39.29 mg -6616 Kj

DISTRIBUTION OF CALORIES

		g/kg of body wt
■	Protein: 27.4 %	0.38
■	Fat: 14.5 %	0.09
■	Carbo: 58.1 %	0.81
■	Alcohol: 0 %	0.00



Energy per 100g of food: 122 Kcal
512 Kilojoules

FAT BREAKDOWN:

	grams	%fat	%Kcal
Total Fat:	6.7 g		
■ Saturated fat:	1.9 g	28 %	4 %
■ Polyunsaturated fat:	1.7 g	25 %	4 %
■ Monounsaturated fat:	2.1 g	31 %	4 %
■ Other / unspecified:	1.1 g	16 %	2 %



MOST SIGNIFICANT SOURCES OF:

Sodium: Cheese sauce made with lowfat cheese
 Cholest: Chicken, breast, roasted, broiled, or baked, skin n...
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 4.1

RATIOS:

Potassium to Sodium: 2.07 to 1
 Calcium to Phosphorus: 1 to 2.73

Percent of the Daily Values (DV) achieved:

