


Nutritional Analysis for GOLDEN GOURMET																											
5041 Mesquite Chicken over Black Beans and Rice, Carrots & Green Beans																											
																			Vitamins								
Amount		Gm.			mg.			Gm.											mg.			mg.					
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber										Vit.A	C	B6	B12	Ca	Mag	Zn	Na	K
Roasted Chicken	2.5 oz.	70	116.2	21.8	0	2.509	0.71	59.5	0	4.25	0	0.42	0.24	11	21	1.26	130	180									
Beans Black w/o Salt	1.5 oz	42	56.1	3.77	10	0.23	0.059	0	3.7	0	0	0.03	0	12	30	0.48	0.43	151									
Grain Rice White, cooked	1.5 oz	42	49.8	0.93	11	0.213	0.007	0	0.23	0	0	0.02	0	3.4	2.2	0.21	1.7	3.83									
Beans snap, green, frozen	2.0 oz	56	22.7	1.12	4	0.232	0.027	0	1.93	14.7	6.2	0.03	0	35	16	0.18	1.7	134									
Pepper sweet green	0.40 oz	11	2.24	0.1	0.5	0.019	0.006	0	0.19	2.02	9	0.03	0	1.1	1.1	0.02	0.34	19.6									
Veg Onions	0.40 oz	11	4.479	0.12	1	0.011	0.005	0	0.26	0	0	0.01	0	2.6	1.1	0.02	0.45	16.3									
Carrots/Frozen	2.2 oz	62	22.5	0.49	4.9	0.287	0.029	0	2.06	505	5.6	0.06	0	23	7.5	0.21	19.6	147									
Bread Whole Wheat	1 sl	25	76.5	4.07	13	1.018	0.23	0	3.13	0	0	0.06	0	33	25	0.54	146	81.5									
Sauce BBQ	2.2 oz	62	93.6	0	23	0.181	0	0	0.37	7.48	0.4	0.03	0	7.5	7.5	0.08	83	130									
Milk Non Fat Skim	1 c	245	83.3	8.26	12	0.196	0.137	4.9	0	149	0	0.09	1.23	299	27	1.03	103	382									
Juice Apple	4 oz	112	53.3	0.07	13	0.125	0.022	0	0.11	0	13	0.03	0	7.9	3.4	0.03	3.4	135									
Raisins	1.5 oz	42	128.6	1.32	34	0.198	0.025	0	1.59	0	1	0.08	0	22	14	0.1	4.73	322									
LUNCH MEAL TOTALS			709.3	42	126	5.219	1.257	64.4	13.6	683	35	0.88	1.47	455	155	4.14	494	1702									
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.																											

FoodWorks - Nutrient Totals with Comparison to Daily Values (DV)

Mode: Single day (Day 1)

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	709.2	2000	35%
Protein	g	42	50	84%
Carbohydrate	g	126.1	300	42%
Dietary Fiber	g	13.5	25	54%
Total Fat	g	5.218	65	8%
Saturated Fat	g	1.258	20	6%
Cholesterol	mg	64.4	300	21%
Calcium	mg	454.6	1000	45%
Magnesium	mg	157.4	400	39%
Phosphorus	mg	670.5	1000	67%
Potassium	mg	1720	3500	49%
Sodium	mg	494.4	2400	21%
Zinc	mg	4.197	15	28%
Vitamin A (RAE)	mcg	683.1		
Vitamin C	mg	35.7	60	59%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	1.49	22	7%
Folate	mcg	140.9	400	35%
Vitamin B6	mg	0.89	2	45%
Vitamin B12	mcg	1.466	6	24%

Total weight: 786.16g (27.73 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 709 (2972 Kilojoules)
 Sodium: 494.4 mg Energy deficit:
 Fiber: 13.53 g -1291 Kcal
 Cholesterol: 64.43 mg -5408 Kj

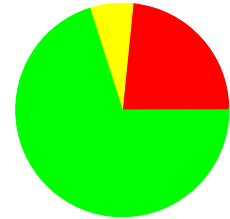
FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	5.2 g		
Saturated fat:	1.3 g	24 %	2 %
Polyunsaturated fat:	1.2 g	24 %	2 %
Monounsaturated fat:	1.6 g	30 %	2 %
Other / unspecified:	1.2 g	22 %	1 %



DISTRIBUTION OF CALORIES

		g/kg of body wt
Protein:	23.4 %	0.56
Fat:	6.5 %	0.07
Carbo:	70.1 %	1.68
Alcohol:	0 %	0.00



Energy per 100g of food: 90 Kcal
378 Kilojoules

MOST SIGNIFICANT SOURCES OF:

Sodium: Bread, whole wheat, 100%, toasted
 Cholest: Chicken, breast, roasted, broiled, or baked, skin n...
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 8.4

RATIOS:

Potassium to Sodium: 3.48 to 1
 Calcium to Phosphorus: 1 to 1.48

Percent of the Daily Values (DV) achieved:

