

Nutritional Analysis for GOLDEN GOURMET											GOLDEN GOURMET											
5042 Chicken Broccoli Alfredo over Fettuccini, Carrots, Zucchini w/Red Peppers																						
											Vitamins											
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K	PO4	Fe/Iron	Vit. D	Total Sugars
Diced Chicken	3.0	85.0	112.0	19.7	0.9	4.3	0.9	64.0	0.0	0.0	30.9	0.5	0.3	28.8	24.7	2.7	85.7	216.0	139.5	0.3	0.1	0.0
Fettuccine	2	57	53	1.7	10.5	0.27	0	0	0.5	0	0	0.06	0.06	0	10.2	0.27	0	24.9	31.7	0.53	0	0.73
Carrots	2.45	69	25.1	0.69	5.59	0	0	0	2.1	2504.8	3.5	0.0980	0	47	8.33	0.2	47.6	163.2	22.8	0.29	0	3.528
Broccoli	1	28.4	7.4	0.85	1.45	0	0	0	0.9	54	24.1	0.05	0.1	20.5	56.5	0.15	6.85	70.9	186.5	0.25	0	0.5
Alfredo Sauce w/Parmesan Cheese	2	57	40	1	7	0.53	0.33	5	0	0	0	0.021	0.27	48	8.4	0.46	150	41.8	117.9	0.13	0	0.13
Vegetable Blend	2.5	70.8	13.4	0.8	2.8	0.1	0.0	0.0	1.0	121.2	15.6	0.1	0.0	11.7	6.7	0.2	1.6	153.8	19.7	0.35	0	1.45
Total:	12.95	367.2	250.9	24.7	28.2	5.2	1.2	69.0	4.4	2680.0	74.1	0.8	0.7	156.0	114.9	3.9	291.8	670.6	518.1	1.8	0.1	6.3
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, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.																						

gm.
Added Sugars
NA
NA
NA
NA
NA
NA
0.0