

	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 GOLDEN GOURMET										<h1>GOLDEN GOURMET</h1>																									
2																																				
3																																				
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5																																				
6																																				
7																																				
8	5046 Country Herb Chicken w/Mashed Potatoes & Pan Gravy, Green Beans & Carrots.																																			
9											Vitamins																									
10		Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.												
11	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	Added Sugars												
12	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	NA												
13	Perfect Pan Gravy	2	57	25	0	4	1.04	0	0	0	0	0	0	0	1.61	0.057	135	29.6	0.9	0	0	0	AD													
14	Mashed Potatoes	2	57	66.6	1.33	13.3	0.66	0	0	1.33	0	6	0.2	0.13	0	10.2	0.6	13.3	400.8	6.8	0.2	0	0.67	NA												
15	Carrots	2.45	69	25.1	0.686	5.586	0	0	0	2.058	2504.8	3.5	0.0980	0	47	8.33	0.196	47.6	163.2	22.8	0.29	0	3.528	NA												
16	Green Beans	2	57	22.24	1.12	4.56	0	0	0	1.68	79.2	15.84	0.0	0	38.4	16.48	0.16	1.68	134.4	20.6	0.64	0	1.12	NA												
17	Total:	11.45	325.0	250.9	22.8	28.3	6.0	0.9	64.0	5.1	2584.0	56.2	0.8	0.4	114.2	61.3	3.7	283.3	944.0	190.6	1.4	0.1	5.3	AD												
18	Goals: 33% DRI			6-800	23		<25			≥8	≥300	≥30	≥.6	≥.8	≥400	≥140	≥3.75	≤800	≥1500																	
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,																																			
20	NA- Sodium, AD- Shows Sugar as an ingredient on the food label, NA- None Added as an ingredient.																																			