

Nutritional Analysis for <b>GOLDEN GOURMET</b>										<b>GOLDEN GOURMET</b>													
<b>5054 Chicken Teriyaki on a Bed of Rice w/Oriental Snap Peas &amp; Yellow Squash</b>																							
<b>Vitamins</b>																							
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.	
<b>Ingredients</b>	<b>Size (oz.)</b>	<b>gm</b>	<b>kcal</b>	<b>Pro</b>	<b>CHO</b>	<b>T. Fat</b>	<b>SFA</b>	<b>Chol</b>	<b>Fiber</b>	<b>Vit.A</b>	<b>Vit.C</b>	<b>B6</b>	<b>B12</b>	<b>Ca</b>	<b>Mag</b>	<b>Zn</b>	<b>Na</b>	<b>K</b>	<b>PO4</b>	<b>Fe/Iron</b>	<b>Vit. D</b>	<b>Total Sugars</b>	<b>Added Sugars</b>
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	139.0	0.3	0.1	0.0	NA
Sugar Snap Peas	2.350	67.0	28.2	2.0	4.7	0.0	0.0	0.0	2.0	18.2	22.4	0.2	0.2	40.2	18.7	0.3	2.7	153.0	34.4	0.6	0.0	0.0	NA
Teriyaki Sauce	2.0	57.0	60.5	0.5	12.5	1.1	0.2	0.0	0.3	27.0	1.7	0.0	0.0	14.9	7.3	0.1	154.0	56.5	11.1	0.5	0.0	10.3	Added Sugars
Rice Blend	2.0	57.0	48.6	1.4	10.7	0.1	0.1	0.0	0.7	21.5	16.3	0.0	0.0	18.5	9.2	0.2	4.0	112.0	28.5	0.1	0.0	0.3	NA
Yellow Squash	2.3	64.0	12.6	0.6	3.2	0.6	0.0	0.6	0.6	34.7	6.4	0.2	0.2	15.4	14.7	0.2	3.2	167.0	26.9	0.2	0.0	0.0	NA
<b>Total:</b>	<b>11.6</b>	<b>330.0</b>	<b>261.9</b>	<b>24.3</b>	<b>32.0</b>	<b>6.2</b>	<b>1.1</b>	<b>64.6</b>	<b>3.6</b>	<b>101.4</b>	<b>77.5</b>	<b>0.9</b>	<b>0.7</b>	<b>117.8</b>	<b>74.6</b>	<b>3.5</b>	<b>249.6</b>	<b>704.5</b>	<b>239.9</b>	<b>1.7</b>	<b>0.1</b>	<b>10.6</b>	<b>0.0</b>
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.																							