

Nutritional Analysis for GOLDEN GOURMET										GOLDEN GOURMET													
5060 Chicken Cacciatore over Rice w/Marinara, Brussel Sprouts, Yellow Squash																							
										Vitamins													
	Amount									IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
Ingredients	Size-oz.	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	B6	B12	Ca	Mag	Zn	Na	K	PO4	Fe/Iron	Vit. D	Total Sugars	Added 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	NA
Cooked White Rice	2.0	57.0	66.0	1.4	14.8	0.2	0.07	0.0	0.2	0.0	0.0	0.0	0.0	11.4	6.7	0.2	0.5	20.8	7.5	0.0	0.0	0.1	NA
Brussel Sprouts	2.5	71.0	29.3	2.9	5.7	0.0	0.0	0.0	2.9	77.0	79.8	0.2	0.0	25.7	14.2	0.2	7.0	262.2	39.7	0.3	0.0	0.0	NA
Yellow Squash	2.5	71.0	14.3	0.7	3.6	0.0	0.0	0.0	0.7	38.6	7.1	0.2	0.2	17.1	16.3	0.3	3.6	185.7	26.9	0.2	0.0	0.0	NA
Marinara Sauce	2.5	71.0	43.8	1.3	7.5	0.9	0.0	0.0	1.3	56.3	5.6	0.1	0.0	15.0	14.9	0.4	84.0	393.8	17.7	0.6	0.0	5.0	AD
Vegetable Blend	0.5	14.0	4.0	0.1	0.9	0.0	0.0	0.0	0.2	0.1	10.9	0.0	0.0	1.9	1.4	0.0	0.9	21.2	3.2	0.0	0.0	0.6	NA
Total:	13.0	368.9	269.3	26.0	33.3	5.4	0.9	64.0	5.2	171.9	134.3	1.0	0.5	100.0	78.2	3.8	181.6	1099.7	234.5	1.4	0.1	5.7	0.0
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.																							