

**Nutritional Analysis for GOLDEN GOURMET**



**5066 Chicken & Rice w/a Swiss Mushrooms Sauce, Broccoli & Carrots**

**Vitamins**

Ingredients	Amount		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
	Size	gm																					
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	57	66	1.4	14.8	0.2	0.066	0	0.2	0	0	0	0	11.4	6.73	0.2	0.46	20.86	7.53	0	0	0.133	NA
Mozzarella	0.25	8.5	2.2	2.1	0.2	1.4	0.8	5.5	0.0	7.4	0.0	0.0	0.1	80.4	2.8	0.2	53.0	7.2	30.1	0.0	1.0	0.1	NA
Gravy	2.1	59.0	16.5	0.5	2.9	0.4	0.1	0.0	0.3	3.4	0.8	0.0	0.0	4.4	2.6	0.1	6.1	51.0	13.9	0.1	0.0	0.5	AD
Crinkle Cut Carrots	2.45	70.0	25.2	0.8	5.7	0.0	0.0	0.0	2.2	2505.0	3.6	0.1	0.0	47.1	8.4	0.2	47.7	165.0	23.3	1.0	0.0	1.0	NA
Broccoli	2.0	57.0	14.9	1.7	2.9	0.0	0.0	0.0	1.7	108.0	48.3	0.1	0.2	41.0	11.3	0.3	13.7	141.8	37.3	0.5	0.0	1.0	NA
<b>Total:</b>	<b>11.8</b>	<b>336.5</b>	<b>236.7</b>	<b>26.2</b>	<b>27.4</b>	<b>6.2</b>	<b>1.8</b>	<b>69.5</b>	<b>4.4</b>	<b>2623.8</b>	<b>83.6</b>	<b>0.7</b>	<b>0.5</b>	<b>213.1</b>	<b>56.6</b>	<b>3.7</b>	<b>206.7</b>	<b>601.9</b>	<b>251.6</b>	<b>1.9</b>	<b>1.1</b>	<b>2.8</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.