

Nutritional Analysis for **GOLDEN GOURMET**



5076 Sweet & Sour Chicken over Rice w/Veggies, Carrots & Oriental Snap Peas

Vitamins

	Amount		Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	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	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	139.3	0.3	0.1	0.0	NA
Swt & Sour Line Blend	3.0	85.3	103.3	0.5	25.5	0.1	0.0	0.0	0.9	6.9	33.9	0.1	0.0	8.0	8.3	0.1	64.4	113.0	38.7	1.2	0.0	11.1	AD
Rice, Cooked	2	56.6	65.5	1.41	14.7	0.19	0.06	0	0.26	0	0	0	0	11.4	6.7	0.19	0.45	20.84	7.29	0	0	0.129	NA
Peas, Sugar	2.35	66.6	28.0	2.0	4.7	0	0.0	0.0	1.96	28.2	34.7	0.018	0.0	62.5	18.7	0.29	2.64	143.9	33.68	1.958	0.0	0.0	NA
Carrots, CC	2.45	69.4	24.9	0.71	5.5	0.0	0.0	0.0	2.04	2846	3.98	0.102	0	53.3	8.37	0.2	47.2	163.3	23.28	0.408	0	5.61	NA
Total:	12.8	362.9	333.7	24.3	51.3	4.6	1.0	64.0	5.1	2881.1	103.4	0.7	0.3	163.9	66.8	3.5	200.4	657.0	242.2	3.8	0.1	16.8	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.