

# Nutritional Analysis for **GOLDEN GOURMET**



## 5077 Fiesta Chicken over Rice w/Chili Sauce, Black Beans, Corn & Yellow Squash

### Vitamins

Ingredients	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.
	Size	gm	kcal															
<b>Chicken, Diced</b>	<b>2.5 oz.</b>	<b>70</b>	<b>116.2</b>	<b>22</b>	<b>0.04</b>	<b>2.51</b>	<b>0.71</b>	<b>59.5</b>	<b>0</b>	<b>4.25</b>	<b>0</b>	<b>0.42</b>	<b>0.24</b>	<b>10.6</b>	<b>20.6</b>	<b>1.26</b>	<b>130.4</b>	<b>180</b>
Chili Sauce, Low Sodium	2 oz.	56	59	1.4	16.3	0.17	0.03	0	0.29	5.67	9.07	0.09	0	11.3	8.8	0.09	22.7	209.8
<b>White Rice</b>	<b>3 oz.</b>	<b>84</b>	<b>99.5</b>	<b>1.9</b>	<b>21.4</b>	<b>0.43</b>	<b>0.01</b>	<b>0</b>	<b>0.51</b>	<b>0</b>	<b>0</b>	<b>0.04</b>	<b>0</b>	<b>6.8</b>	<b>4.25</b>	<b>0.42</b>	<b>3.402</b>	<b>7.65</b>
Beans Black	2.2 oz.	62	82.3	5.2	14.8	0.34	0.09	0	5.43	0	0	0.04	0	16.8	43.7	0.7	0.62	221.4
<b>Peppers Red, frozen</b>	<b>1 oz.</b>	<b>28</b>	<b>7.94</b>	<b>0.3</b>	<b>1.89</b>	<b>0.06</b>	<b>0</b>	<b>0</b>	<b>0.34</b>	<b>41.4</b>	<b>48.2</b>	<b>0.07</b>	<b>0</b>	<b>2.55</b>	<b>2.84</b>	<b>0.03</b>	<b>1.96</b>	<b>46.8</b>
Squash, Yellow, frozen	2 oz.	56	18.1	0.7	2.48	0.85	0.17	0	1.08	71.4	2.84	0.09	0.14	10.2	10.8	0.15	2.83	122.5
<b>Bread, Whole Wheat</b>	<b>1 sl</b>	<b>25</b>	<b>76.5</b>	<b>4.1</b>	<b>12.8</b>	<b>1.01</b>	<b>0.23</b>	<b>0</b>	<b>3.12</b>	<b>0</b>	<b>0</b>	<b>0.06</b>	<b>0</b>	<b>32.5</b>	<b>24.8</b>	<b>0.54</b>	<b>145.8</b>	<b>81.5</b>
<b>Crackers Animal</b>	<b>0.74 oz</b>	<b>22</b>	<b>93.6</b>	<b>1.3</b>	<b>15.8</b>	<b>2.82</b>	<b>1.11</b>	<b>3.36</b>	<b>0</b>	<b>2.1</b>	<b>0.25</b>	<b>0.01</b>	<b>0.02</b>	<b>3.57</b>	<b>3.36</b>	<b>0.94</b>	<b>85.6</b>	<b>17.6</b>
Juice Orange	0.5 oz	14	54.8	1	12.8	1.02	0.23	0	0	8.72	53.2	0.07	0	12.4	13.7	0.05	1.25	236.6
Milk Skim	1 cup	245	83.3	8.3	12.2	0.19	0.14	4.9	0	149	0	0.09	1.23	299	27	1.03	102.9	382
<b>LUNCH/DINNER MEAL TOTALS</b>			<b>691.2</b>	<b>46</b>	<b>111</b>	<b>9.4</b>	<b>2.72</b>	<b>67.8</b>	<b>10.8</b>	<b>288</b>	<b>114</b>	<b>0.98</b>	<b>1.62</b>	<b>406</b>	<b>160</b>	<b>5.21</b>	<b>497.5</b>	<b>1506</b>
<b>Goals: 33% DRI</b>			<b>6-800</b>	<b>23</b>	<b>≤25</b>				<b>≥8</b>	<b>≥300</b>	<b>≥30</b>	<b>≥.6</b>	<b>≥.8</b>	<b>≥400</b>	<b>≥140</b>	<b>≥3.75</b>	<b>≤800</b>	<b>≥1500</b>
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.																		

**FoodWorks - Nutrient Totals with Comparison to Daily Values (DV)****Mode: Single day (Day 1)**

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	691.3	2000	35%
Protein	g	46.1	50	92%
Carbohydrate	g	110.1	300	37%
Dietary Fiber	g	10.8	25	43%
Total Fat	g	8.715	65	13%
Saturated Fat	g	2.527	20	13%
Cholesterol	mg	67.8	300	23%
Calcium	mg	405.8	1000	41%
Magnesium	mg	161.2	400	40%
Phosphorus	mg	688.7	1000	69%
Potassium	mg	1533	3500	44%
Sodium	mg	497.4	2400	21%
Zinc	mg	4.447	15	30%
Vitamin A (RAE)	mcg	288.7		
Vitamin C	mg	113.5	60	189%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	1.427	22	6%
Folate	mcg	257.9	400	64%
Vitamin B6	mg	0.973	2	49%
Vitamin B12	mcg	1.617	6	27%

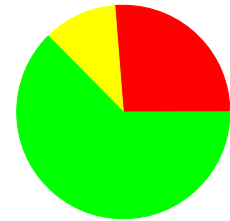
Total weight: 775.52g (27.36 oz)

**IMPORTANT TOTALS:**

Est. KCal need: 2000 (8380 Kilojoules)  
 Calories: 691 (2896 Kilojoules)  
 Sodium: 497.4 mg Energy deficit:  
 Fiber: 10.76 g -1309 Kcal  
 Cholesterol: 67.79 mg -5484 Kj

**DISTRIBUTION OF CALORIES**

		g/kg of body wt
■ Protein:	26.2 %	0.62
■ Fat:	11.2 %	0.12
■ Carbo:	62.6 %	1.47
■ Alcohol:	0 %	0.00



Energy per 100g of food: 89 Kcal  
 373 Kilojoules

**FAT BREAKDOWN:**

	grams	%fat	%Kcal
Total Fat:	8.7 g		
■ Saturated fat:	2.5 g	29 %	3 %
■ Polyunsaturated fat:	1.8 g	20 %	2 %
■ Monounsaturated fat:	3 g	35 %	4 %
■ Other / unspecified:	1.4 g	16 %	2 %



**MOST SIGNIFICANT SOURCES OF:**

Sodium: Bread, whole wheat, 100%, toasted  
 Cholest: Chicken, breast, roasted, broiled, or baked, skin n...  
 Fat: N/A

**CARBOHYDRATE COUNTS (15g per count):** 7.3

**RATIOS:**

Potassium to Sodium: 3.08 to 1  
 Calcium to Phosphorus: 1 to 1.7

**Percent of the Daily Values (DV) achieved:**

