

Nutritional Analysis for GOLDEN GOURMET										GOLDEN GOURMET																					
5084 Ginger Chicken over Rice & Veggies, Snap Peas, Cauliflower																															
										Vitamins																					
	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	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	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	0.50	0.3	28.8	24.7	2.7	85.7	216.0	139.5	0.27	0.09	0.0	NA								
Ginger Sauce	1.75	49.6	147.4	3.6	11.8	9.9	0.8	0.1	2.9	20.3	0.036	0.04	0.001	18.9	28.9	0.6	6.9	203.8	43.8	0.7	0.0	1.6	AD								
Cooked White Rice	1.5	42.5	49.5	1.05	11.1	0.15	0.05	0	0.15	0	0	0	0	8.6	5	0.15	0.38	15.6	5.6	0	0	0.075	NA								
Black Beans	1.0	28.4	37.0	2.6	6.9	0.1	0.0	0.0	2.6	0.0	0.0	0.081	0.0	6.9	48.5	1.035	0.0	113.4	39.7	0.23	0	0.601	NA								
Cauliflower	2	57.0	13.7	1.1	2.9	0.0	0.0	0.0	1.1	0.0	41.7	0.1	0.2	13.7	6.8	0.1	13.7	109.4	13.3	0.1	0.0	1.1	NA								
Green Peppers & Onions	1.0	28.4	10.4	0.3	2.3	0.0	0.0	0.0	0.5	0.0	14.0	0.1	0.0	4.9	3.0	0.056	1.134	47.8	7.9	0.1	0.0	1.2	NA								
Sugar Snap Peas	2.35	67.0	28.2	2.0	4.7	0.0	0.0	0.0	2.0	18.1	22.4	0.2	0.2	40.2	18.7	0.3	2.7	159.8	32.0	0.6	0.0	0.0	NA								
Total:	12.6	357.9	398.2	30.4	40.5	14.5	1.7	64.1	9.3	38.4	108.9	1.0	0.7	122.0	135.7	4.9	110.5	865.8	281.8	2.0	0.1	4.7	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.																															