

Nutritional Analysis for GOLDEN GOURMET



5093 Santa Fe Chicken, Penne Pasta & Lima Bean Blend

Vitamins

Ingredients	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.
	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K
Diced Chicken	1.4 oz.	39	65.1	12.2	0	1.41	0.4	33.3	0	2.38	0	0.24	0.135	5.95	11.5	0.71	73	101
Pasta Penne	2.1 oz.	58.8	93.5	3.42	18.3	0.55	0.1	0	1.07	0	0	0.03	0	4.17	10.7	0.3	25	26.2
Cut Corn	2.9 oz.	81.2	108	2.98	21.3	1.17	0.12	0	2.14	9.87	1.3	0.1	0	4.11	20.6	0.44	3.29	227
Beans Large Lima, froze	2 oz.	56	65.2	4.42	11.8	0.22	0.05	0	3.97	0	0	0.09	0	9.64	24.4	0.54	1.13	288
Beans Black, No Salt Ad.	.5 oz.	14	18.7	1.26	3.36	0.08	0.02	0	1.23	0	0	0.01	0	3.83	10.7	0.18	0.14	56.4
Crinkle cut Carrots	.5 oz	14	5.1	0.11	1.12	0.07	0.01	0	0.47	115	1.27	0.01	0	5.1	1.7	0.05	4.47	33.3
Onions, frozen	0.648oz.	18.1	5.33	0.01	1.25	0.02	0	0	0.33	0.37	0.61	0.01	0	3.12	1.29	0.01	2.21	22.8
Diced Green Pepper	.1 oz.	2.8	0.57	0.02	0.13	0.01	0	0	0.05	0.51	2.28	0.01	0	0.28	0.28	0	0	4.96
Diced Tomatoes	.5 oz.	14	3.69	0.13	0.88	0.03	0	0	0.14	1.28	1.56	0	0	0.39	0.14	0	31.3	29.3
White Cheese Sauce, LF	0.75 oz.	21	56.1	3.97	2.76	3.21	1.19	5.95	0.04	37.4	0.13	0.02	0.217	114	5.95	0.52	273	67.6
Bread Whole Wheat	1 sl	25	64.3	3.42	10.7	0.86	0.19	0	2.63	0	0	0.05	0	27.3	20.8	0.45	122	68.5
Juice Orange	4 oz.	112	54.8	1	12.5	0.34	0.04	0	0	8.72	53.2	0.07	0	12.4	13.7	0.06	1.25	237
Milk Skim	1 cup	245	83.3	8.26	12.2	0.19	0.14	4.9	0	149	0	0.09	1.23	299	27	1.03	103	382
LUNCH/DINNER MEAL TOTALS			623	41	96	8.1	2.27	44.2	12.1	324	59	0.7	1.58	494	150	4.3	641	1544
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, Cheese Sauce is Low Fat-LF.																		

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

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	623.3	2000	31%
Protein	g	41.3	50	83%
Carbohydrate	g	96.3	300	32%
Dietary Fiber	g	12.1	25	48%
Total Fat	g	8.125	65	13%
Saturated Fat	g	2.271	20	11%
Cholesterol	mg	44.2	300	15%
Calcium	mg	494.1	1000	49%
Magnesium	mg	150.3	400	38%
Phosphorus	mg	748.3	1000	75%
Potassium	mg	1544	3500	44%
Sodium	mg	640.7	2400	27%
Zinc	mg	4.3	15	29%
Vitamin A (RAE)	mcg	324.8		
Vitamin C	mg	60.3	60	101%
Vitamin D	mcg	2.94	10	29%
Vitamin E (a-toc)	mg	0.958	22	4%
Folate	mcg	222.2	400	56%
Vitamin B6	mg	0.729	2	36%
Vitamin B12	mcg	1.577	6	26%

Total weight: 734.9g (25.92 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 623 (2612 Kilojoules)
 Sodium: 640.69 mg Energy deficit:
 Fiber: 12.07 g -1377 Kcal
 Cholesterol: 44.19 mg -5768 Kj

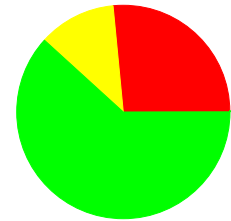
FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	8.1 g		
Saturated fat:	2.3 g	28 %	3 %
Polyunsaturated fat:	1.9 g	24 %	3 %
Monounsaturated fat:	2.6 g	32 %	4 %
Other / unspecified:	1.3 g	16 %	2 %



DISTRIBUTION OF CALORIES

		g/kg of body wt
Protein:	26.5 %	0.55
Fat:	11.7 %	0.11
Carbo:	61.8 %	1.28
Alcohol:	0 %	0.00



Energy per 100g of food: 85 Kcal
355 Kilojoules

MOST SIGNIFICANT SOURCES OF:

Sodium: Cheese sauce made with lowfat cheese
 Cholest: Chicken, breast, roasted, broiled, or baked, skin n...
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 6.4

RATIOS:

Potassium to Sodium: 2.41 to 1
 Calcium to Phosphorus: 1 to 1.51

Percent of the Daily Values (DV) achieved:

