

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X												
1	Nutritional Analysis for <b>GOLDEN GOURMET</b>										<h1 style="color: #DAA520; text-decoration: underline;">GOLDEN GOURMET</h1>																									
2																																				
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7																																				
8	<b>5097- Two Bean Chili</b>																																			
9											<h2>Vitamins</h2>																									
10		Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.												
11	<b>Ingredients</b>	<b>Size</b>	<b>gm</b>	<b>kcal</b>	<b>Pro</b>	<b>CHO</b>	<b>T. Fat</b>	<b>SFA</b>	<b>Chol</b>	<b>Fiber</b>	<b>Vit.A</b>	<b>Vit.C</b>	<b>Vit.B6</b>	<b>Vit.B12</b>	<b>Ca</b>	<b>Mag</b>	<b>Zn</b>	<b>Na</b>	<b>K</b>	<b>PO4</b>	<b>Fe/Iron</b>	<b>Vit. D</b>	<b>Total Sugars</b>	<b>Added Sugars</b>												
12	Ground Chicken	3	85	105	15	0	4.5	1.5	60	0	0	0	0.51	0.289	0	24.7	2.7	113	216	139	0.24	0.09	0	NA												
13	White Rice, cooked	2	57	65.5	1.42	14.7	0.17	0.06	0	0.23	0	0	0.01	0	11.4	6.71	0.17	0.45	2.32	11.3	0	0	0.113333	NA												
14	Veggies	2	57	87.4	4.98	17	0.42	0.08	0	4.71	42.3	20.3	0.152	0	22.3	36	0.69	4.57	288.8	86.9	1.262	0	1.193	NA												
15	Sauce	2	57	29.1	0.34	7.26	0.1	0.02	0	0.41	195.3	1.98	0.019	0	8.23	4.3	0.08	31.3	71.9	7.29	0.358	0	2.086	NA												
16	Peas & Carrots	2	57	32.28	1.72	6.28	0	0	0	2.29	835	8.73	0.051	0	20.6	21.1	0.11	50.3	110	9.4	0.0663	0	2.86	NA												
17	Squash	2.5	71	14.29	0.71	3.57	0	0	0	0.71	38.57	7.07	0.155	0.198	17.1	16.3	0.27	3.57	185.7	26.9	0.17	0	0	NA												
44	<b>Total:</b>	<b>13.5</b>	<b>384</b>	<b>333.6</b>	<b>24.2</b>	<b>48.8</b>	<b>5.2</b>	<b>1.65</b>	<b>60</b>	<b>8.35</b>	<b>1111</b>	<b>38.1</b>	<b>0.897</b>	<b>0.487</b>	<b>79.6</b>	<b>109</b>	<b>4.03</b>	<b>203</b>	<b>874.7</b>	<b>281</b>	<b>2.0963</b>	<b>0.09</b>	<b>6.252333</b>	<b>0</b>												
45	Goals: 33% DRI			6-800	23		≤25			≥8	≥300	≥30	≥.6	≥.8	≥400	≥140	≥3.75	≤800	≥1500																	
46	Mag-Magnesium, t-teaspoon, T.-Tablespoon, c-cup, oz.- ounce, Gm.-gram, m.- milligrams, TF- Total Fat, SFA-Saturated Fatty Acids,																																			
47	Chol-Cholesterol, Fiber-Dietary Fiber, NA- Sodium.																																			