

Nutritional Analysis for **GOLDEN GOURMET**



**5040 Chicken w/Gravy, Cubed Potatoes, Carrots, Lima Beans**

																							<b>Vitamins</b>						
Amount		Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.							
<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>						
Diced Chicken	3.0	84.0	85.7	19.7	1.7	1.7	0.0	47.0	0.0	0.0	1.5	0.5	0.3	0.0	24.7	2.7	85.7	216.0	139.3	0.6	0.1	0.0	NA						
Cubed Potatoes, IQF	2	56.7	85.6	1.616	15.2	2.06	0.54	0	1.304	0	8.56	0.1328	0	7.42	19.1	0.2	183.2	244.8	4.53	0.57	0	0							
Lima Beans	3	85	113	6.857	21.4	0	0	0	5.143	30.85	10.8	0.136	0	41.1	42.5	0.54	44.57	406.5	88.5	0.8228	0	0	NA						
Small Sliced Carrots	2.45	69.0	24.5	0.7	5.6	0.0	0.0	0.0	2.1	1775.0	3.5	0.1	0.0	47.0	8.3	0.2	49.0	164.0	22.8	0.9	0.0	1.0	NA						
Poultry Gravy	2.0	57.0	40.0	0.8	6.0	1.0	0.0	4.5	0.0	0.0	0.0	0.0	0.0	0.0	1.7	0.1	115.0	30.0	0.9	0.0	0.0	0.8	AD						
<b>Totals:</b>	<b>12.45</b>	<b>351.7</b>	<b>348.8</b>	<b>29.7</b>	<b>49.9</b>	<b>4.8</b>	<b>0.5</b>	<b>51.5</b>	<b>8.5</b>	<b>1805.9</b>	<b>24.4</b>	<b>0.9</b>	<b>0.3</b>	<b>95.6</b>	<b>96.4</b>	<b>3.7</b>	<b>477.5</b>	<b>1061.3</b>	<b>256.0</b>	<b>2.9</b>	<b>0.1</b>	<b>1.8</b>	<b>0.0</b>						
Goals: 33% DRI			6-800	42791		≤25			≥8	≥300	≥30	≥.6	≥.8	≥400	≥140	≥3.75	≤800	≥1500		2.7									
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.																													
100																													
Calcium- 7.96%		Vitamin C- 10%																											
Vitamin D- .4%		Vitamin D- 0%																											
Fe- 16.1%		Iron- 15%																											
Magnesium- 22.9%		Magnesium- 25%																											
Zinc- 33.6%		Zinc- 35%																											
Vitamin A- 200.65%		Vitamin A- 200%																											
Vitamin C- 27.1%		Vitamin C- 25%																											
Protein- 29.9 Grams		Protein- 30 Grams																											
Calories from Fat- 43.2		Calories from Fat- 40 Calories from Fat																											
Potassium- 23.58%		Potassium- 25%																											