


Nutritional Analysis for <b>GOLDEN GOURMET</b>																		
																		
<b>5041 Mesquite Chicken over Black Beans and Rice, Carrots &amp; Green Beans</b>																		
										<b>Vitamins</b>								
Amount				Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	B6	B12	Ca	Mag	Zn	Na	K
<b>Roasted Chicken</b>	<b>2.5 oz.</b>	<b>70</b>	<b>116</b>	<b>21.8</b>	<b>0</b>	<b>2.509</b>	<b>0.71</b>	<b>59.5</b>	<b>0</b>	<b>4.25</b>	<b>0</b>	<b>0.4</b>	<b>0.2</b>	<b>10.6</b>	<b>27</b>	<b>1.262</b>	<b>130</b>	<b>180</b>
Beans Black w/o salt	1.5 oz	42	56.1	3.768	10.1	0.23	0.059	0	3.7	0	0	0	0	11.5	29.8	0.476	0.43	151
<b>Grain Rice White</b>	<b>1.5 oz</b>	<b>42</b>	<b>49.8</b>	<b>0.927</b>	<b>10.7</b>	<b>0.213</b>	<b>0.007</b>	<b>0</b>	<b>0.23</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>3.4</b>	<b>2.22</b>	<b>0.208</b>	<b>1.7</b>	<b>3.83</b>
Beans snap, green	2.0 oz	56	22.7	1.123	3.958	0.232	0.027	0	1.93	14.7	6.237	0	0	34.6	16.4	0.176	1.7	134
<b>Pepper sweet green</b>	<b>0.40 oz</b>	<b>11</b>	<b>2.24</b>	<b>0.096</b>	<b>0.52</b>	<b>0.019</b>	<b>0.006</b>	<b>0</b>	<b>0.19</b>	<b>2.02</b>	<b>9.003</b>	<b>0</b>	<b>0</b>	<b>1.12</b>	<b>1.12</b>	<b>0.015</b>	<b>0.34</b>	<b>19.6</b>
Onions/frozen	0.40 oz	11	4.48	0.123	1.046	0.011	0.005	0	0.26	0	0	0	0	2.58	1.12	0.019	0.45	16.3
<b>Carrots/Frozen</b>	<b>2.2 oz</b>	<b>56</b>	<b>22.5</b>	<b>0.486</b>	<b>4.927</b>	<b>0.287</b>	<b>0.029</b>	<b>0</b>	<b>2.06</b>	<b>505</b>	<b>5.601</b>	<b>0.1</b>	<b>0</b>	<b>22.5</b>	<b>7.48</b>	<b>0.206</b>	<b>19.6</b>	<b>147</b>
Sauce BBQ	2.2 oz	62	93.6	0	22.6	0.181	0	0	0.37	7.48	0.437	0	0	7.48	7.48	0.081	83	130
<b>LUNCH MEAL TOTALS</b>			<b>368</b>	<b>28.32</b>	<b>53.85</b>	<b>3.682</b>	<b>0.843</b>	<b>59.5</b>	<b>8.73</b>	<b>533</b>	<b>21.28</b>	<b>0.6</b>	<b>0.2</b>	<b>93.8</b>	<b>92.6</b>	<b>2.443</b>	<b>238</b>	<b>781</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	367.5	2000	18%
Protein	g	28.3	50	57%
Carbohydrate	g	53.8	300	18%
Dietary Fiber	g	8.696	25	35%
Total Fat	g	3.682	65	6%
Saturated Fat	g	0.844	20	4%
Cholesterol	mg	59.5	300	20%
Calcium	mg	93.7	1000	9%
Magnesium	mg	88.6	400	22%
Phosphorus	mg	295.9	1000	30%
Potassium	mg	799.7	3500	23%
Sodium	mg	237.6	2400	10%
Zinc	mg	2.502	15	17%
Vitamin A (RAE)	mcg	533.7		
Vitamin C	mg	22.1	60	37%
Vitamin D	mcg	0	10	0%
Vitamin E (a-toc)	mg	1.245	22	6%
Folate	mcg	113.5	400	28%
Vitamin B6	mg	0.631	2	32%
Vitamin B12	mcg	0.241	6	4%

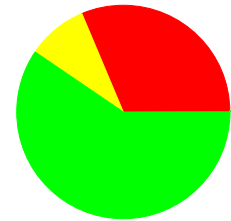
Total weight: 359.76g (12.69 oz)

**IMPORTANT TOTALS:**

Est. KCal need: 2000 (8380 Kilojoules)  
 Calories: 368 (1540 Kilojoules)  
 Sodium: 237.62 mg Energy deficit:  
 Fiber: 8.7 g -1632 Kcal  
 Cholesterol: 59.53 mg -6840 Kj

**DISTRIBUTION OF CALORIES**

		g/kg of body wt
<span style="color: red;">■</span>	Protein: 31.3 %	0.38
<span style="color: yellow;">■</span>	Fat: 9.2 %	0.05
<span style="color: green;">■</span>	Carbo: 59.5 %	0.72
<span style="color: blue;">■</span>	Alcohol: 0 %	0.00



Energy per 100g of food: 102 Kcal  
428 Kilojoules

**FAT BREAKDOWN:**

	grams	%fat	%Kcal
Total Fat:	3.7 g		
<span style="color: red;">■</span> Saturated fat:	0.8 g	23 %	2 %
<span style="color: yellow;">■</span> Polyunsaturated fat:	1 g	27 %	2 %
<span style="color: green;">■</span> Monounsaturated fat:	1 g	27 %	2 %
<span style="color: blue;">■</span> Other / unspecified:	0.9 g	23 %	2 %



**MOST SIGNIFICANT SOURCES OF:**

Sodium: Chicken, breast, roasted, broiled, or baked, skin n...  
 Cholest: Chicken, breast, roasted, broiled, or baked, skin n...  
 Fat: N/A

**CARBOHYDRATE COUNTS (15g per count):** 3.6

**RATIOS:**

Potassium to Sodium: 3.37 to 1  
 Calcium to Phosphorus: 1 to 3.16

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

