

# Nutritional Analysis for **GOLDEN GOURM**



## 5054 Chicken Teriyaki on a Bed of Rice w/Oriental Snap Peas & Yellow Squash

### Vitamins

Ingredients	Amount		kcal	Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.
	Size	gm																
<b>Chicken</b>	<b>3 oz.</b>	<b>84</b>	<b>139.5</b>	<b>26.2</b>	<b>0</b>	<b>3.01</b>	<b>0.85</b>	<b>71.4</b>	<b>0</b>	<b>5.1</b>	<b>0</b>	<b>0.5</b>	<b>0.3</b>	<b>12.8</b>	<b>24.7</b>	<b>1.51</b>	<b>157</b>	<b>216</b>
Teriyaki Sauce	2 oz.	56	38.6	0.52	8.11	0.57	0.1	0	0.22	0.82	0.96	0	0	9.47	5.72	0.08	229	44.9
<b>Rice White, ckd</b>	<b>2 oz.</b>	<b>56</b>	<b>66.3</b>	<b>1.24</b>	<b>14.2</b>	<b>0.28</b>	<b>0.01</b>	<b>0</b>	<b>0.34</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>4.54</b>	<b>2.84</b>	<b>0.28</b>	<b>2.27</b>	<b>5.1</b>
Veg Sugar Snap, frozen	2 oz.	56	23.8	1.59	4.09	0.17	0.03	0	1.76	3.97	12.5	0.1	0	28.4	13	0.23	2.27	109
<b>Pepper Sweet Red, fro</b>	<b>0.5oz.</b>	<b>14</b>	<b>4.39</b>	<b>0.14</b>	<b>0.86</b>	<b>0.04</b>	<b>0</b>	<b>0</b>	<b>0.3</b>	<b>22.3</b>	<b>18.1</b>	<b>0</b>	<b>0</b>	<b>0.99</b>	<b>1.7</b>	<b>0.04</b>	<b>0.57</b>	<b>29.9</b>
Squash Yellow, frozen	2 oz.	56	9.07	0.69	1.9	0.1	0.03	0	0.62	5.67	9.63	0.1	0	8.51	9.64	0.16	1.13	149
<b>Spears Broccoli, frozer</b>	<b>1 oz.</b>	<b>28</b>	<b>8.22</b>	<b>0.87</b>	<b>1.52</b>	<b>0.09</b>	<b>0.01</b>	<b>0</b>	<b>0.85</b>	<b>38.8</b>	<b>19.4</b>	<b>0.1</b>	<b>0</b>	<b>11.6</b>	<b>4.54</b>	<b>0.1</b>	<b>4.82</b>	<b>70.9</b>
<b>LUNCH MEAL TOTALS</b>			<b>289.9</b>	<b>31.3</b>	<b>30.7</b>	<b>4.26</b>	<b>1.03</b>	<b>71.4</b>	<b>4.09</b>	<b>76.7</b>	<b>60.6</b>	<b>0.9</b>	<b>0.3</b>	<b>76.3</b>	<b>62.1</b>	<b>2.4</b>	<b>397</b>	<b>624</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	289.9	2000	14%
Protein	g	31.2	50	62%
Carbohydrate	g	30.7	300	10%
Dietary Fiber	g	4.086	25	16%
Total Fat	g	4.274	65	7%
Saturated Fat	g	1.037	20	5%
Cholesterol	mg	71.4	300	24%
Calcium	mg	76.2	1000	8%
Magnesium	mg	62.1	400	16%
Phosphorus	mg	295.4	1000	30%
Potassium	mg	624.2	3500	18%
Sodium	mg	397.2	2400	17%
Zinc	mg	2.397	15	16%
Vitamin A (RAE)	mcg	76.7		
Vitamin C	mg	60.5	60	101%
Vitamin D	mcg	0	10	0%
Vitamin E (a-toc)	mg	0.929	22	4%
Folate	mcg	120.1	400	30%
Vitamin B6	mg	0.87	2	44%
Vitamin B12	mcg	0.289	6	5%

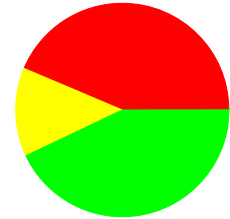
Total weight: 354.38g (12.5 oz)

**IMPORTANT TOTALS:**

Est. KCal need: 2000 (8380 Kilojoules)  
 Calories: 290 (1215 Kilojoules)  
 Sodium: 397.24 mg Energy deficit:  
 Fiber: 4.09 g -1710 Kcal  
 Cholesterol: 71.44 mg -7165 Kj

**DISTRIBUTION OF CALORIES**

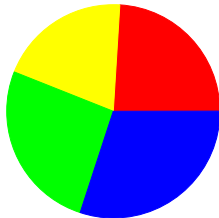
		g/kg of body wt
■ Protein:	43.6 %	0.42
■ Fat:	13.4 %	0.06
■ Carbo:	42.9 %	0.41
■ Alcohol:	0 %	0.00



Energy per 100g of food: 82 Kcal  
343 Kilojoules

**FAT BREAKDOWN:**

	grams	%fat	%Kcal
Total Fat:	4.3 g		
■ Saturated fat:	1 g	24 %	3 %
■ Polyunsaturated fat:	0.8 g	20 %	3 %
■ Monounsaturated fat:	1.1 g	26 %	3 %
■ Other / unspecified:	1.3 g	30 %	4 %



**MOST SIGNIFICANT SOURCES OF:**

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

CARBOHYDRATE COUNTS (15g per count): 2.

**RATIOS:**

Potassium to Sodium: 1.57 to 1  
 Calcium to Phosphorus: 1 to 3.87

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

