

Nutritional Analysis for **GOLDEN GOURMET**



5060 Chicken Cacciatore over Rice w/Marinara, Brussel Sprouts, Yellow Squash

										Vitamins								
	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
Chicken, Diced	2.5 oz	70	138	20.9	0	5.47	1.54	58.8	0	19.8	0	0.4	0.23	9.92	19.1	0.78	138.8	172
Sauce Marinara, Lov	2.1 oz.	58.8	51.8	1.06	8.19	1.6	0.42	1.19	1.55	13.7	1.91	0.1	0	13.1	12.5	0.32	17.9	188
Rice, White	3.9 oz	109	149	2.2	30.5	1.21	0.25	0	0.44	8.85	0	0.1	0	11.1	13.3	0.54	200	38.7
Red Peppers, Frozer	0.25oz	7	2.2	0.7	0.43	0.02	0	0	0.15	11.1	9.05	0	0	0.5	0.85	0.02	0.28	15
Squash Summer fat	2.4 oz	67.2	21.8	0.8	2.97	1.02	0.21	0	1.29	92.5	3.4	0.1	0.16	12.2	12.9	0.17	3.4	147
Brussel Sprouts, froz	2.6 oz	72.8	31	2.68	6.13	0.28	0.06	0	3.76	33.9	33.7	0.2	0	19.2	13.3	0.17	11.1	214
LUNCH MEAL TOTALS			394	28.3	48.2	9.6	2.48	60	7.19	180	48.1	0.9	0.39	66	72	2	371.5	775
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	395.8	2000	20%
Protein	g	28.5	50	57%
Carbohydrate	g	48.6	300	16%
Dietary Fiber	g	7.3	25	29%
Total Fat	g	9.618	65	15%
Saturated Fat	g	2.479	20	12%
Cholesterol	mg	60	300	20%
Calcium	mg	66.8	1000	7%
Magnesium	mg	72.6	400	18%
Phosphorus	mg	284.5	1000	28%
Potassium	mg	786.3	3500	22%
Sodium	mg	371.9	2400	15%
Zinc	mg	2.013	15	13%
Vitamin A (RAE)	mcg	181		
Vitamin C	mg	52	60	87%
Vitamin D	mcg	0	10	0%
Vitamin E (a-toc)	mg	2.681	22	12%
Folate	mcg	159	400	40%
Vitamin B6	mg	0.949	2	47%
Vitamin B12	mcg	0.39	6	7%

Total weight: 396.9g (14.0 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 396 (1658 Kilojoules)
 Sodium: 371.85 mg Energy deficit:
 Fiber: 7.3 g -1604 Kcal
 Cholesterol: 60.02 mg -6722 Kj

DISTRIBUTION OF CALORIES

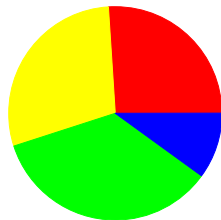
		g/kg of body wt
Protein:	28.9 %	0.38
Fat:	21.9 %	0.13
Carbo:	49.2 %	0.65
Alcohol:	0 %	0.00



Energy per 100g of food: 100 Kcal
418 Kilojoules

FAT BREAKDOWN: grams %fat %Kcal

Total Fat:	9.6 g		
Saturated fat:	2.5 g	26 %	6 %
Polyunsaturated fat:	2.8 g	29 %	6 %
Monounsaturated fat:	3.3 g	35 %	8 %
Other / unspecified:	1 g	10 %	2 %



MOST SIGNIFICANT SOURCES OF:

Sodium: Rice, cooked, NFS
 Cholest: Chicken, breast, roasted, broiled, or baked, NS as...
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 3.2

RATIOS:

Potassium to Sodium: 2.11 to 1
 Calcium to Phosphorus: 1 to 4.26

Percent of the Daily Values (DV) achieved:

