

Nutritional Analysis for **GOLDEN GOURMET**



5046 Herb Chicken w/Mashed Potatoes & Gravy, Green Beans & Carrots

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.	mg.	mg.	mcg.	gm.	gm.
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K	PO4	Fe/Iron	Vit. D	Total Sugars	Added Sugars
Diced Chicken	3.0	84.0	85.7	19.7	1.7	1.7	0.0	47.1	0.0	0.0	1.5	0.5	0.3	0.0	24.7	2.7	85.7	216.0	139.3	0.3	0.1	0.0	NA
Poultry Gravy	2	57	40	0.99	6	1	0	4	0	0	0	0	0	1.61	0.057	115	29.6	0.9	0	0	0.99	AD	
Mashed Potatoes	2	57	66.6	1.33	13.3	0.66	0	0	1.33	0	6	0.2	0.13	0	10.2	0.6	13.3	400.8	6.8	0.2	0	0.67	NA
Carrots	2.45	69	25.1	0.69	5.59	0	0	0	2.058	1775	3.5	0.0980	0	47	8.33	0.2	47.6	163.2	22.8	0.16	0	3.49	NA
Green Beans	2.25	64.1	25.02	1.26	5.13	0	0	0	1.89	89.1	17.8	0	0	43.2	18.5	0.18	1.89	151.2	23.2	0.72	0	1.26	NA
Total:	11.70	331.1	242.4	24.0	31.7	3.4	0.0	51.1	5.3	1864.1	28.8	0.8	0.4	90.2	63.4	3.7	263.5	960.8	193.0	1.4	0.1	6.4	AD
Goals: 33% DRI			6-800	23		≤25			≥8	≥300	≥30	≥6	≥8	≥400	≥140	≥3.75	≤800	≥1500					

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- 7.5%	Calcium- 10%
Vitamin D- .4%	Vitamin D- 0%
Iron- 7.777777%	Iron- 10
Magnesium- 15.09523%	Magnesium- 15%
Zinc- 33.6%	Zinc- 30%
Vitamin A- 207%	Vitamin A- 210%
Vitamin C - 32%	Vitamin C- 30%
Protein- 24 grams	Protein- 24 Grams
Calories from Fat- 30.6	Calories From Fat- 31 Grams
Potassium- 21.35%	Potassium- 20%