

Nutritional Analysis for **GOLDEN GOURMET**



**5076 Sweet & Sour Chicken over Rice w/Veggies, Carrots & Oriental Snap Peas**

**Vitamins**

Ingredients	Amount		kcal	Gm. Pro	Gm. CHO	Gm. T. Fat	Gm. SFA	mg. Chol	Gm. Fiber	IU Vit.A	mg. Vit.C	mg. Vit.B6	mcg. Vit.B12	mg. Ca	mg. Mag	mg. Zn	mg. Na	mg. K
	Size	gm																
Chicken	3 oz.	84	140	26.2	0	3.01	0.85	71	0	5.1	0	0.51	0.29	12.8	24.7	1.5	156.5	216
Swt & Sour Line Blend	4.5 oz.	126	102	0.39	27.2	0.09	0.01	0	0.65	31.9	29	0.08	0	5.63	6.42	0.1	79.7	94.2
Rice	3 oz.	84	115	2.24	23.5	0.92	0.19	0	0.34	6.8	0	0.08	0	8.51	10.2	0.4	153.9	29.8
Snow Peas, frozen	2.45 oz.	56	29.2	1.95	5.24	0.14	0.03	0	1.81	37.5	41.7	0.11	0	29.9	16.7	0.2	2.778	139
Veg Carrots, frozen	2 oz.	56	20.4	0.44	4.48	0.26	0.03	0	1.87	459	5.09	0.05	0	20.4	6.8	0.2	17.9	133
<b>LUNCH/DINNER MEAL TOTALS</b>			<b>406</b>	<b>31.2</b>	<b>60.4</b>	<b>4.42</b>	<b>1.11</b>	<b>71</b>	<b>4.67</b>	<b>541</b>	<b>75.8</b>	<b>0.83</b>	<b>0.29</b>	<b>77.2</b>	<b>64.8</b>	<b>2.4</b>	<b>410.8</b>	<b>612</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	405.9	2000	20%
Protein	g	31.2	50	62%
Carbohydrate	g	60.4	300	20%
Dietary Fiber	g	4.667	25	19%
Total Fat	g	4.429	65	7%
Saturated Fat	g	1.114	20	6%
Cholesterol	mg	71.4	300	24%
Calcium	mg	77.2	1000	8%
Magnesium	mg	64.8	400	16%
Phosphorus	mg	292.9	1000	29%
Potassium	mg	612.1	3500	17%
Sodium	mg	410.8	2400	17%
Zinc	mg	2.391	15	16%
Vitamin A (RAE)	mcg	540.6		
Vitamin C	mg	75.7	60	126%
Vitamin D	mcg	0	10	0%
Vitamin E (a-toc)	mg	1.344	22	6%
Folate	mcg	96.9	400	24%
Vitamin B6	mg	0.828	2	41%
Vitamin B12	mcg	0.289	6	5%

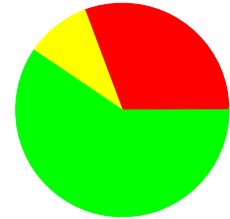
Total weight: 423.83g (14.95 oz)

**IMPORTANT TOTALS:**

Est. KCal need: 2000 (8380 Kilojoules)  
 Calories: 406 (1701 Kilojoules)  
 Sodium: 410.81 mg Energy deficit:  
 Fiber: 4.67 g -1594 Kcal  
 Cholesterol: 71.44 mg -6679 Kj

**DISTRIBUTION OF CALORIES**

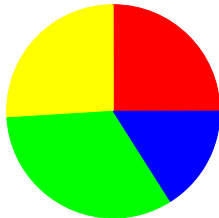
		g/kg of body wt
<span style="color: red;">■</span> Protein:	30.7 %	0.42
<span style="color: yellow;">■</span> Fat:	9.8 %	0.06
<span style="color: green;">■</span> Carbo:	59.5 %	0.81
<span style="color: blue;">■</span> Alcohol:	0 %	0.00



Energy per 100g of food: 96 Kcal  
401 Kilojoules

**FAT BREAKDOWN:**

	grams	%fat	%Kcal
Total Fat:	4.4 g		
<span style="color: red;">■</span> Saturated fat:	1.1 g	25 %	2 %
<span style="color: yellow;">■</span> Polyunsaturated fat:	1.1 g	26 %	3 %
<span style="color: green;">■</span> Monounsaturated fat:	1.5 g	33 %	3 %
<span style="color: blue;">■</span> Other / unspecified:	0.7 g	16 %	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): 4.

**RATIOS:**

Potassium to Sodium: 1.49 to 1  
 Calcium to Phosphorus: 1 to 3.79

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

