

Nutritional Analysis for **GOLDEN GOURMET**



5086 Chicken Ala King, Cheesy Cauliflower, Spinach & Chickpeas

Vitamins

	Amount			Gm.	Gm.	Gm.	Gm.	mg.	Gm.	IU	mg.	mg.	mcg.	mg.	mg.	mg.	mg.	mg.
Ingredients	Size	gm	kcal	Pro	CHO	T. Fat	SFA	Chol	Fiber	Vit.A	Vit.C	Vit.B6	Vit.B12	Ca	Mag	Zn	Na	K
Chicken, Diced	2 oz.	56	93	17.4	0	2	0.57	47.6	0	3.4	0	0.34	0.19	8.51	16.4	1.01	104.3	144
Bowtie Pasta, Cooked	1.8 oz.	50.4	80	2.94	15.7	0.47	0.09	0	0.92	0	0	0.03	0	3.57	9.19	0.26	18.3	22.5
Cheese Cheddar	0.5oz.	14	57	3.53	0.18	4.7	2.99	14.9	0	37.6	0	0.01	0.12	102	3.96	0.44	88	13.9
Garbanzo Beans	1 oz.	28	66.9	2.49	7.81	3.03	0.38	0	2.24	0.28	0.369	0.038	0	12.5	11.3	0.4	57	78.8
Green Peas, frozen	2 oz.	56	43.7	2.96	7.72	0.23	0.04	0	2.55	58.4	13	0.047	0	12.5	14.7	0.47	61.2	86.8
Spinach, frozen	1 oz.	28	8.22	1.03	1.19	0.16	0.01	0	0.82	166	3.09	49	0	36.6	21.3	0.16	21	98
Cauliflower, frozen	2.25 oz.	63	15.3	1.28	3	0.17	0.03	0	1.47	1.28	31.1	0.08	0	14	7.65	0.11	15.3	123
Carrots, frozen	2 oz.	56	20.5	0.43	4.5	0.26	0.03	0	1.87	460	5.1	0.055	0	20.4	6.8	0.19	17.85	134
Bread Whole Wheat	1 sl	25	76.5	4.06	12.8	1.01	0.23	0	3.12	0	0	0.06	0	32.5	24.8	0.54	145.8	81.5
Milk Skim	1 cup	245	83.3	8.26	12.2	0.19	0.14	4.9	0	149	0	0.09	1.23	299	27	1.03	102.9	382
Raisins	1.5 oz.	43	128.6	1.32	34	0.2	0.03	0	1.6	0	0.99	0.08	0	21.5	13.8	0.1	4.73	322
LUNCH/DINNER MEAL TOTALS			673	45.7	99	12.2	4.5	67.4	14.6	876	52.66	0.864	1.54	564	156	4.6	636	1486
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.																		

FoodWorks - Nutrient Totals with Comparison to Daily Values (DV)

Mode: Single day (Day 1)

Nutrient	Unit	Total	DV	% DV
Kilocalories	Kcal	673.1	2000	34%
Protein	g	45.8	50	92%
Carbohydrate	g	99	300	33%
Dietary Fiber	g	14.6	25	58%
Total Fat	g	12.4	65	19%
Saturated Fat	g	4.524	20	23%
Cholesterol	mg	67.4	300	22%
Calcium	mg	563.1	1000	56%
Magnesium	mg	156.9	400	39%
Phosphorus	mg	738.3	1000	74%
Potassium	mg	1486	3500	42%
Sodium	mg	636.4	2400	27%
Zinc	mg	4.69	15	31%
Vitamin A (RAE)	mcg	875.8		
Vitamin C	mg	53.6	60	89%
Vitamin D	mcg	3.025	10	30%
Vitamin E (a-toc)	mg	2.025	22	9%
Folate	mcg	212.4	400	53%
Vitamin B6	mg	0.864	2	43%
Vitamin B12	mcg	1.535	6	26%

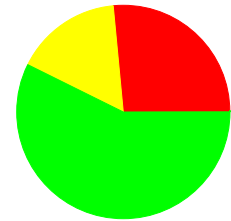
Total weight: 668.79g (23.59 oz)

IMPORTANT TOTALS:

Est. KCal need: 2000 (8380 Kilojoules)
 Calories: 673 (2820 Kilojoules)
 Sodium: 636.42 mg Energy deficit:
 Fiber: 14.59 g -1327 Kcal
 Cholesterol: 67.41 mg -5560 Kj

DISTRIBUTION OF CALORIES

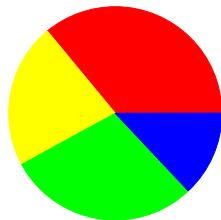
		g/kg of body wt
■	Protein: 26.5 %	0.61
■	Fat: 16.2 %	0.17
■	Carbo: 57.3 %	1.32
■	Alcohol: 0 %	0.00



Energy per 100g of food: 101 Kcal
422 Kilojoules

FAT BREAKDOWN: grams %fat %Kcal

■	Total Fat:	12.4 g		
■	Saturated fat:	4.5 g	36 %	6 %
■	Polyunsaturated fat:	2.7 g	22 %	4 %
■	Monounsaturated fat:	3.7 g	29 %	5 %
■	Other / unspecified:	1.5 g	13 %	2 %



MOST SIGNIFICANT SOURCES OF:

Sodium: Bread, whole wheat, 100%, toasted
 Cholest: Chicken, breast, roasted, broiled, or baked, skin n...
 Fat: N/A

CARBOHYDRATE COUNTS (15g per count): 6.6

RATIOS:

Potassium to Sodium: 2.34 to 1
 Calcium to Phosphorus: 1 to 1.31

Percent of the Daily Values (DV) achieved:

