

*** Blackened Chicken BLD Menu**

Number of Servings: 1 (822.56 g per serving)

Amount	Measure	Ingredient	Comments
1.00	svg	Cilantro Lime Chicken EGE Recipe	
1.00	svg	Quinoa Pilaf, LOV Recipe	
1.00	svg	Marinated Vegetables BLD Recipe	
1.00	svg	Fresh Fruit Cup, BLD Recipe	
1.00	svg	Whole Wheat Roll 2 BLD Recipe	
1.00	pat	butter, unsalted	
1.00	svg	milk, 1%, with added nonfat milk solids & vitamins A & D	

Nutrient Analysis

<u>Nutrient</u>	<u>Value</u>
Gram Weight (g)	822.56
Calories (kcal)	673.89
Calories from Fat (kcal)	169.46
Calories from SatFat (kcal)	54.04
Protein (g)	45.21
Carbohydrates (g)	84.38
Total Dietary Fiber (g)	12.09
Total Soluble Fiber (g)	2.07
Total Sugars (g)	35.6
Monosaccharides (g)	10.51
Disaccharides (g)	13.89
Other Carbs (g)	26.37
Fat (g)	18.96
Saturated Fat (g)	6
Mono Fat (g)	8.01
Poly Fat (g)	2.71
Trans Fatty Acid (g)	0.24
Cholesterol (mg)	103.33
Water (g)	666.42
Vitamin A - IU (IU)	7491.41
Vitamin A - RAE (mcg)	530.59
Carotenoid RE (RE)	689.46
Retinol RE (RE)	185.86
Beta-Carotene (mcg)	3305.38
Vitamin B1 (mg)	0.7
Vitamin B2 (mg)	0.96
Vitamin B3 (mg)	15.1
Vitamin B3 - Niacin Equiv (mg)	24.49
Vitamin B6 (mg)	1.58
Vitamin B12 (mcg)	1.18
Biotin (mcg)	4.22

<u>Nutrient</u>	<u>Value</u>
Vitamin C (mg)	84.74
Vitamin D - IU (IU)	99.13
Vitamin D - mcg (mcg)	2.45
Vitamin E - Alpha-Toco (mg)	3.74
Folate (mcg)	184.54
Folate, DFE (mcg DFE)	193.27
Vitamin K (mcg)	74.29
Pantothenic Acid (mg)	3.79
Calcium (mg)	410.89
Chromium (mcg)	5.48
Copper (mg)	0.5
Fluoride (mg)	0.05
Iodine (mcg)	30
Iron (mg)	4.1
Magnesium (mg)	184.16
Manganese (mg)	2.29
Molybdenum (mcg)	0.78
Phosphorus (mg)	752.62
Potassium (mg)	1618.9
Selenium (mcg)	53.67
Sodium (mg)	497.96
Zinc (mg)	3.92
Omega 3 Fatty Acid (g)	0.34
Omega 6 Fatty Acid (g)	2.32
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	154.85