NUTRIENT ANALYSIS

Food	Measure	kcal	CHO	Total Fat	Sat Fat	Pro	Na	Ca	Iron	Vit A	Thia	Rib	Niac
Traditional		**g**	**g**	**g**	**g**	**g**	**mg**	**mg**	**mg**	**mg**	**mg**	**mg**	**mg**
Chicken Fricassee	1 serving	210	23g	7g	2g	16g	800mg	32mg	2.1mg	908 mg	.17mg	.20mg	4.94mg
Totals													
% of the DRI			7%	11%	10%	30%	33%	4%	10%	20%	14%	17%	33%

NUTRIENT ANALYSIS

Vit C	Zinc	Folic	Fiber
mg	mg	mg	g
27.18mg	1.96mg	22mg	2.5g
45%	20%	5%	11%