



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FM 174

Description: Egg Patty, Pancakes ,Strawberry Compote

Servings: 1

Serving Size: 1 Meal

Recipe Source: Frozen Meal Recipes

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories
Adjusted Weight	g	264.5543	100.0000	264.5543	
Energy	kcal	450.8542	170.4203	450.8542	
Protein	g	15.9304	6.0216	15.9304	14.13
Sodium, Na	mg	604.9714	228.6757	604.9714	
Carbohydrate, by difference	g	51.0280	19.2883	51.0280	45.27
Total lipid (fat)	g	11.0877	4.1911	11.0877	22.13
Fatty acids, total saturated	g	2.6709	1.0096	2.6709	5.33
Fatty acids, total trans	g				
Cholesterol	mg	36.6659	13.8595	36.6659	
Potassium, K	mg	139.0283	52.5519	139.0283	
Vitamin A, RAE	mcg_RAE	0.2836	0.1072	0.2836	
Vitamin C, total ascorbic acid	mg	35.3807	13.3737	35.3807	
Calcium, Ca	mg	52.1566	19.7149	52.1566	
Vitamin B-6	mg	0.0132	0.0050	0.0132	
Vitamin B-12	mcg				
Magnesium, Mg	mg	7.4136	2.8023	7.4136	
Zinc, Zn	mg	0.0397	0.0150	0.0397	
Fiber, total dietary	g	4.5884	1.7344	4.5884	
Vitamin A, IU	IU	103.4021	39.0854	103.4021	
Vitamin A (RE)	RE	0.3402	0.1286	0.3402	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg				
Thiamin	mg	0.0069	0.0026	0.0069	
Riboflavin	mg	0.0061	0.0023	0.0061	
Niacin	mg	0.1095	0.0414	0.1095	
Folate, total	mcg	7.1866	2.7165	7.1866	
Phosphorus, P	mg	20.1143	7.6031	20.1143	
Copper, Cu	mg	0.0135	0.0051	0.0135	
Manganese, Mn	mg	0.1095	0.0414	0.1095	
Selenium, Se	mcg	0.4537	0.1715	0.4537	
Pantothenic acid	mg	0.0355	0.0134	0.0355	
Vitamin K (phylloquinone)	mcg	0.6238	0.2358	0.6238	
Iron, Fe	mg	5.8197	2.1998	5.8197	
Water	g	36.7699	13.8988	36.7699	
Ash	g	0.3259	0.1232	0.3259	
Sugars, Total	g	6.6660	2.5197	6.6660	