



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000761

Description: MeatloafMashedPotMixGreens

Servings: 1

Serving Size: 1 Meal

Recipe Source: Chef

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories
Adjusted Weight	g	479.1997	100.0000	479.1997	
Energy	kcal	412.5425	86.0899	412.5425	
Protein	g	24.0630	5.0215	24.0630	23.33
Sodium, Na	mg	508.9158	106.2012	508.9158	
Carbohydrate, by difference	g	36.7115	7.6610	36.7115	35.60
Total lipid (fat)	g	21.4202	4.4700	21.4202	46.73
Fatty acids, total saturated	g	7.1655	1.4953	7.1655	15.63
Fatty acids, total trans	g				
Cholesterol	mg	65.0528	13.5753	65.0528	
Potassium, K	mg	1,171.1808	244.4035	1,171.1808	
Vitamin A, RAE	mcg_RAE	803.9529	167.7699	803.9529	
Vitamin C, total ascorbic acid	mg	70.1184	14.6324	70.1184	
Calcium, Ca	mg	435.1943	90.8169	435.1943	
Vitamin B-6	mg	0.6143	0.1282	0.6143	
Vitamin B-12	mcg	1.7127	0.3574	1.7127	
Magnesium, Mg	mg	104.4550	21.7978	104.4550	
Zinc, Zn	mg	4.8763	1.0176	4.8763	
Fiber, total dietary	g	7.6653	1.5996	7.6653	
Vitamin A, IU	IU	15,788.0143	3,294.6628	15,788.0143	
Vitamin A (RE)	RE	621.4578	129.6866	621.4578	
Vitamin D	IU	60.8747	12.7034	60.8747	
Vit D	mcg	1.1793	0.2461	1.1793	
Vitamin E (alpha-tocopherol)	mg	3.4795	0.7261	3.4795	
Thiamin	mg	0.4217	0.0880	0.4217	
Riboflavin	mg	0.4303	0.0898	0.4303	
Niacin	mg	4.6645	0.9734	4.6645	
Folate, total	mcg	149.9986	31.3019	149.9986	
Phosphorus, P	mg	180.7723	37.7238	180.7723	
Copper, Cu	mg	0.1462	0.0305	0.1462	
Manganese, Mn	mg	0.8036	0.1677	0.8036	
Selenium, Se	mcg	1.8334	0.3826	1.8334	
Pantothenic acid	mg	0.1572	0.0328	0.1572	
Vitamin K (phylloquinone)	mcg	874.7158	182.5368	874.7158	
Iron, Fe	mg	5.2209	1.0895	5.2209	
Water	g	158.7445	33.1270	158.7445	
Ash	g	2.6145	0.5456	2.6145	
Total Sugars	g	1.7692	0.3692	1.7692	
Total Added Sugars	g				



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Meal Pattern	Unit	Value Per Serving	Missing Value
Fruits	Cup	0	
Vegetables, Total	Cup	0	
Vegetables, Dark Green	Cup	0	
Vegetables, Red/Orange	Cup	0	
Vegetables, Legumes	Cup	0	
Vegetables, Starchy	Cup	0	
Vegetables, Other	Cup	0	
Vegetables, Additional	Cup	0	
Grains	Oz Eq	0	
Meats/Meat Alternates	Oz Eq	0	
Fluid Milk	Cup	0	

Meal Pattern value marked as missing contains at least one ingredient for which meal pattern data is absent.
