



CENTRAL OFFICE

Recipe Analysis

Recipe ID: FRZ000762

Description: Pork Riblet/SwtPot/Spin

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 | 402.8688 | 100.0000 | 402.8688 | |
| Energy | kcal | 428.1722 | 106.2808 | 428.1722 | |
| Protein | g | 21.5225 | 5.3423 | 21.5225 | 20.11 |
| Sodium, Na | mg | 518.9631 | 128.8169 | 518.9631 | |
| Carbohydrate, by difference | g | 49.3128 | 12.2404 | 49.3128 | 46.07 |
| Total lipid (fat) | g | 18.9941 | 4.7147 | 18.9941 | 39.92 |
| Fatty acids, total saturated | g | 5.2103 | 1.2933 | 5.2103 | 10.95 |
| Fatty acids, total trans | g | | | | |
| Cholesterol | mg | 36.3315 | 9.0182 | 36.3315 | |
| Potassium, K | mg | 1,384.3462 | 343.6221 | 1,384.3462 | |
| Vitamin A, RAE | mcg_RAE | 629.7851 | 156.3251 | 629.7851 | |
| Vitamin C, total ascorbic acid | mg | 38.4240 | 9.5376 | 38.4240 | |
| Calcium, Ca | mg | 350.6066 | 87.0275 | 350.6066 | |
| Vitamin B-6 | mg | 1.4991 | 0.3721 | 1.4991 | |
| Vitamin B-12 | mcg | 1.1131 | 0.2763 | 1.1131 | |
| Magnesium, Mg | mg | 167.0081 | 41.4547 | 167.0081 | |
| Zinc, Zn | mg | 5.2087 | 1.2929 | 5.2087 | |
| Fiber, total dietary | g | 6.9112 | 1.7155 | 6.9112 | |
| Vitamin A, IU | IU | 12,952.4978 | 3,215.0660 | 12,952.4978 | |
| Vitamin A (RE) | RE | 1,337.1900 | 331.9170 | 1,337.1900 | |
| Vitamin D | IU | 57.9909 | 14.3945 | 57.9909 | |
| Vit D | mcg | 1.1095 | 0.2754 | 1.1095 | |
| Vitamin E (alpha-tocopherol) | mg | 2.6779 | 0.6647 | 2.6779 | |
| Thiamin | mg | 0.8976 | 0.2228 | 0.8976 | |
| Riboflavin | mg | 0.6160 | 0.1529 | 0.6160 | |
| Niacin | mg | 5.5596 | 1.3800 | 5.5596 | |
| Folate, total | mcg | 188.8435 | 46.8747 | 188.8435 | |
| Phosphorus, P | mg | 304.9201 | 75.6872 | 304.9201 | |
| Copper, Cu | mg | 0.0391 | 0.0097 | 0.0391 | |
| Manganese, Mn | mg | 0.0810 | 0.0201 | 0.0810 | |
| Selenium, Se | mcg | 1.2545 | 0.3114 | 1.2545 | |
| Pantothenic acid | mg | 0.0028 | 0.0007 | 0.0028 | |
| Vitamin K (phylloquinone) | mcg | 562.9149 | 139.7266 | 562.9149 | |
| Iron, Fe | mg | 6.0745 | 1.5078 | 6.0745 | |
| Water | g | 111.8924 | 27.7739 | 111.8924 | |
| Ash | g | 1.8451 | 0.4580 | 1.8451 | |
| Total Sugars | g | | | | |
| 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.
