



CENTRAL OFFICE

Recipe Analysis

Recipe ID: FRZ000764

Description: LasFlorZucc

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	369.2797	100.0000	369.2797	
Energy	kcal	243.0802	65.8255	243.0802	
Protein	g	14.2845	3.8682	14.2845	23.51
Sodium, Na	mg	402.7058	109.0517	402.7058	
Carbohydrate, by difference	g	32.4416	8.7851	32.4416	53.38
Total lipid (fat)	g	6.4155	1.7373	6.4155	23.75
Fatty acids, total saturated	g	3.5783	0.9690	3.5783	13.25
Fatty acids, total trans	g				
Cholesterol	mg	45.3402	12.2780	45.3402	
Potassium, K	mg	851.1122	230.4790	851.1122	
Vitamin A, RAE	mcg_RAE	664.8711	180.0454	664.8711	
Vitamin C, total ascorbic acid	mg	30.2204	8.1836	30.2204	
Calcium, Ca	mg	389.6514	105.5166	389.6514	
Vitamin B-6	mg	0.2891	0.0783	0.2891	
Vitamin B-12	mcg	0.0170	0.0046	0.0170	
Magnesium, Mg	mg	121.8948	33.0088	121.8948	
Zinc, Zn	mg	0.9306	0.2520	0.9306	
Fiber, total dietary	g	6.0196	1.6301	6.0196	
Vitamin A, IU	IU	13,483.7468	3,651.3642	13,483.7468	
Vitamin A (RE)	RE	1,241.4246	336.1746	1,241.4246	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	2.4236	0.6563	2.4236	
Thiamin	mg	0.1112	0.0301	0.1112	
Riboflavin	mg	0.2711	0.0734	0.2711	
Niacin	mg	0.5975	0.1618	0.5975	
Folate, total	mcg	199.8364	54.1152	199.8364	
Phosphorus, P	mg	119.8224	32.4476	119.8224	
Copper, Cu	mg	0.0018	0.0005	0.0018	
Manganese, Mn	mg	0.0059	0.0016	0.0059	
Selenium, Se	mcg	1.9276	0.5220	1.9276	
Pantothenic acid	mg				
Vitamin K (phylloquinone)	mcg	563.7365	152.6584	563.7365	
Iron, Fe	mg	4.6319	1.2543	4.6319	
Water	g	168.6681	45.6749	168.6681	
Ash	g	1.2489	0.3382	1.2489	
Total Sugars	g	1.0000	0.2708	1.0000	
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.
