



CENTRAL OFFICE

Recipe Analysis

Recipe ID: FRZ000758

Description: SalsbryStkTurnGrSucc

Servings: 1

Serving Size: 1 Meal

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories
Adjusted Weight	g	409.8910	100.0000	409.8910	
Energy	kcal	390.5089	95.2714	390.5089	
Protein	g	22.1058	5.3931	22.1058	22.64
Sodium, Na	mg	567.9728	138.5668	567.9728	
Carbohydrate, by difference	g	37.4567	9.1382	37.4567	38.37
Total lipid (fat)	g	19.5428	4.7678	19.5428	45.04
Fatty acids, total saturated	g	5.7475	1.4022	5.7475	13.25
Fatty acids, total trans	g	0.8395	0.2048	0.8395	
Cholesterol	mg	35.2084	8.5897	35.2084	
Potassium, K	mg	934.6343	228.0202	934.6343	
Vitamin A, RAE	mcg_RAE	652.9047	159.2874	652.9047	
Vitamin C, total ascorbic acid	mg	37.0341	9.0351	37.0341	
Calcium, Ca	mg	239.4673	58.4222	239.4673	
Vitamin B-6	mg	1.3985	0.3412	1.3985	
Vitamin B-12	mcg	2.0400	0.4977	2.0400	
Magnesium, Mg	mg	97.1602	23.7039	97.1602	
Zinc, Zn	mg	3.8173	0.9313	3.8173	
Fiber, total dietary	g	8.8372	2.1560	8.8372	
Vitamin A, IU	IU	12,606.3793	3,075.5443	12,606.3793	
Vitamin A (RE)	RE	47.1465	11.5022	47.1465	
Vitamin D	IU	19.0394	4.6450	19.0394	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	2.3589	0.5755	2.3589	
Thiamin	mg	0.2291	0.0559	0.2291	
Riboflavin	mg	0.3082	0.0752	0.3082	
Niacin	mg	4.1690	1.0171	4.1690	
Folate, total	mcg	85.5209	20.8643	85.5209	
Phosphorus, P	mg	305.3926	74.5058	305.3926	
Copper, Cu	mg	0.2775	0.0677	0.2775	
Manganese, Mn	mg	0.9313	0.2272	0.9313	
Selenium, Se	mcg	2.3893	0.5829	2.3893	
Pantothenic acid	mg	0.2787	0.0680	0.2787	
Vitamin K (phylloquinone)	mcg	589.6651	143.8590	589.6651	
Iron, Fe	mg	4.1833	1.0206	4.1833	
Water	g	181.2411	44.2169	181.2411	
Ash	g	2.2569	0.5506	2.2569	
Total Sugars	g	3.5271	0.8605	3.5271	
Total Added Sugars	g				