



CENTRAL OFFICE

Recipe Analysis

Recipe ID: FRZ000765

Description: Gumbo/Rice/Corn

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	425.8837	100.0000	425.8837	
Energy	kcal	386.1253	90.6645	386.1253	
Protein	g	19.5340	4.5867	19.5340	20.24
Sodium, Na	mg	327.3125	76.8549	327.3125	
Carbohydrate, by difference	g	62.9635	14.7842	62.9635	65.23
Total lipid (fat)	g	7.1514	1.6792	7.1514	16.67
Fatty acids, total saturated	g	2.3492	0.5516	2.3492	5.48
Fatty acids, total trans	g				
Cholesterol	mg	43.5372	10.2228	43.5372	
Potassium, K	mg	1,212.4406	284.6882	1,212.4406	
Vitamin A, RAE	mcg_RAE	68.2653	16.0291	68.2653	
Vitamin C, total ascorbic acid	mg	47.4805	11.1487	47.4805	
Calcium, Ca	mg	126.1770	29.6271	126.1770	
Vitamin B-6	mg	0.3692	0.0867	0.3692	
Vitamin B-12	mcg				
Magnesium, Mg	mg	122.0114	28.6490	122.0114	
Zinc, Zn	mg	1.7857	0.4193	1.7857	
Fiber, total dietary	g	12.0896	2.8387	12.0896	
Vitamin A, IU	IU	1,773.7630	416.4900	1,773.7630	
Vitamin A (RE)	RE	137.2849	32.2353	137.2849	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	1.1201	0.2630	1.1201	
Thiamin	mg	0.1980	0.0465	0.1980	
Riboflavin	mg	0.1252	0.0294	0.1252	
Niacin	mg	4.4505	1.0450	4.4505	
Folate, total	mcg	101.2372	23.7711	101.2372	
Phosphorus, P	mg	259.6753	60.9733	259.6753	
Copper, Cu	mg	0.1691	0.0397	0.1691	
Manganese, Mn	mg	1.2057	0.2831	1.2057	
Selenium, Se	mcg	14.0350	3.2955	14.0350	
Pantothenic acid	mg	0.5085	0.1194	0.5085	
Vitamin K (phylloquinone)	mcg	143.5164	33.6985	143.5164	
Iron, Fe	mg	2.5889	0.6079	2.5889	
Water	g	203.1819	47.7083	203.1819	
Ash	g	3.1243	0.7336	3.1243	
Total Sugars	g	6.1336	1.4402	6.1336	
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.
