

Nutrient Analysis to Standards for Frozen Meal NA - Fri, Dec 4, 2020 at 2:09:51 pm



Nutrient Analysis to Standards for Frozen Meal NA - Fri, Dec 4, 2020 at 2:09:51 pm

Beef Patty w/Gvy, Mash Pot, Rutabaga 20/cs (CAT028722)

RDA/AI - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000030 Beef Patty w/Gvy, Mash Pot, Rutabaga 20/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	NA	371.0000		
Protein	G	19.0000	18.0000	19.4070%	94.7368%
Fiber	G	NA	6.0000		
Total lipid (fat)	G	NA	14.0000	33.9623%	
Carbohydrate, by diff	G	43.0000	42.0000	45.2830%	97.6744%
Cholesterol	MG	NA	36.0000		
Sodium	MG	NA	408.0000		
Calcium	MG	400.0000	137.0000		34.2500%
Fatty acids saturated	G	NA	5.0000		
Fatty acids trans	G	NA	0.0000		
Folate	UG	NA	43.0000		
Iron	MG	2.7000	2.0000		74.0741%
Magnesium	MG	140.0000	78.0000		55.7143%
Niacin	MG	NA	3.3371		
Phosphorus	MG	NA	233.0000		
Potassium	MG	NA	1007.0000		
Riboflavin	MG	0.4300	0.2359		54.8605%
Selenium	UG	NA	0.0000		
Sugars	G	NA	1.0000		
Thiamin	MG	0.4000	0.3211		80.2750%
Vitamin A IU	IU	NA	224.0000		
Vitamin A RAE	UG	300.0000	8.0500		2.6833%
Vitamin B-12	UG	0.7900	2.0800		263.2911%
Vitamin B-6	MG	0.5700	0.5029		88.2281%
Vitamin C	MG	30.0000	52.0000		173.3333%
Vitamin D	IU	NA	12.8000		
Vitamin E	MG_ATE	5.0000	0.1005		2.0100%
Vitamin K	UG	NA	0.0565		
Zinc	MG	3.7000	2.9400		79.4595%

