

Nutrient Analysis to Standards for Frozen Meal NA - Fri, Dec 4, 2020 at 3:42:48 pm



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Turkey,CrnRasp Sce,Zucch/Corn,Brocc/Caul/Bn 20/cs (CAT028723)

RDA/AI - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000072 Turkey,CrnRasp Sce,Zucch/Corn,Brocc/Caul/Bn 20/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	NA	373.0000		
Protein	G	19.0000	33.0000	35.3887%	173.6842%
Fiber	G	NA	10.0000		
Total lipid (fat)	G	NA	5.0000	12.0643%	
Carbohydrate, by diff	G	43.0000	59.0000	63.2708%	137.2093%
Cholesterol	MG	NA	54.0000		
Sodium	MG	NA	469.0000		
Calcium	MG	400.0000	76.0000		19.0000%
Fatty acids saturated	G	NA	0.4300		
Fatty acids trans	G	NA	0.0000		
Folate	UG	NA	166.6000		
Iron	MG	2.7000	3.3687		124.7667%
Magnesium	MG	140.0000	76.0000		54.2857%
Niacin	MG	NA	7.0800		
Phosphorus	MG	NA	257.0000		
Potassium	MG	NA	1223.0000		
Riboflavin	MG	0.4300	0.4527		105.2791%
Selenium	UG	NA	0.0000		
Sugars	G	NA	11.0000		
Thiamin	MG	0.4000	0.4522		113.0500%
Vitamin A IU	IU	NA	2260.0000		
Vitamin A RAE	UG	300.0000	95.0000		31.6667%
Vitamin B-12	UG	0.7900	0.8532		108.0000%
Vitamin B-6	MG	0.5700	0.8366		146.7719%
Vitamin C	MG	30.0000	78.0000		260.0000%
Vitamin D	IU	NA	0.0000		
Vitamin E	MG_ATE	5.0000	0.0328		0.6560%
Vitamin K	UG	NA	125.0000		
Zinc	MG	3.7000	3.1800		85.9459%

