

**Nutrient Analysis to Standards for Frozen Meal NA - Fri, Dec 4, 2020 at 3:44:41 pm**



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Bean Burrito w/Queso, Spinach, Corn 20/cs (CAT028724)

RDA/AI - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000109 Bean Burrito w/Queso, Spinach, Corn 20/cs (M640)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	NA	662.0000		
Protein	G	19.0000	36.0000	21.7523%	189.4737%
Fiber	G	NA	17.0000		
Total lipid (fat)	G	NA	19.0000	25.8308%	
Carbohydrate, by diff	G	43.0000	92.0000	55.5891%	213.9535%
Cholesterol	MG	NA	37.0000		
Sodium	MG	NA	1229.0000		
Calcium	MG	400.0000	822.0000		205.5000%
Fatty acids saturated	G	NA	9.0000		
Fatty acids trans	G	NA	0.0000		
Folate	UG	NA	335.0000		
Iron	MG	2.7000	7.8400		290.3704%
Magnesium	MG	140.0000	207.0000		147.8571%
Niacin	MG	NA	6.9054		
Phosphorus	MG	NA	344.0000		
Potassium	MG	NA	1543.0000		
Riboflavin	MG	0.4300	0.7494		174.2791%
Selenium	UG	NA	0.0000		
Sugars	G	NA	7.0000		
Thiamin	MG	0.4000	0.2426		60.6500%
Vitamin A IU	IU	NA	13856.0000		
Vitamin A RAE	UG	300.0000	1916.0000		638.6667%
Vitamin B-12	UG	0.7900	1.2718		160.9873%
Vitamin B-6	MG	0.5700	0.4575		80.2632%
Vitamin C	MG	30.0000	34.0000		113.3333%
Vitamin D	IU	NA	3.4123		
Vitamin E	MG_ATE	5.0000	2.5145		50.2900%
Vitamin K	UG	NA	0.0000		
Zinc	MG	3.7000	5.3000		143.2432%

