

Nutrient Analysis to Standards for Frozen Meal NA - Fri, Dec 4, 2020 at 3:46:36 pm



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Egg/Potatoes/TurkSaus/Grvy/Apples 20/cs (CAT028725)

RDA/AI - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000123 Egg/Potatoes/TurkSaus/Grvy/Apples 20/cs (M745)	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	NA	350.0000		
Protein	G	19.0000	16.0000	18.2857%	84.2105%
Fiber	G	NA	3.0000		
Total lipid (fat)	G	NA	17.0000	43.7143%	
Carbohydrate, by diff	G	43.0000	35.0000	40.0000%	81.3953%
Cholesterol	MG	NA	228.0000		
Sodium	MG	NA	472.0000		
Calcium	MG	400.0000	91.0000		22.7500%
Fatty acids saturated	G	NA	4.0000		
Fatty acids trans	G	NA	0.0000		
Folate	UG	NA	30.6000		
Iron	MG	2.7000	1.2357		45.7667%
Magnesium	MG	140.0000	27.0000		19.2857%
Niacin	MG	NA	0.9945		
Phosphorus	MG	NA	131.0000		
Potassium	MG	NA	533.0000		
Riboflavin	MG	0.4300	0.0405		9.4186%
Selenium	UG	NA	0.0000		
Sugars	G	NA	1.0000		
Thiamin	MG	0.4000	0.0920		23.0000%
Vitamin A IU	IU	NA	386.0000		
Vitamin A RAE	UG	300.0000	89.0000		29.6667%
Vitamin B-12	UG	0.7900	0.4532		57.3671%
Vitamin B-6	MG	0.5700	0.3600		63.1579%
Vitamin C	MG	30.0000	20.0000		66.6667%
Vitamin D	IU	NA	26.0000		
Vitamin E	MG_ATE	5.0000	0.5327		10.6540%
Vitamin K	UG	NA	6.1750		
Zinc	MG	3.7000	0.8968		24.2378%

