

Nutrient Analysis to Standards for Frozen Meal NA - Fri, Dec 4, 2020 at 3:49:22 pm



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Chicken Parmesan w/Rose Pot/Green Beans 20/cs (CAT028726)

RDA/AI - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000655 Chicken Parmesan w/Rose Pot/Green Beans 20/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	NA	369.0000		
Protein	G	19.0000	26.0000	28.1843%	136.8421%
Fiber	G	NA	4.0000		
Total lipid (fat)	G	NA	15.0000	36.5854%	
Carbohydrate, by diff	G	43.0000	32.0000	34.6883%	74.4186%
Cholesterol	MG	NA	72.0000		
Sodium	MG	NA	363.0000		
Calcium	MG	400.0000	272.0000		68.0000%
Fatty acids saturated	G	NA	6.0000		
Fatty acids trans	G	NA	0.0000		
Folate	UG	NA	96.0000		
Iron	MG	2.7000	3.8000		140.7407%
Magnesium	MG	140.0000	77.0000		55.0000%
Niacin	MG	NA	7.5100		
Phosphorus	MG	NA	241.0000		
Potassium	MG	NA	659.0000		
Riboflavin	MG	0.4300	0.3290		76.5116%
Selenium	UG	NA	0.0000		
Sugars	G	NA	2.0000		
Thiamin	MG	0.4000	0.2361		59.0250%
Vitamin A IU	IU	NA	5674.0000		
Vitamin A RAE	UG	300.0000	315.0000		105.0000%
Vitamin B-12	UG	0.7900	0.8209		103.9114%
Vitamin B-6	MG	0.5700	0.8285		145.3509%
Vitamin C	MG	30.0000	17.7353		59.1177%
Vitamin D	IU	NA	0.0000		
Vitamin E	MG_ATE	5.0000	1.2208		24.4160%
Vitamin K	UG	NA	211.0000		
Zinc	MG	3.7000	2.8000		75.6757%

