

**Nutrient Analysis to Standards for Frozen Meal NA - Fri, Dec 4, 2020 at 3:51:02 pm**



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Chicken Marsala Butternut Squash&Green Beans 20/cs (CAT028727)

RDA/AI - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000711 Chicken Marsala Butternut Squash&Green Beans 20/cs	1	MEAL

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	NA	322.0000		
Protein	G	19.0000	22.0000	27.3292%	115.7895%
Fiber	G	NA	5.4986		
Total lipid (fat)	G	NA	11.0000	30.7453%	
Carbohydrate, by diff	G	43.0000	34.0000	42.2360%	79.0698%
Cholesterol	MG	NA	59.0000		
Sodium	MG	NA	260.0000		
Calcium	MG	400.0000	228.0000		57.0000%
Fatty acids saturated	G	NA	2.0000		
Fatty acids trans	G	NA	0.0000		
Folate	UG	NA	198.0000		
Iron	MG	2.7000	4.6200		171.1111%
Magnesium	MG	140.0000	142.0000		101.4286%
Niacin	MG	NA	8.0000		
Phosphorus	MG	NA	251.0000		
Potassium	MG	NA	1064.0000		
Riboflavin	MG	0.4300	0.5037		117.1395%
Selenium	UG	NA	0.0000		
Sugars	G	NA	0.0000		
Thiamin	MG	0.4000	0.5196		129.9000%
Vitamin A IU	IU	NA	12024.0000		
Vitamin A RAE	UG	300.0000	260.0000		86.6667%
Vitamin B-12	UG	0.7900	0.7679		97.2025%
Vitamin B-6	MG	0.5700	1.0833		190.0526%
Vitamin C	MG	30.0000	34.0000		113.3333%
Vitamin D	IU	NA	0.0000		
Vitamin E	MG_ATE	5.0000	2.3590		47.1800%
Vitamin K	UG	NA	558.0000		
Zinc	MG	3.7000	3.1600		85.4054%

