

Nutrient Analysis to Standards for Frozen Meal NA - Fri, Dec 4, 2020 at 3:52:37 pm



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Hamburger w/Mash Potatoes/Carrots 20/cs (CAT028728)

RDA/AI - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000712 Hamburger w/Mash Potatoes/Carrots 20/cs	1	MEAL

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	NA	359.0000		
Protein	G	19.0000	20.0000	22.2841%	105.2632%
Fiber	G	NA	8.0000		
Total lipid (fat)	G	NA	17.0000	42.6184%	
Carbohydrate, by diff	G	43.0000	33.0000	36.7688%	76.7442%
Cholesterol	MG	NA	49.0000		
Sodium	MG	NA	297.0000		
Calcium	MG	400.0000	82.0000		20.5000%
Fatty acids saturated	G	NA	5.0000		
Fatty acids trans	G	NA	0.0000		
Folate	UG	NA	27.0000		
Iron	MG	2.7000	2.5112		93.0074%
Magnesium	MG	140.0000	47.0000		33.5714%
Niacin	MG	NA	3.5284		
Phosphorus	MG	NA	217.0000		
Potassium	MG	NA	929.0000		
Riboflavin	MG	0.4300	0.2162		50.2791%
Selenium	UG	NA	0.0000		
Sugars	G	NA	5.0000		
Thiamin	MG	0.4000	0.1621		40.5250%
Vitamin A IU	IU	NA	18982.0000		
Vitamin A RAE	UG	300.0000	959.0000		319.6667%
Vitamin B-12	UG	0.7900	2.1440		271.3924%
Vitamin B-6	MG	0.5700	0.5354		93.9298%
Vitamin C	MG	30.0000	7.0000		23.3333%
Vitamin D	IU	NA	0.0000		
Vitamin E	MG_ATE	5.0000	0.0067		0.1340%
Vitamin K	UG	NA	17.0000		
Zinc	MG	3.7000	3.2200		87.0270%

