

## Nutrient Analysis to Standards for Frozen Meal NA - Fri, Dec 4, 2020 at 3:54:09 pm



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Veal Chop, Must Sage Sauce, Mashed Butternut 20/cs (CAT028729)

RDA/AI - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000725 Veal Chop, Must Sage Sauce, Mashed Butternut 20/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	NA	477.0000		
Protein	G	19.0000	21.0000	17.6101%	110.5263%
Fiber	G	NA	13.0000		
Total lipid (fat)	G	NA	20.0000	37.7358%	
Carbohydrate, by diff	G	43.0000	64.0000	53.6688%	148.8372%
Cholesterol	MG	NA	40.0000		
Sodium	MG	NA	633.0000		
Calcium	MG	400.0000	80.0000		20.0000%
Fatty acids saturated	G	NA	5.0000		
Fatty acids trans	G	NA	0.0000		
Folate	UG	NA	34.7000		
Iron	MG	2.7000	1.8100		67.0370%
Magnesium	MG	140.0000	0.0000		
Niacin	MG	NA	1.5399		
Phosphorus	MG	NA	0.0000		
Potassium	MG	NA	951.0000		
Riboflavin	MG	0.4300	0.0492		11.4419%
Selenium	UG	NA	0.0000		
Sugars	G	NA	0.0000		
Thiamin	MG	0.4000	0.1415		35.3750%
Vitamin A IU	IU	NA	2618.0000		
Vitamin A RAE	UG	300.0000	0.0000		
Vitamin B-12	UG	0.7900	1.0800		136.7089%
Vitamin B-6	MG	0.5700	0.0000		
Vitamin C	MG	30.0000	42.0000		140.0000%
Vitamin D	IU	NA	0.0000		
Vitamin E	MG_ATE	5.0000	0.6288		12.5760%
Vitamin K	UG	NA	6.1637		
Zinc	MG	3.7000	0.0000		

