

Nutrient Analysis to Standards for Frozen Meal NA - Fri, Dec 4, 2020 at 3:57:24 pm



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Beef Patty Teriyaki, Rice & Mush, Pepper, On 20/cs (CAT028731)

RDA/AI - FEMALE 70+ FLORIDA - Lunch

NUTRITION DATA	DESCRIPTION	QUANTITY	UNIT OF MEASURE
NAV	FRZ000763 Beef Patty Teriyaki, Rice & Mush, Pepper, On 20/cs	1	EACH

NUTRIENT	UNITS	STANDARD	NUTRIENT VALUES	% OF CALORIES	% NUTRIENT STANDARD
Energy (kcal)	KCAL	NA	342.0000		
Protein	G	19.0000	18.0000	21.0526%	94.7368%
Fiber	G	NA	5.0000		
Total lipid (fat)	G	NA	14.0000	36.8421%	
Carbohydrate, by diff	G	43.0000	35.0000	40.9357%	81.3953%
Cholesterol	MG	NA	35.0000		
Sodium	MG	NA	653.0000		
Calcium	MG	400.0000	30.0000		7.5000%
Fatty acids saturated	G	NA	5.0000		
Fatty acids trans	G	NA	0.0000		
Folate	UG	NA	80.0000		
Iron	MG	2.7000	1.9845		73.5000%
Magnesium	MG	140.0000	18.0000		12.8571%
Niacin	MG	NA	1.6424		
Phosphorus	MG	NA	64.0000		
Potassium	MG	NA	350.0000		
Riboflavin	MG	0.4300	0.0590		13.7209%
Selenium	UG	NA	0.0000		
Sugars	G	NA	2.0000		
Thiamin	MG	0.4000	0.2001		50.0250%
Vitamin A IU	IU	NA	888.0000		
Vitamin A RAE	UG	300.0000	45.0000		15.0000%
Vitamin B-12	UG	0.7900	0.0180		2.2785%
Vitamin B-6	MG	0.5700	0.2429		42.6140%
Vitamin C	MG	30.0000	40.0000		133.3333%
Vitamin D	IU	NA	0.0000		
Vitamin E	MG_ATE	5.0000	0.5000		10.0000%
Vitamin K	UG	NA	0.1364		
Zinc	MG	3.7000	0.3925		10.6081%

