



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000725

Description: RstVealSageMustRedPotMBSquash

Servings: 1

Serving Size: 1 Meal

Recipe Source: Frozen Meal Recipes

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories
Adjusted Weight	g	543.5804	100.0000	543.5804	
Energy	kcal	476.8809	87.7296	476.8809	
Protein	g	20.8240	3.8309	20.8240	17.47
Sodium, Na	mg	587.7724	108.1298	587.7724	
Carbohydrate, by difference	g	64.3175	11.8322	64.3175	53.95
Total lipid (fat)	g	20.2076	3.7175	20.2076	38.14
Fatty acids, total saturated	g	5.7157	1.0515	5.7157	10.79
Fatty acids, total trans	g				
Cholesterol	mg	40.2103	7.3973	40.2103	
Potassium, K	mg	1,192.7024	219.4160	1,192.7024	
Vitamin A, RAE	mcg_RAE	1,242.3883	228.5565	1,242.3883	
Vitamin C, total ascorbic acid	mg	49.3511	9.0789	49.3511	
Calcium, Ca	mg	193.8190	35.6560	193.8190	
Vitamin B-6	mg	0.3995	0.0735	0.3995	
Vitamin B-12	mcg	0.0321	0.0059	0.0321	
Magnesium, Mg	mg	85.0850	15.6527	85.0850	
Zinc, Zn	mg	0.4610	0.0848	0.4610	
Fiber, total dietary	g	13.2492	2.4374	13.2492	
Vitamin A, IU	IU	24,279.5007	4,466.5887	24,279.5007	
Vitamin A (RE)	RE	2,427.9231	446.6539	2,427.9231	
Vitamin D	IU	13.6080	2.5034	13.6080	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.6289	0.1157	0.6289	
Thiamin	mg	0.2620	0.0482	0.2620	
Riboflavin	mg	0.0745	0.0137	0.0745	
Niacin	mg	2.9125	0.5358	2.9125	
Folate, total	mcg	65.5308	12.0554	65.5308	
Phosphorus, P	mg	74.1656	13.6439	74.1656	
Copper, Cu	mg	0.1848	0.0340	0.1848	
Manganese, Mn	mg	0.4794	0.0882	0.4794	
Selenium, Se	mcg	1.2671	0.2331	1.2671	
Pantothenic acid	mg	0.9083	0.1671	0.9083	
Vitamin K (phylloquinone)	mcg	7.4117	1.3635	7.4117	
Iron, Fe	mg	3.4871	0.6415	3.4871	
Water	g	203.7720	37.4870	203.7720	
Ash	g	2.5499	0.4691	2.5499	
Total Sugars	g	6.5985	1.2139	6.5985	
Total Added Sugars	g				