



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000726

Description: SIRoastBeefw/gravyPeasCarrots

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	464.9400	100.0000	464.9400	
Energy	kcal	303.7472	65.3304	303.7472	
Protein	g	21.7722	4.6828	21.7722	28.67
Sodium, Na	mg	419.3889	90.2028	419.3889	
Carbohydrate, by difference	g	39.4692	8.4891	39.4692	51.98
Total lipid (fat)	g	6.9174	1.4878	6.9174	20.50
Fatty acids, total saturated	g	1.8932	0.4072	1.8932	5.61
Fatty acids, total trans	g				
Cholesterol	mg	44.2386	9.5149	44.2386	
Potassium, K	mg	379.2562	81.5710	379.2562	
Vitamin A, RAE	mcg_RAE	1,005.3630	216.2350	1,005.3630	
Vitamin C, total ascorbic acid	mg	23.9193	5.1446	23.9193	
Calcium, Ca	mg	93.0364	20.0104	93.0364	
Vitamin B-6	mg	0.5128	0.1103	0.5128	
Vitamin B-12	mcg	0.0358	0.0077	0.0358	
Magnesium, Mg	mg	62.5307	13.4492	62.5307	
Zinc, Zn	mg	1.8100	0.3893	1.8100	
Fiber, total dietary	g	10.7903	2.3208	10.7903	
Vitamin A, IU	IU	19,852.9585	4,270.0044	19,852.9585	
Vitamin A (RE)	RE	1,841.2684	396.0228	1,841.2684	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.1799	0.0387	0.1799	
Thiamin	mg	0.3803	0.0818	0.3803	
Riboflavin	mg	0.2571	0.0553	0.2571	
Niacin	mg	3.4652	0.7453	3.4652	
Folate, total	mcg	96.1380	20.6775	96.1380	
Phosphorus, P	mg	176.7028	38.0055	176.7028	
Copper, Cu	mg	0.2543	0.0547	0.2543	
Manganese, Mn	mg	0.7853	0.1689	0.7853	
Selenium, Se	mcg	2.9156	0.6271	2.9156	
Pantothenic acid	mg	0.3701	0.0796	0.3701	
Vitamin K (phylloquinone)	mcg	44.8569	9.6479	44.8569	
Iron, Fe	mg	4.0199	0.8646	4.0199	
Water	g	199.8010	42.9735	199.8010	
Ash	g	1.8867	0.4058	1.8867	
Total Sugars	g	6.0633	1.3041	6.0633	
Total Added Sugars	g				