



**CENTRAL OFFICE**

**Recipe Analysis**

**Site Type:** CENTRAL OFFICE

**Recipe ID:** FRZ000030

**Description:** Beef Patty Onion Gravy Mash Pot, Rutabaga Red Pepper

**Servings:** 1

**Serving Size:** 1 Meal

**Recipe Source:** Frozen Meal Recipe

<b>Nutrient</b>	<b>Units</b>	<b>Recipe Nutrient Analysis</b>	<b>Nutrient Value Per 100 Grams</b>	<b>Nutrient Value Per Serving</b>	<b>% of Calories</b>
Adjusted Weight	g	352.0000	100.0000	352.0000	
Energy	kcal	377.0201	82.3415	377.0201	
Protein	g	20.9917	4.5846	20.9917	22.27
Sodium, Na	mg	264.1199	57.6840	264.1199	
Carbohydrate, by difference	g	37.8025	8.2561	37.8025	40.11
Total lipid (fat)	g	16.1199	3.5206	16.1199	38.48
Fatty acids, total saturated	g	5.4015	1.1797	5.4015	12.89
Fatty acids, total trans	g	0.9034	0.1973	0.9034	
Cholesterol	mg	50.1967	10.9630	50.1967	
Potassium, K	mg	918.8234	200.6718	918.8234	
Vitamin A, RAE	mcg_RAE	8.0613	1.7606	8.0613	
Vitamin C, total ascorbic acid	mg	44.4572	9.7095	44.4572	
Calcium, Ca	mg	125.2014	27.3441	125.2014	
Vitamin B-6	mg	0.5018	0.1096	0.5018	
Vitamin B-12	mcg	2.2225	0.4854	2.2225	
Magnesium, Mg	mg	72.3605	15.8036	72.3605	
Zinc, Zn	mg	3.1044	0.6780	3.1044	
Fiber, total dietary	g	4.1195	0.8997	4.1195	
Vitamin A, IU	IU	226.9579	49.5678	226.9579	
Vitamin A (RE)	RE	30.7709	6.7204	30.7709	
Vitamin D	IU	13.3319	2.9117	13.3319	
Vit D	mcg	0.1621	0.0354	0.1621	
Vitamin E (alpha-tocopherol)	mg	0.0824	0.0180	0.0824	
Thiamin	mg	0.3223	0.0704	0.3223	
Riboflavin	mg	0.2436	0.0532	0.2436	
Niacin	mg	3.4858	0.7613	3.4858	
Folate, total	mcg	34.6670	7.5713	34.6670	
Phosphorus, P	mg	223.5820	48.8305	223.5820	
Copper, Cu	mg	0.0014	0.0003	0.0014	
Manganese, Mn	mg	0.0014	0.0003	0.0014	
Selenium, Se	mcg	0.0018	0.0004	0.0018	
Pantothenic acid	mg				
Vitamin K (phylloquinone)	mcg	0.0009	0.0002	0.0009	
Iron, Fe	mg	2.1374	0.4668	2.1374	
Water	g	70.5487	15.4079	70.5487	
Ash	g	0.6305	0.1377	0.6305	
Sugars, Total	g	0.0069	0.0015	0.0069	