



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000034

Description: Beef Patty Pizzaioli, Green Bean, P/A Mandarin

Servings: 1

Serving Size: 1 Meal

Recipe Source: Frozen Meal Recipe

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories
Adjusted Weight	g	396.0000	100.0000	396.0000	
Energy	kcal	392.8036	75.8544	392.8036	
Protein	g	20.4992	3.9586	20.4992	20.87
Sodium, Na	mg	231.5833	44.7211	231.5833	
Carbohydrate, by difference	g	46.1275	8.9077	46.1275	46.97
Total lipid (fat)	g	15.2229	2.9397	15.2229	34.88
Fatty acids, total saturated	g	5.3223	1.0278	5.3223	12.19
Fatty acids, total trans	g	0.8959	0.1730	0.8959	
Cholesterol	mg	49.0264	9.4675	49.0264	
Potassium, K	mg	1,253.6082	242.0846	1,253.6082	
Vitamin A, RAE	mcg_RAE	104.6335	20.2058	104.6335	
Vitamin C, total ascorbic acid	mg	108.4148	20.9360	108.4148	
Calcium, Ca	mg	101.6885	19.6371	101.6885	
Vitamin B-6	mg	0.7317	0.1413	0.7317	
Vitamin B-12	mcg	2.1439	0.4140	2.1439	
Magnesium, Mg	mg	86.6795	16.7387	86.6795	
Zinc, Zn	mg	3.3603	0.6489	3.3603	
Fiber, total dietary	g	6.8645	1.3256	6.8645	
Vitamin A, IU	IU	1,982.9947	382.9366	1,982.9947	
Vitamin A (RE)	RE	429.1290	82.8692	429.1290	
Vitamin D	IU	6.8479	1.3224	6.8479	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.4821	0.0931	0.4821	
Thiamin	mg	0.2501	0.0483	0.2501	
Riboflavin	mg	0.3609	0.0697	0.3609	
Niacin	mg	4.1577	0.8029	4.1577	
Folate, total	mcg	126.2124	24.3729	126.2124	
Phosphorus, P	mg	239.8262	46.3129	239.8262	
Copper, Cu	mg	0.1543	0.0298	0.1543	
Manganese, Mn	mg	0.2931	0.0566	0.2931	
Selenium, Se	mcg	0.6882	0.1329	0.6882	
Pantothenic acid	mg	0.1642	0.0317	0.1642	
Vitamin K (phylloquinone)	mcg	12.1091	2.3384	12.1091	
Iron, Fe	mg	3.5772	0.6908	3.5772	
Water	g	33.5984	6.4882	33.5984	
Ash	g	0.7752	0.1497	0.7752	
Sugars, Total	g	14.5891	2.8173	14.5891	