



**ENTRAL OFFICE**  
**Recipe Analysis**

**Site Type:** CENTRAL OFFICE

**Recipe ID:** FRZ000036

**Description:** BeefPattyMushroom Gvy,Grl Mash,Squash,GreenBean

**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	350.0000	100.0000	350.0000	
Energy	kcal	359.0208	80.6739	359.0208	
Protein	g	18.3400	4.1211	18.3400	20.43
Sodium, Na	mg	431.6252	96.9885	431.6252	
Carbohydrate, by difference	g	38.1784	8.5789	38.1784	42.54
Total lipid (fat)	g	15.9863	3.5922	15.9863	40.07
Fatty acids, total saturated	g	5.4636	1.2277	5.4636	13.70
Fatty acids, total trans	g	0.8469	0.1903	0.8469	
Cholesterol	mg	36.0214	8.0942	36.0214	
Potassium, K	mg	958.3336	215.3427	958.3336	
Vitamin A, RAE	mcg_RAE	47.9290	10.7699	47.9290	
Vitamin C, total ascorbic acid	mg	32.4265	7.2864	32.4265	
Calcium, Ca	mg	103.5213	23.2618	103.5213	
Vitamin B-6	mg	0.5251	0.1180	0.5251	
Vitamin B-12	mcg	2.0645	0.4639	2.0645	
Magnesium, Mg	mg	75.4993	16.9651	75.4993	
Zinc, Zn	mg	3.0734	0.6906	3.0734	
Fiber, total dietary	g	6.0141	1.3514	6.0141	
Vitamin A, IU	IU	901.3670	202.5420	901.3670	
Vitamin A (RE)	RE	67.3829	15.1413	67.3829	
Vitamin D	IU	12.9004	2.8988	12.9004	
Vit D	mcg	0.1620	0.0364	0.1620	
Vitamin E (alpha-tocopherol)	mg	0.0200	0.0045	0.0200	
Thiamin	mg	0.3364	0.0756	0.3364	
Riboflavin	mg	0.2586	0.0581	0.2586	
Niacin	mg	3.6061	0.8103	3.6061	
Folate, total	mcg	58.6079	13.1695	58.6079	
Phosphorus, P	mg	213.6220	48.0020	213.6220	
Copper, Cu	mg	0.0494	0.0111	0.0494	
Manganese, Mn	mg	0.1188	0.0267	0.1188	
Selenium, Se	mcg	0.5345	0.1201	0.5345	
Pantothenic acid	mg	0.0494	0.0111	0.0494	
Vitamin K (phylloquinone)	mcg	7.9317	1.7823	7.9317	
Iron, Fe	mg	2.5883	0.5816	2.5883	
Water	g	60.9990	13.7068	60.9990	
Ash	g	0.9448	0.2123	0.9448	
Sugars, Total	g	0.7290	0.1638	0.7290	