



CENTRAL OFFICE

Recipe Analysis

Recipe Number: FRZ000037 **Recipe Name:** Beef w/Span Sauce,StewTom,Peas **Recipe Source:** Frozen Meal Recipe

Standard Yield: 1

Serving Size: 1

Serving Measure: Meal

Serving Description: 1 Frozen Meal

Nutrient	Nutrient Unit	Recipe Nutrient Value	Nutrient Value per 100 g	Nutrient Value Per Serving	Percent of Calories
Adjusted Weight	g	382.0000	100.0000	382.0000	
Energy	kcal	447.6352	81.6917	447.6352	
Protein	g	23.7479	4.3339	23.7479	21.22
Sodium, Na	mg	633.3668	115.5870	633.3668	
Carbohydrate, by difference	g	53.0735	9.6857	53.0735	47.43
Total lipid (fat)	g	15.5581	2.8393	15.5581	31.28
Fatty acids, total saturated	g	5.3152	0.9700	5.3152	10.69
Fatty acids, total trans	g	1.0000	0.1825	1.0000	
Cholesterol	mg	36.0013	6.5701	36.0013	
Potassium, K	mg	1,382.0955	252.2271	1,382.0955	
Vitamin A, RAE	mcg_RAE	330.0985	60.2417	330.0985	
Vitamin C, total ascorbic	mg	78.0690	14.2473	78.0690	
Calcium, Ca	mg	178.7928	32.6290	178.7928	
Vitamin B-6	mg	0.5501	0.1004	0.5501	
Vitamin B-12	mcg	0.0236	0.0043	0.0236	
Magnesium, Mg	mg	94.0519	17.1641	94.0519	
Zinc, Zn	mg	1.6992	0.3101	1.6992	
Fiber, total dietary	g	15.4770	2.8245	15.4770	
Vitamin A, IU	IU	6,296.4384	1,149.0757	6,296.4384	
Vitamin A (RE)	RE	499.0763	91.0795	499.0763	
Vitamin D	IU				
Vit D	mcg				
Vitamin E	mg	2.1573	0.3937	2.1573	
Thiamin	mg	0.3233	0.0590	0.3233	
Riboflavin	mg	0.2137	0.0390	0.2137	
Niacin	mg	3.7524	0.6848	3.7524	
Folate, total	mcg	122.4853	22.3531	122.4853	
Phosphorus, P	mg	228.6279	41.7237	228.6279	
Copper, Cu	mg	0.1923	0.0351	0.1923	
Manganese, Mn	mg	0.6093	0.1112	0.6093	
Selenium, Se	mcg	4.8938	0.8931	4.8938	
Pantothenic acid	mg	0.1869	0.0341	0.1869	