



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000044

Description: Meatloaf,StewTom,SkinDicePotato

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	363.0000	100.0000	363.0000	
Energy	kcal	412.3911	96.2666	412.3911	
Protein	g	18.7907	4.3864	18.7907	18.23
Sodium, Na	mg	401.0368	93.6161	401.0368	
Carbohydrate, by difference	g	40.8996	9.5474	40.8996	39.67
Total lipid (fat)	g	20.0917	4.6901	20.0917	43.85
Fatty acids, total saturated	g	6.2450	1.4578	6.2450	13.63
Fatty acids, total trans	g	0.0874	0.0204	0.0874	
Cholesterol	mg	62.4854	14.5863	62.4854	
Potassium, K	mg	1,029.4497	240.3098	1,029.4497	
Vitamin A, RAE	mcg_RAE	32.0457	7.4806	32.0457	
Vitamin C, total ascorbic acid	mg	34.1709	7.9767	34.1709	
Calcium, Ca	mg	78.9551	18.4309	78.9551	
Vitamin B-6	mg	0.5342	0.1247	0.5342	
Vitamin B-12	mcg	1.4338	0.3347	1.4338	
Magnesium, Mg	mg	56.0237	13.0779	56.0237	
Zinc, Zn	mg	3.5633	0.8318	3.5633	
Fiber, total dietary	g	4.5751	1.0680	4.5751	
Vitamin A, IU	IU	633.6846	147.9243	633.6846	
Vitamin A (RE)	RE	43.0475	10.0488	43.0475	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.0737	0.0172	0.0737	
Thiamin	mg	0.1872	0.0437	0.1872	
Riboflavin	mg	0.2193	0.0512	0.2193	
Niacin	mg	4.9530	1.1562	4.9530	
Folate, total	mcg	53.5892	12.5096	53.5892	
Phosphorus, P	mg	143.3914	33.4726	143.3914	
Copper, Cu	mg	0.0004	0.0001	0.0004	
Manganese, Mn	mg	0.0120	0.0028	0.0120	
Selenium, Se	mcg	0.0882	0.0206	0.0882	
Pantothenic acid	mg	0.0081	0.0019	0.0081	
Vitamin K (phylloquinone)	mcg	1.0714	0.2501	1.0714	
Iron, Fe	mg	3.5247	0.8228	3.5247	
Water	g	36.9246	8.6195	36.9246	
Ash	g	0.3187	0.0744	0.3187	
Sugars, Total	g	3.2532	0.7594	3.2532	
Total Added Sugars	g				