



CENTRAL OFFICE

Recipe Nutrition Analysis

Recipe ID: FRZ000091

Description: Macaroni & Beef, Spinach Souffle, California Blend Veg

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 | 491.000 | 100.0000 | 491.000 | |
| Energy | kcal | 467.4976 | 97.7041 | 467.4976 | |
| Protein | g | 25.3012 | 5.2878 | 25.3012 | 21.65 |
| Carbohydrate, by difference | g | 45.5779 | 9.5255 | 45.5779 | |
| Total lipid (fat) | g | 18.9771 | 3.9661 | 18.9771 | 36.53 |
| Fatty acids, total saturated | g | 5.7475 | 1.2012 | 5.7475 | 11.06 |
| Fatty acids, total trans | g | | | | |
| Cholesterol | mg | 71.8576 | 15.0178 | 71.8576 | |
| Sodium, Na | mg | 318.5219 | 66.5691 | 318.5219 | |
| Potassium, K | mg | 1,126.0841 | 235.3446 | 1,126.0841 | |
| Vitamin A (RE) | RE | 1,260.9618 | 263.5332 | 1,260.9618 | |
| Vitamin A, RAE | mcg_RAE | 614.3608 | 128.3976 | 614.3608 | |
| Vitamin A, IU | IU | 11,845.1348 | 2,475.5597 | 11,845.1348 | |
| Vitamin C, total ascorbic acid | mg | 44.9358 | 9.3913 | 44.9358 | |
| Calcium, Ca | mg | 219.2486 | 45.8216 | 219.2486 | |
| Vitamin D | IU | 1.9843 | 0.4147 | 1.9847 | |
| Vit D | mcg | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.9278 | 0.1939 | 0.9278 | |
| Thiamin | mg | 0.1383 | 0.0289 | 0.1383 | |
| Riboflavin | mg | 0.3890 | 0.0813 | 0.3890 | |
| Niacin | mg | 7.2969 | 1.5250 | 7.2969 | |
| Vitamin B-6 | mg | 0.6665 | 0.1393 | 0.6665 | |
| Folate, total | mcg | 201.5648 | 42.1258 | 201.5648 | |
| Vitamin B-12 | mcg | 1.2216 | 0.2553 | 1.2216 | |
| Magnesium, Mg | mg | 108.883 | 22.1289 | 108.8830 | |
| Zinc, Zn | mg | 4.3035 | 0.8994 | 4.3035 | |
| Fiber, total dietary | g | 6.2992 | 1.3165 | 6.2992 | |
| Phosphorus, P | mg | 296.4729 | 61.9610 | 296.472 | |
| Copper, Cu | mg | 0.1440 | 0.0301 | 0.1440 | |
| Manganese, Mn | mg | 0.2727 | 0.0570 | 0.2727 | |
| Selenium, Se | mcg | 27.6247 | 5.7734 | 27.6247 | |
| Iron, Fe | mg | 6.1940 | 1.2945 | 6.1940 | |
| Pantothenic acid | mg | 0.4627 | 0.0967 | 0.4627 | |
| Vitamin K (phylloquinone) | mcg | 273.4627 | 57.1520 | 273.4627 | |
| Ash | g | 2.2986 | 0.4804 | 2.2986 | |
| Water | g | 186.8099 | 39.0421 | 186.8099 | |
| Sugars, Total | g | 4.0595 | 0.8484 | 4.0595 | |