



**CENTRAL OFFICE**  
**Recipe Analysis**

**Site Type:** CENTRAL OFFICE

**Recipe ID:** FRZ000299

**Description:** Meatloaf w/Sofrito Sauce, Diced Potatoes, Butternut Squash

**Servings:** 1

**Serving Size:** 1 Frozen Meal

**Recipe Source:** Frozen Meal Recipes

<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	291.0000	100.0000	291.0000	
Energy	kcal	412.8569	85.7073	412.8569	
Protein	g	19.7605	4.1022	19.7605	19.15
Sodium, Na	mg	345.2818	71.6790	345.2818	
Carbohydrate, by difference	g	44.7832	9.2968	44.7832	43.39
Total lipid (fat)	g	19.3959	4.0265	19.3959	42.28
Fatty acids, total saturated	g	6.2660	1.3008	6.2660	13.66
Fatty acids, total trans	g	0.0891	0.0185	0.0891	
Cholesterol	mg	62.2691	12.9268	62.2691	
Potassium, K	mg	1,411.8958	293.1034	1,411.8958	
Vitamin A, RAE	mcg_RAE	637.9291	132.4313	637.9291	
Vitamin C, total ascorbic acid	mg	64.2070	13.3291	64.2070	
Calcium, Ca	mg	129.8332	26.9528	129.8332	
Vitamin B-6	mg	0.8488	0.1762	0.8488	
Vitamin B-12	mcg	1.4008	0.2908	1.4008	
Magnesium, Mg	mg	102.6838	21.3167	102.6838	
Zinc, Zn	mg	4.0006	0.8305	4.0006	
Fiber, total dietary	g	8.7116	1.8085	8.7116	
Vitamin A, IU	IU	12,659.9739	2,628.1553	12,659.9739	
Vitamin A (RE)	RE	1,468.3411	304.8212	1,468.3411	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.2611	0.0542	0.2611	
Thiamin	mg	0.3136	0.0651	0.3136	
Riboflavin	mg	0.2649	0.0550	0.2649	
Niacin	mg	6.3571	1.3197	6.3571	
Folate, total	mcg	80.3355	16.6773	80.3355	
Phosphorus, P	mg	193.3697	40.1427	193.3697	
Copper, Cu	mg	0.2327	0.0483	0.2327	
Manganese, Mn	mg	0.4605	0.0956	0.4605	
Selenium, Se	mcg	2.1715	0.4508	2.1715	
Pantothenic acid	mg	0.6407	0.1330	0.6407	
Vitamin K (phylloquinone)	mcg	4.1586	0.8633	4.1586	
Iron, Fe	mg	4.9596	1.0296	4.9596	
Water	g	108.2870	22.4799	108.2870	
Ash	g	1.6648	0.3456	1.6648	
Sugars, Total	g	5.2448	1.0888	5.2448	