



CENTRAL OFFICE

Recipe Analysis

Recipe ID: FRZ000563

Description: Beef Patty Piccadillo, Sweet Potatoes, Green Peas

Servings: 1

Serving Size: 1 Frozen 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	327.0000	100.0000	327.0000	
Energy	kcal	482.4847	101.7397	482.4847	
Protein	g	22.8477	4.8178	22.8477	18.94
Sodium, Na	mg	513.2188	108.2205	513.2188	
Carbohydrate, by difference	g	65.5890	13.8305	65.5890	54.38
Total lipid (fat)	g	15.4539	3.2587	15.4539	28.83
Fatty acids, total saturated	g	5.2441	1.1058	5.2441	9.78
Fatty acids, total trans	g	1.2823	0.2704	1.2823	
Cholesterol	mg	35.0037	7.3811	35.0037	
Potassium, K	mg	1,055.9972	222.6741	1,055.9972	
Vitamin A, RAE	mcg_RAE	694.5286	146.4526	694.5286	
Vitamin C, total ascorbic acid	mg	32.6657	6.8881	32.6657	
Calcium, Ca	mg	135.8833	28.6532	135.8833	
Vitamin B-6	mg	0.8446	0.1781	0.8446	
Vitamin B-12	mcg	2.0089	0.4236	2.0089	
Magnesium, Mg	mg	109.8389	23.1613	109.8389	
Zinc, Zn	mg	4.4858	0.9459	4.4858	
Fiber, total dietary	g	12.9850	2.7381	12.9850	
Vitamin A, IU	IU	13,798.0505	2,909.5423	13,798.0505	
Vitamin A (RE)	RE	1,528.8629	322.3855	1,528.8629	
Vitamin D	IU	6.4164	1.3530	6.4164	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.4472	0.0943	0.4472	
Thiamin	mg	0.4799	0.1012	0.4799	
Riboflavin	mg	0.4183	0.0882	0.4183	
Niacin	mg	5.1511	1.0862	5.1511	
Folate, total	mcg	94.6392	19.9562	94.6392	
Phosphorus, P	mg	336.2886	70.9119	336.2886	
Copper, Cu	mg	0.3377	0.0712	0.3377	
Manganese, Mn	mg	0.7659	0.1615	0.7659	
Selenium, Se	mcg	3.1432	0.6628	3.1432	
Pantothenic acid	mg	0.3116	0.0657	0.3116	
Vitamin K (phylloquinone)	mcg	31.1335	6.5650	31.1335	
Iron, Fe	mg	5.4931	1.1583	5.4931	
Water	g	107.6460	22.6989	107.6460	
Ash	g	2.0634	0.4351	2.0634	
Sugars, Total	g	1.7148	0.3616	1.7148	