



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000565

Description: Cavatappi Bolognese, Tomatoes & Sauce Italian Vegetable

Servings: 1

Serving Size: 1 Meal

Recipe Source: Frozen Meal Recipes

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories
Adjusted Weight	g	381.0000	100.0000	381.0000	
Energy	kcal	389.9301	82.7145	389.9301	
Protein	g	23.0796	4.8958	23.0796	23.68
Sodium, Na	mg	431.3667	91.5043	431.3667	
Carbohydrate, by difference	g	43.2407	9.1725	43.2407	44.36
Total lipid (fat)	g	13.5372	2.8716	13.5372	31.25
Fatty acids, total saturated	g	4.1513	0.8806	4.1513	9.58
Fatty acids, total trans	g				
Cholesterol	mg	57.6802	12.2355	57.6802	
Potassium, K	mg	1,223.1119	259.4544	1,223.1119	
Vitamin A, RAE	mcg_RAE	388.3641	82.3823	388.3641	
Vitamin C, total ascorbic acid	mg	24.3294	5.1609	24.3294	
Calcium, Ca	mg	151.8099	32.2029	151.8099	
Vitamin B-6	mg	0.5261	0.1116	0.5261	
Vitamin B-12	mcg	1.4176	0.3007	1.4176	
Magnesium, Mg	mg	72.8905	15.4620	72.8905	
Zinc, Zn	mg	3.7567	0.7969	3.7567	
Fiber, total dietary	g	10.0002	2.1213	10.0002	
Vitamin A, IU	IU	3,379.8018	716.9454	3,379.8018	
Vitamin A (RE)	RE	718.0787	152.3235	718.0787	
Vitamin D	IU	2.8351	0.6014	2.8351	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.3729	0.0791	0.3729	
Thiamin	mg	0.1400	0.0297	0.1400	
Riboflavin	mg	0.2894	0.0614	0.2894	
Niacin	mg	5.0112	1.0630	5.0112	
Folate, total	mcg	55.5183	11.7769	55.5183	
Phosphorus, P	mg	240.4580	51.0075	240.4580	
Copper, Cu	mg	0.1768	0.0375	0.1768	
Manganese, Mn	mg	0.1480	0.0314	0.1480	
Selenium, Se	mcg	12.5670	2.6658	12.5670	
Pantothenic acid	mg	0.2499	0.0530	0.2499	
Vitamin K (phylloquinone)	mcg	66.9454	14.2009	66.9454	
Iron, Fe	mg	3.4060	0.7225	3.4060	
Water	g	161.7064	34.3022	161.7064	
Ash	g	2.1728	0.4609	2.1728	
Sugars, Total	g	8.0042	1.6979	8.0042	