



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000652

Description: 3 Bean Beef Chili w/Tomatoes, Sauce, Squash Medley

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	342.0000	100.0000	342.0000	
Energy	kcal	404.4907	95.5856	404.4907	
Protein	g	24.5879	5.8104	24.5879	24.31
Sodium, Na	mg	193.3440	45.6893	193.3440	
Carbohydrate, by difference	g	43.7843	10.3467	43.7843	43.30
Total lipid (fat)	g	16.3704	3.8685	16.3704	36.42
Fatty acids, total saturated	g	4.8017	1.1347	4.8017	10.68
Fatty acids, total trans	g				
Cholesterol	mg	61.1093	14.4408	61.1093	
Potassium, K	mg	1,470.3688	347.4643	1,470.3688	
Vitamin A, RAE	mcg_RAE	106.7771	25.2326	106.7771	
Vitamin C, total ascorbic acid	mg	41.9477	9.9127	41.9477	
Calcium, Ca	mg	106.4115	25.1462	106.4115	
Vitamin B-6	mg	0.7634	0.1804	0.7634	
Vitamin B-12	mcg	1.7714	0.4186	1.7714	
Magnesium, Mg	mg	95.6168	22.5953	95.6168	
Zinc, Zn	mg	4.8187	1.1387	4.8187	
Fiber, total dietary	g	8.5531	2.0212	8.5531	
Vitamin A, IU	IU	2,002.1393	473.1275	2,002.1393	
Vitamin A (RE)	RE	165.5860	39.1298	165.5860	
Vitamin D	IU	3.5428	0.8372	3.5428	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.7304	0.1726	0.7304	
Thiamin	mg	0.2289	0.0541	0.2289	
Riboflavin	mg	0.3026	0.0715	0.3026	
Niacin	mg	7.0166	1.6581	7.0166	
Folate, total	mcg	118.8079	28.0756	118.8079	
Phosphorus, P	mg	289.8795	68.5017	289.8795	
Copper, Cu	mg	0.2547	0.0602	0.2547	
Manganese, Mn	mg	0.4460	0.1054	0.4460	
Selenium, Se	mcg	17.0077	4.0191	17.0077	
Pantothenic acid	mg	0.2408	0.0569	0.2408	
Vitamin K (phylloquinone)	mcg	9.2014	2.1744	9.2014	
Iron, Fe	mg	5.9523	1.4066	5.9523	
Water	g	106.0704	25.0656	106.0704	
Ash	g	2.3448	0.5541	2.3448	
Sugars, Total	g	5.9773	1.4125	5.9773	