



## CENTRAL OFFICE

### Recipe Analysis

**Recipe ID:** FRZ000657

**Description:** Meatballs and Penne Pasta in Sauce Broccoli, Ital Vegetables

**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	375.0000	100.0000	375.0000	
Energy	kcal	342.5392	69.6357	342.5392	
Protein	g	20.3470	4.1364	20.3470	23.76
Sodium, Na	mg	336.0353	68.3135	336.0353	
Carbohydrate, by difference	g	40.4569	8.2246	40.4569	47.24
Total lipid (fat)	g	12.0196	2.4435	12.0196	31.58
Fatty acids, total saturated	g	3.5456	0.7208	3.5456	9.32
Fatty acids, total trans	g				
Cholesterol	mg	48.4213	9.8437	48.4213	
Potassium, K	mg	796.3254	161.8871	796.3254	
Vitamin A, RAE	mcg_RAE	178.3547	36.2582	178.3547	
Vitamin C, total ascorbic acid	mg	68.0649	13.8371	68.0649	
Calcium, Ca	mg	133.5228	27.1442	133.5228	
Vitamin B-6	mg	0.5037	0.1024	0.5037	
Vitamin B-12	mcg	0.9607	0.1953	0.9607	
Magnesium, Mg	mg	70.2052	14.2722	70.2052	
Zinc, Zn	mg	2.5972	0.5280	2.5972	
Fiber, total dietary	g	8.3043	1.6882	8.3043	
Vitamin A, IU	IU	2,081.9223	423.2395	2,081.9223	
Vitamin A (RE)	RE	305.7577	62.1583	305.7577	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.0453	0.0092	0.0453	
Thiamin	mg	0.2125	0.0432	0.2125	
Riboflavin	mg	0.2986	0.0607	0.2986	
Niacin	mg	4.4901	0.9128	4.4901	
Folate, total	mcg	143.6255	29.1980	143.6255	
Phosphorus, P	mg	255.9556	52.0339	255.9556	
Copper, Cu	mg	0.1977	0.0402	0.1977	
Manganese, Mn	mg	0.2883	0.0586	0.2883	
Selenium, Se	mcg	12.1396	2.4679	12.1396	
Pantothenic acid	mg	1.1643	0.2367	1.1643	
Vitamin K (phylloquinone)	mcg	124.1634	25.2415	124.1634	
Iron, Fe	mg	3.1152	0.6333	3.1152	
Water	g	175.0285	35.5820	175.0285	
Ash	g	2.3331	0.4743	2.3331	
Sugars, Total	g	4.8364	0.9832	4.8364	