



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000712

Description: HamburgerPatty Pot Wedges Carrots

Servings: 1

Serving Size: 1 each

Recipe Source: Frozen Meal Recipe

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories
Adjusted Weight	g	296.0000	100.0000	296.0000	
Energy	kcal	400.4147	125.7110	400.4147	
Protein	g	21.0513	6.6091	21.0513	21.03
Sodium, Na	mg	402.8389	126.4721	402.8389	
Carbohydrate, by difference	g	35.9826	11.2968	35.9826	35.95
Total lipid (fat)	g	19.1889	6.0244	19.1889	43.13
Fatty acids, total saturated	g	6.6810	2.0975	6.6810	15.02
Fatty acids, total trans	g	0.8960	0.2813	0.8960	
Cholesterol	mg	49.0241	15.3912	49.0241	
Potassium, K	mg	595.4222	186.9340	595.4222	
Vitamin A, RAE	mcg_RAE	959.3784	301.1988	959.3784	
Vitamin C, total ascorbic acid	mg	7.0574	2.2157	7.0574	
Calcium, Ca	mg	82.9776	26.0510	82.9776	
Vitamin B-6	mg	0.5354	0.1681	0.5354	
Vitamin B-12	mcg	2.1440	0.6731	2.1440	
Magnesium, Mg	mg	47.0454	14.7700	47.0454	
Zinc, Zn	mg	3.2266	1.0130	3.2266	
Fiber, total dietary	g	4.8931	1.5362	4.8931	
Vitamin A, IU	IU	18,982.1574	5,959.4868	18,982.1574	
Vitamin A (RE)	RE	1,759.1748	552.2965	1,759.1748	
Vitamin D	IU	6.8479	2.1499	6.8479	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.0067	0.0021	0.0067	
Thiamin	mg	0.1621	0.0509	0.1621	
Riboflavin	mg	0.2163	0.0679	0.2163	
Niacin	mg	3.5286	1.1078	3.5286	
Folate, total	mcg	26.9280	8.4541	26.9280	
Phosphorus, P	mg	216.9803	68.1214	216.9803	
Copper, Cu	mg	0.0522	0.0164	0.0522	
Manganese, Mn	mg	0.1965	0.0617	0.1965	
Selenium, Se	mcg	0.6912	0.2170	0.6912	
Pantothenic acid	mg	0.1978	0.0621	0.1978	
Vitamin K (phylloquinone)	mcg	16.5379	5.1921	16.5379	
Iron, Fe	mg	2.5112	0.7884	2.5112	
Water	g	102.3529	32.1339	102.3529	
Ash	g	0.7915	0.2485	0.7915	
Sugars, Total	g	5.3722	1.6866	5.3722	
Total Added Sugars	g				