



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000116

Description: Huevos Ranch,Potato,CranPears

Servings: 1

Serving Size: 1 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	373.0000	100.0000	373.0000	
Energy	kcal	479.8210	92.2520	479.8210	
Protein	g	20.5328	3.9477	20.5328	17.12
Sodium, Na	mg	462.0672	88.8386	462.0672	
Carbohydrate, by difference	g	70.2479	13.5061	70.2479	58.56
Total lipid (fat)	g	14.7496	2.8358	14.7496	27.67
Fatty acids, total saturated	g	3.7027	0.7119	3.7027	6.95
Fatty acids, total trans	g	0.0874	0.0168	0.0874	
Cholesterol	mg	283.2599	54.4605	283.2599	
Potassium, K	mg	1,170.3598	225.0173	1,170.3598	
Vitamin A, RAE	mcg_RAE	186.2092	35.8012	186.2092	
Vitamin C, total ascorbic acid	mg	125.8040	24.1875	125.8040	
Calcium, Ca	mg	153.5342	29.5190	153.5342	
Vitamin B-6	mg	0.5477	0.1053	0.5477	
Vitamin B-12	mcg	0.8390	0.1613	0.8390	
Magnesium, Mg	mg	75.2619	14.4701	75.2619	
Zinc, Zn	mg	1.6269	0.3128	1.6269	
Fiber, total dietary	g	10.2048	1.9620	10.2048	
Vitamin A, IU	IU	1,077.2333	207.1125	1,077.2333	
Vitamin A (RE)	RE	289.7161	55.7018	289.7161	
Vitamin D	IU	48.1948	9.2661	48.1948	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.4213	0.0810	0.4213	
Thiamin	mg	0.1566	0.0301	0.1566	
Riboflavin	mg	0.4494	0.0864	0.4494	
Niacin	mg	2.2079	0.4245	2.2079	
Folate, total	mcg	187.6405	36.0764	187.6405	
Phosphorus, P	mg	239.7794	46.1008	239.7794	
Copper, Cu	mg	0.0650	0.0125	0.0650	
Manganese, Mn	mg	0.0666	0.0128	0.0666	
Selenium, Se	mcg	19.4905	3.7473	19.4905	
Pantothenic acid	mg	0.0364	0.0070	0.0364	
Vitamin K (phylloquinone)	mcg	6.8770	1.3222	6.8770	
Iron, Fe	mg	4.5214	0.8693	4.5214	
Water	g	127.7721	24.5659	127.7721	
Ash	g	0.6668	0.1282	0.6668	
Sugars, Total	g	3.8598	0.7421	3.8598	