



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000119

Description: Cheese Omelet,Potato,FruitGranola

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	278.0000	100.0000	278.0000	
Energy	kcal	335.2334	89.4533	335.2334	
Protein	g	11.1948	2.9872	11.1948	13.36
Sodium, Na	mg	402.0913	107.2936	402.0913	
Carbohydrate, by difference	g	44.9151	11.9851	44.9151	53.59
Total lipid (fat)	g	11.4282	3.0495	11.4282	30.68
Fatty acids, total saturated	g	2.2718	0.6062	2.2718	6.10
Fatty acids, total trans	g	0.0888	0.0237	0.0888	
Cholesterol	mg	243.1021	64.8691	243.1021	
Potassium, K	mg	565.3708	150.8629	565.3708	
Vitamin A, RAE	mcg_RAE	29.4830	7.8672	29.4830	
Vitamin C, total ascorbic acid	mg	19.4023	5.1773	19.4023	
Calcium, Ca	mg	105.0938	28.0431	105.0938	
Vitamin B-6	mg	0.5127	0.1368	0.5127	
Vitamin B-12	mcg	0.7087	0.1891	0.7087	
Magnesium, Mg	mg	33.3685	8.9040	33.3685	
Zinc, Zn	mg	0.6941	0.1852	0.6941	
Fiber, total dietary	g	4.9708	1.3264	4.9708	
Vitamin A, IU	IU	432.8485	115.5008	432.8485	
Vitamin A (RE)	RE	22.2801	5.9452	22.2801	
Vitamin D	IU				
Vit D	mcg	2.3621	0.6303	2.3621	
Vitamin E (alpha-tocopherol)	mg	0.2192	0.0585	0.2192	
Thiamin	mg	0.1064	0.0284	0.1064	
Riboflavin	mg	0.1079	0.0288	0.1079	
Niacin	mg	1.8865	0.5034	1.8865	
Folate, total	mcg	72.2560	19.2807	72.2560	
Phosphorus, P	mg	26.5906	7.0954	26.5906	
Copper, Cu	mg	0.0375	0.0100	0.0375	
Manganese, Mn	mg	0.1964	0.0524	0.1964	
Selenium, Se	mcg	1.2899	0.3442	1.2899	
Pantothenic acid	mg	0.0217	0.0058	0.0217	
Vitamin K (phylloquinone)	mcg	1.5995	0.4268	1.5995	
Iron, Fe	mg	0.9590	0.2559	0.9590	
Water	g	2.8995	0.7737	2.8995	
Ash	g	0.1091	0.0291	0.1091	
Sugars, Total	g	2.0128	0.5371	2.0128	
Total Added Sugars	g				