



CENTRAL OFFICE

Recipe Analysis

Recipe Number: FR000122 **Recipe Name:** EggSk,Pot,Tom,Pep&Cheese,CranAp **Recipe Source:** Frozen Meal Recipes

Standard G/nY: 1

Serving Size: 1

Serving Measure: Meal

Serving Description: 1 Frozen Meal

Nutrient	Nutrient Unit	Recipe Nutrient Value	Nutrient Value per 100 g	Nutrient Value Per Serving	Percent of Calories	Missing Value
Adjusted Weight	g	326.0000	100.0000	4326.0000		
Energy	kcal	403.0660	92.0675	403.0660		
Protein	g	17.8292	4.0725	17.8292	17.69	
Sodium, Na	mg	566.7847	129.4638	566.7847		
Carbohydrate, by difference	g	49.2995	11.2609	49.2995	48.92	
Total lipid (fat)	g	17.5525	4.0093	17.5525	39.19	
Fatty acids, total saturated	g	4.6065	1.0522	4.6065	10.29	
Fatty acids, total trans	g	0.0889	0.0203	0.0889		
Cholesterol	mg	398.4748	91.0188	398.4748		
Potassium, K	mg	808.8450	184.7547	808.8450		
Vitamin A, RAE	mcg_RAE	204.0759	46.6146	204.0759		
Vitamin C, total ascorbic	mg	31.6503	7.2295	31.6503		
Calcium, Ca	mg	126.1315	28.8107	126.1315		
Vitamin B-6	mg	0.5420	0.1238	0.5420		
Vitamin B-12	mcg	1.1396	0.2603	1.1396		
Magnesium, Mg	mg	41.5208	9.4841	41.5208		
Zinc, Zn	mg	2.0970	0.4790	2.0970		
Fiber, total dietary	g	4.6905	1.0714	4.6905		
Vitamin A, IU	IU	969.2269	221.3888	969.2269		
Vitamin A (RE)	RE	266.7750	60.9362	266.7750		
Vitamin D	IU	69.4009	15.8524	69.4009		
Vit D	mcg					
Vitamin E	mg	0.1979	0.0452	0.1979		
Thiamin	mg	0.1524	0.0348	0.1524		
Riboflavin	mg	0.5521	0.1261	0.5521		
Niacin	mg	1.6085	0.3674	1.6085		
Folate, total	mcg	94.3612	21.5538	94.3612		
Phosphorus, P	mg	210.0448	47.9780	210.0448		
Copper, Cu	mg	0.0827	0.0189	0.0827		
Manganese, Mn	mg	0.0158	0.0036	0.0158		
Selenium, Se	mcg	23.0661	5.2687	23.0661		
Pantothenic acid	mg	0.0175	0.0040	0.0175		