



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000123

Description: Egg Patty,Turk Saus Hash Brown Gravy Maple Pecan Apples

Servings: 1

Serving Size: 1 Meal

Recipe Source: Frozen Meal Recipes

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories
Adjusted Weight	g	346.0000	100.0000	346.0000	
Energy	kcal	355.3389	93.6186	355.3389	
Protein	g	15.8140	4.1664	15.8140	17.80
Sodium, Na	mg	472.5187	124.4911	472.5187	
Carbohydrate, by difference	g	35.9337	9.4672	35.9337	40.45
Total lipid (fat)	g	17.0058	4.4804	17.0058	43.07
Fatty acids, total saturated	g	3.8465	1.0134	3.8465	9.74
Fatty acids, total trans	g				
Cholesterol	mg	227.9654	60.0604	227.9654	
Potassium, K	mg	532.9758	140.4193	532.9758	
Vitamin A, RAE	mcg_RAE	88.8740	23.4150	88.8740	
Vitamin C, total ascorbic acid	mg	19.9633	5.2596	19.9633	
Calcium, Ca	mg	91.3009	24.0544	91.3009	
Vitamin B-6	mg	0.2122	0.0559	0.2122	
Vitamin B-12	mcg	0.4532	0.1194	0.4532	
Magnesium, Mg	mg	26.8546	7.0752	26.8546	
Zinc, Zn	mg	0.8969	0.2363	0.8969	
Fiber, total dietary	g	3.0448	0.8022	3.0448	
Vitamin A, IU	IU	385.8336	101.6528	385.8336	
Vitamin A (RE)	RE	113.8498	29.9952	113.8498	
Vitamin D	IU	26.0154	6.8541	26.0154	
Vit D	mcg	0.0698	0.0184	0.0698	
Vitamin E (alpha-tocopherol)	mg	0.5325	0.1403	0.5325	
Thiamin	mg	0.0846	0.0223	0.0846	
Riboflavin	mg	0.0402	0.0106	0.0402	
Niacin	mg	0.9948	0.2621	0.9948	
Folate, total	mcg	30.6081	8.0641	30.6081	
Phosphorus, P	mg	131.0648	34.5307	131.0648	
Copper, Cu	mg	0.1454	0.0383	0.1454	
Manganese, Mn	mg	0.1689	0.0445	0.1689	
Selenium, Se	mcg	14.8753	3.9191	14.8753	
Pantothenic acid	mg	0.8104	0.2135	0.8104	
Vitamin K (phylloquinone)	mcg	6.1751	1.6269	6.1751	
Iron, Fe	mg	0.8867	0.2336	0.8867	
Water	g	57.9232	15.2606	57.9232	
Ash	g	1.7855	0.4704	1.7855	
Sugars, Total	g	0.6415	0.1690	0.6415	