



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000124

Description: Scramble Eggs, Turk Sausage, Potatoes, Spiced Peaches

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	334.0000	100.0000	334.0000	
Energy	kcal	298.4338	103.2478	298.4338	
Protein	g	20.9897	7.2617	20.9897	28.13
Sodium, Na	mg	596.8778	206.4991	596.8778	
Carbohydrate, by difference	g	20.9946	7.2634	20.9946	28.14
Total lipid (fat)	g	16.8855	5.8418	16.8855	50.92
Fatty acids, total saturated	g	4.9467	1.7114	4.9467	14.92
Fatty acids, total trans	g	0.0269	0.0093	0.0269	
Cholesterol	mg	357.0004	123.5098	357.0004	
Potassium, K	mg	398.7436	137.9515	398.7436	
Vitamin A, RAE	mcg_RAE	146.1620	50.5670	146.1620	
Vitamin C, total ascorbic acid	mg	30.1784	10.4407	30.1784	
Calcium, Ca	mg	65.2597	22.5776	65.2597	
Vitamin B-6	mg	0.3295	0.1140	0.3295	
Vitamin B-12	mcg	0.8741	0.3024	0.8741	
Magnesium, Mg	mg	22.7130	7.8579	22.7130	
Zinc, Zn	mg	1.5467	0.5351	1.5467	
Fiber, total dietary	g	1.8551	0.6418	1.8551	
Vitamin A, IU	IU	927.3923	320.8457	927.3923	
Vitamin A (RE)	RE	208.1448	72.0109	208.1448	
Vitamin D	IU	57.8341	20.0086	57.8341	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.3399	0.1176	0.3399	
Thiamin	mg	0.1179	0.0408	0.1179	
Riboflavin	mg	0.4289	0.1484	0.4289	
Niacin	mg	0.9854	0.3409	0.9854	
Folate, total	mcg	71.2019	24.6334	71.2019	
Phosphorus, P	mg	180.6822	62.5098	180.6822	
Copper, Cu	mg	0.0879	0.0304	0.0879	
Manganese, Mn	mg	0.4983	0.1724	0.4983	
Selenium, Se	mcg	20.0112	6.9232	20.0112	
Pantothenic acid	mg	0.0379	0.0131	0.0379	
Vitamin K (phylloquinone)	mcg	0.4223	0.1461	0.4223	
Iron, Fe	mg	2.9133	1.0079	2.9133	
Water	g	13.5837	4.6995	13.5837	
Ash	g	0.1821	0.0630	0.1821	
Sugars, Total	g	2.6266	0.9087	2.6266	