



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000104

Description: Eggplant Parmesan ,Chick Peas

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 | 277.0000 | 100.0000 | 277.000 | |
| Energy | kcal | 430.8955 | 104.7614 | 430.8955 | |
| Protein | g | 23.2263 | 5.6469 | 23.2263 | 21.56 |
| Sodium, Na | mg | 556.5803 | 135.3185 | 556.5803 | |
| Carbohydrate, by difference | g | 33.3615 | 8.1110 | 33.3615 | 30.97 |
| Total lipid (fat) | g | 22.1923 | 5.3955 | 22.1923 | 46.35 |
| Fatty acids, total saturated | g | 10.4490 | 2.5404 | 10.4490 | 21.82 |
| Fatty acids, total trans | g | | | | |
| Cholesterol | mg | 44.5096 | 10.8214 | 44.5096 | |
| Potassium, K | mg | 555.9386 | 135.1625 | 555.9386 | |
| Vitamin A, RAE | mcg_RAE | 23.7668 | 5.7783 | 23.7668 | |
| Vitamin C, total ascorbic acid | mg | 9.9838 | 2.4273 | 9.9838 | |
| Calcium, Ca | mg | 506.8383 | 123.2250 | 506.8383 | |
| Vitamin B-6 | mg | 0.1197 | 0.0291 | 0.1197 | |
| Vitamin B-12 | mcg | 0.1843 | 0.0448 | 0.1843 | |
| Magnesium, Mg | mg | 34.5316 | 8.3955 | 34.5316 | |
| Zinc, Zn | mg | 1.0196 | 0.2479 | 1.0196 | |
| Fiber, total dietary | g | 3.6076 | 0.8771 | 3.6076 | |
| Vitamin A, IU | IU | 554.8417 | 134.8958 | 554.8417 | |
| Vitamin A (RE) | RE | 258.4355 | 62.8321 | 258.4355 | |
| Vitamin D | IU | | | | |
| Vit D | mcg | | | | |
| Vitamin E (alpha-tocopherol) | mg | 0.0090 | 0.0022 | 0.0090 | |
| Thiamin | mg | 0.0473 | 0.0115 | 0.0473 | |
| Riboflavin | mg | 0.0465 | 0.0113 | 0.0465 | |
| Niacin | mg | 0.7938 | 0.1930 | 0.7938 | |
| Folate, total | mcg | 65.2492 | 15.8637 | 65.2492 | |
| Phosphorus, P | mg | 197.8037 | 48.0910 | 197.8037 | |
| Copper, Cu | mg | 0.1649 | 0.0401 | 0.1649 | |
| Manganese, Mn | mg | 0.2834 | 0.0689 | 0.2834 | |
| Selenium, Se | mcg | 9.1435 | 2.2230 | 9.1435 | |
| Pantothenic acid | mg | 0.2052 | 0.0499 | 0.2052 | |
| Vitamin K (phylloquinone) | mcg | 4.9106 | 1.1939 | 4.9106 | |
| Iron, Fe | mg | 2.4732 | 0.6013 | 2.4732 | |
| Water | g | 80.0811 | 19.4697 | 80.0811 | |
| Ash | g | 3.9984 | 0.9721 | 3.9984 | |
| Sugars, Total | g | 5.6025 | 1.3621 | 5.6025 | |