



# CENTRAL OFFICE

## Recipe Analysis

**Site Type:** CENTRAL OFFICE

**Recipe ID:** FRZ000105

**Description:** Vegetarian Chili, Pinto Beans& Carrot

**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	418.0000	100.0000	418.0000	
Energy	kcal	600.8826	116.9471	600.8826	
Protein	g	27.1265	5.2795	27.1265	18.06
Sodium, Na	mg	536.2678	104.3714	536.2678	
Carbohydrate, by difference	g	105.2246	20.4794	105.2246	70.05
Total lipid (fat)	g	11.9527	2.3263	11.9527	17.90
Fatty acids, total saturated	g	4.1310	0.8040	4.1310	6.19
Fatty acids, total trans	g				
Cholesterol	mg	21.7150	4.2263	21.7150	
Potassium, K	mg	1,660.3659	323.1496	1,660.3659	
Vitamin A, RAE	mcg_RAE	610.4836	118.8157	610.4836	
Vitamin C, total ascorbic acid	mg	45.7026	8.8949	45.7026	
Calcium, Ca	mg	309.8879	60.3121	309.8879	
Vitamin B-6	mg	0.9346	0.1819	0.9346	
Vitamin B-12	mcg	0.3026	0.0589	0.3026	
Magnesium, Mg	mg	173.1541	33.7002	173.1541	
Zinc, Zn	mg	2.2310	0.4342	2.2310	
Fiber, total dietary	g	25.2105	4.9066	25.2105	
Vitamin A, IU	IU	9,678.5205	1,883.6872	9,678.5205	
Vitamin A (RE)	RE	1,189.4277	231.4930	1,189.4277	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.2379	0.0463	0.2379	
Thiamin	mg	0.4136	0.0805	0.4136	
Riboflavin	mg	0.3699	0.0720	0.3699	
Niacin	mg	2.9097	0.5663	2.9097	
Folate, total	mcg	389.7125	75.8480	389.7125	
Phosphorus, P	mg	278.0231	54.1104	278.0231	
Copper, Cu	mg	0.2410	0.0469	0.2410	
Manganese, Mn	mg	0.6628	0.1290	0.6628	
Selenium, Se	mcg	8.7255	1.6982	8.7255	
Pantothenic acid	mg	0.2471	0.0481	0.2471	
Vitamin K (phylloquinone)	mcg	27.3911	5.3310	27.3911	
Iron, Fe	mg	8.4557	1.6457	8.4557	
Water	g	129.2451	25.1544	129.2451	
Ash	g	3.3392	0.6499	3.3392	
Sugars, Total	g	6.1307	1.1932	6.1307	