



## CENTRAL OFFICE

### Recipe Analysis

**Recipe ID:** FRZ000108

**Description:** BlkBeans&Rice, Corn w/Red Pep, Pars Carrots

**Servings:** 1

**Serving Size:** 1 Meal

**Recipe Source:** Frozen Meal Recipes

<b>Nutrient</b>	<b>Units</b>	<b>Recipe Nutrient Analysis</b>	<b>Nutrient Value Per 100 Grams</b>	<b>Nutrient Value Per Serving</b>	<b>% of Calories</b>
Adjusted Weight	g	350.0000	100.0000	350.0000	
Energy	kcal	339.5457	66.2971	339.5457	
Protein	g	15.7919	3.0834	15.7919	18.60
Sodium, Na	mg	1,021.1748	199.3868	1,021.1748	
Carbohydrate, by difference	g	53.1697	10.3815	53.1697	62.64
Total lipid (fat)	g	15.2008	2.9680	15.2008	40.29
Fatty acids, total saturated	g	0.7775	0.1518	0.7775	2.06
Fatty acids, total trans	g				
Cholesterol	mg	0.1962	0.0383	0.1962	
Potassium, K	mg	801.8976	156.5724	801.8976	
Vitamin A, RAE	mcg_RAE	805.0376	157.1855	805.0376	
Vitamin C, total ascorbic acid	mg	17.4093	3.3992	17.4093	
Calcium, Ca	mg	88.5428	17.2882	88.5428	
Vitamin B-6	mg	0.3544	0.0692	0.3544	
Vitamin B-12	mcg				
Magnesium, Mg	mg	127.5728	24.9089	127.5728	
Zinc, Zn	mg	2.1931	0.4282	2.1931	
Fiber, total dietary	g	16.8157	3.2833	16.8157	
Vitamin A, IU	IU	15,842.6105	3,093.3071	15,842.6105	
Vitamin A (RE)	RE	1,466.4914	286.3359	1,466.4914	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.1900	0.0371	0.1900	
Thiamin	mg	0.4271	0.0834	0.4271	
Riboflavin	mg	0.1634	0.0319	0.1634	
Niacin	mg	2.2156	0.4326	2.2156	
Folate, total	mcg	246.7432	48.1772	246.7432	
Phosphorus, P	mg	76.9922	15.0329	76.9922	
Copper, Cu	mg	0.3565	0.0696	0.3565	
Manganese, Mn	mg	0.9034	0.1764	0.9034	
Selenium, Se	mcg	2.9106	0.5683	2.9106	
Pantothenic acid	mg	0.5690	0.1111	0.5690	
Vitamin K (phylloquinone)	mcg	13.8395	2.7022	13.8395	
Iron, Fe	mg	4.7667	0.9307	4.7667	
Water	g	103.4190	20.1928	103.4190	
Ash	g	1.2947	0.2528	1.2947	
Sugars, Total	g	7.7756	1.5182	7.7756	