



## CENTRAL OFFICE

### Recipe Analysis

**Site Type:** CENTRAL OFFICE

**Recipe ID:** FRZ000109

**Description:** Burrito, Queso, Spinach, Corn

**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	417.0000	100.0000	417.0000	
Energy	kcal	633.5452	121.0791	633.5452	
Protein	g	27.9127	5.3345	27.9127	17.62
Sodium, Na	mg	1,228.8466	234.8493	1,228.8466	
Carbohydrate, by difference	g	84.7213	16.1914	84.7213	53.49
Total lipid (fat)	g	21.0315	4.0194	21.0315	29.88
Fatty acids, total saturated	g	8.6320	1.6497	8.6320	12.26
Fatty acids, total trans	g				
Cholesterol	mg	37.0429	7.0794	37.0429	
Potassium, K	mg	1,410.6448	269.5934	1,410.6448	
Vitamin A, RAE	mcg_RAE	783.5136	149.7401	783.5136	
Vitamin C, total ascorbic acid	mg	33.7517	6.4504	33.7517	
Calcium, Ca	mg	662.5128	126.6152	662.5128	
Vitamin B-6	mg	0.4563	0.0872	0.4563	
Vitamin B-12	mcg	1.2663	0.2420	1.2663	
Magnesium, Mg	mg	190.1121	36.3330	190.1121	
Zinc, Zn	mg	4.8207	0.9213	4.8207	
Fiber, total dietary	g	12.2315	2.3376	12.2315	
Vitamin A, IU	IU	13,408.0128	2,562.4536	13,408.0128	
Vitamin A (RE)	RE	1,487.0198	284.1897	1,487.0198	
Vitamin D	IU	140.5593	26.8628	140.5593	
Vit D	mcg	3.4121	0.6521	3.4121	
Vitamin E (alpha-tocopherol)	mg	2.5142	0.4805	2.5142	
Thiamin	mg	0.2428	0.0464	0.2428	
Riboflavin	mg	0.7493	0.1432	0.7493	
Niacin	mg	5.4952	1.0502	5.4952	
Folate, total	mcg	299.1545	57.1725	299.1545	
Phosphorus, P	mg	293.7190	56.1337	293.7190	
Copper, Cu	mg	0.0654	0.0125	0.0654	
Manganese, Mn	mg	0.1476	0.0282	0.1476	
Selenium, Se	mcg	19.9211	3.8072	19.9211	
Pantothenic acid	mg	0.1355	0.0259	0.1355	
Vitamin K (phylloquinone)	mcg	567.7178	108.4986	567.7178	
Iron, Fe	mg	8.5823	1.6402	8.5823	
Water	g	172.7020	33.0057	172.7020	
Ash	g	4.2446	0.8112	4.2446	
Sugars, Total	g	3.3614	0.6424	3.3614	