



## CENTRAL OFFICE

### Recipe Analysis

**Site Type:** CENTRAL OFFICE

**Recipe ID:** FRZ000566

**Description:** Manicotti Alfredo, Italian Medley Vegetables, Peas

**Servings:** 1

**Serving Size:** 1 Meal

**Recipe Source:** Frozen Meal Recipe

<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	316.0000	100.0000	316.0000	
Energy	kcal	310.6588	68.8459	310.6588	
Protein	g	26.5409	5.8818	26.5409	34.17
Sodium, Na	mg	503.8897	111.6683	503.8897	
Carbohydrate, by difference	g	52.0562	11.5363	52.0562	67.03
Total lipid (fat)	g	15.8321	3.5086	15.8321	45.87
Fatty acids, total saturated	g	9.7643	2.1639	9.7643	28.29
Fatty acids, total trans	g	0.2834	0.0628	0.2834	
Cholesterol	mg	53.9396	11.9537	53.9396	
Potassium, K	mg	521.6694	115.6085	521.6694	
Vitamin A, RAE	mcg_RAE	371.8430	82.4051	371.8430	
Vitamin C, total ascorbic acid	mg	26.0707	5.7776	26.0707	
Calcium, Ca	mg	363.5448	80.5661	363.5448	
Vitamin B-6	mg	0.6010	0.1332	0.6010	
Vitamin B-12	mcg	0.1981	0.0439	0.1981	
Magnesium, Mg	mg	95.4919	21.1622	95.4919	
Zinc, Zn	mg	2.4502	0.5430	2.4502	
Fiber, total dietary	g	13.0132	2.8839	13.0132	
Vitamin A, IU	IU	4,274.2138	947.2196	4,274.2138	
Vitamin A (RE)	RE	464.0251	102.8338	464.0251	
Vitamin D	IU	19.5693	4.3368	19.5693	
Vit D	mcg	0.4891	0.1084	0.4891	
Vitamin E (alpha-tocopherol)	mg	0.5609	0.1243	0.5609	
Thiamin	mg	0.3971	0.0880	0.3971	
Riboflavin	mg	0.3953	0.0876	0.3953	
Niacin	mg	3.3798	0.7490	3.3798	
Folate, total	mcg	126.8931	28.1211	126.8931	
Phosphorus, P	mg	249.9267	55.3869	249.9267	
Copper, Cu	mg	0.1994	0.0442	0.1994	
Manganese, Mn	mg	0.6773	0.1501	0.6773	
Selenium, Se	mcg	5.4943	1.2176	5.4943	
Pantothenic acid	mg	0.1832	0.0406	0.1832	
Vitamin K (phylloquinone)	mcg	137.7056	30.5173	137.7056	
Iron, Fe	mg	2.9006	0.6428	2.9006	
Water	g	126.5140	28.0371	126.5140	
Ash	g	1.7287	0.3831	1.7287	
Sugars, Total	g	2.6519	0.5877	2.6519	