



**CENTRAL OFFICE**

**Recipe Analysis**

**Site Type:** CENTRAL OFFICE

**Recipe ID:** FRZ000710

**Description:** Hot Dog Chili Baked Bean Corn & Tom

**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	372.0000	100.0000	372.0000	
Energy	kcal	600.3762	144.1310	600.3762	
Protein	g	31.3970	7.5374	31.3970	20.92
Sodium, Na	mg	504.2492	121.0540	504.2492	
Carbohydrate, by difference	g	49.6776	11.9260	49.6776	33.10
Total lipid (fat)	g	27.9042	6.6989	27.9042	41.83
Fatty acids, total saturated	g	8.9021	2.1371	8.9021	13.34
Fatty acids, total trans	g	0.0017	0.0004	0.0017	
Cholesterol	mg	93.7256	22.5005	93.7256	
Potassium, K	mg	1,222.6913	293.5288	1,222.6913	
Vitamin A, RAE	mcg_RAE	14.2381	3.4181	14.2381	
Vitamin C, total ascorbic acid	mg	5.7500	1.3804	5.7500	
Calcium, Ca	mg	117.5934	28.2304	117.5934	
Vitamin B-6	mg	0.6544	0.1571	0.6544	
Vitamin B-12	mcg	2.3081	0.5541	2.3081	
Magnesium, Mg	mg	86.4560	20.7553	86.4560	
Zinc, Zn	mg	4.5833	1.1003	4.5833	
Fiber, total dietary	g	10.0451	2.4115	10.0451	
Vitamin A, IU	IU	263.8284	63.3367	263.8284	
Vitamin A (RE)	RE	24.8621	5.9686	24.8621	
Vitamin D	IU	2.2519	0.5406	2.2519	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.0025	0.0006	0.0025	
Thiamin	mg	0.0604	0.0145	0.0604	
Riboflavin	mg	0.1508	0.0362	0.1508	
Niacin	mg	3.7252	0.8943	3.7252	
Folate, total	mcg	183.0058	43.9338	183.0058	
Phosphorus, P	mg	302.6062	72.6460	302.6062	
Copper, Cu	mg	0.0533	0.0128	0.0533	
Manganese, Mn	mg	0.1783	0.0428	0.1783	
Selenium, Se	mcg	14.4022	3.4575	14.4022	
Pantothenic acid	mg	0.1766	0.0424	0.1766	
Vitamin K (phylloquinone)	mcg	3.3445	0.8029	3.3445	
Iron, Fe	mg	4.4383	1.0655	4.4383	
Water	g	162.5324	39.0188	162.5324	
Ash	g	1.4279	0.3428	1.4279	
Sugars, Total	g	3.6544	0.8773	3.6544	
Total Added Sugars	g				