



## CENTRAL OFFICE

### Recipe Analysis

**Recipe ID:** FRZ000546

**Description:** Pulled Pork w/Black Beans, Carrots, Peas

**Servings:** 1

**Serving Size:** 1 Frozen 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	387.0000	100.0000	387.0000	
Energy	kcal	355.8389	70.3159	355.8389	
Protein	g	24.4907	4.8395	24.4907	27.53
Sodium, Na	mg	216.0577	42.6943	216.0577	
Carbohydrate, by difference	g	47.6423	9.4144	47.6423	53.55
Total lipid (fat)	g	6.0691	1.1993	6.0691	15.35
Fatty acids, total saturated	g	1.9362	0.3826	1.9362	4.90
Fatty acids, total trans	g				
Cholesterol	mg	39.4826	7.8020	39.4826	
Potassium, K	mg	774.2948	153.0053	774.2948	
Vitamin A, RAE	mcg_RAE	660.3377	130.4867	660.3377	
Vitamin C, total ascorbic acid	mg	25.1313	4.9661	25.1313	
Calcium, Ca	mg	104.6157	20.6727	104.6157	
Vitamin B-6	mg	0.3785	0.0748	0.3785	
Vitamin B-12	mcg	0.4747	0.0938	0.4747	
Magnesium, Mg	mg	127.2198	25.1394	127.2198	
Zinc, Zn	mg	4.3825	0.8660	4.3825	
Fiber, total dietary	g	15.6675	3.0960	15.6675	
Vitamin A, IU	IU	13,258.4808	2,619.9554	13,258.4808	
Vitamin A (RE)	RE	1,333.9640	263.5993	1,333.9640	
Vitamin D	IU	5.0398	0.9959	5.0398	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.9089	0.1796	0.9089	
Thiamin	mg	0.6088	0.1203	0.6088	
Riboflavin	mg	0.3568	0.0705	0.3568	
Niacin	mg	2.5060	0.4952	2.5060	
Folate, total	mcg	217.2733	42.9345	217.2733	
Phosphorus, P	mg	377.2051	74.5380	377.2051	
Copper, Cu	mg	0.2247	0.0444	0.2247	
Manganese, Mn	mg	0.6240	0.1233	0.6240	
Selenium, Se	mcg	3.2459	0.6414	3.2459	
Pantothenic acid	mg	0.5192	0.1026	0.5192	
Vitamin K (phylloquinone)	mcg	42.1015	8.3195	42.1015	
Iron, Fe	mg	4.5414	0.8974	4.5414	
Water	g	247.3650	48.8808	247.3650	
Ash	g	2.8294	0.5591	2.8294	
Sugars, Total	g				