



CENTRAL OFFICE

Recipe Analysis

Recipe ID: FRZ000550

Description: Enchilada/Pulled Pork Black Beans, Corn

Servings: 1

Serving Size: 1 Frozen Meal

Recipe Source: Frozen Meal Recipes

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories
Adjusted Weight	g	522.0000	100.0000	522.000	
Energy	kcal	504.9176	91.5425	504.9176	
Protein	g	24.1150	4.3721	24.1150	19.10
Sodium, Na	mg	399.9071	72.5039	399.9071	
Carbohydrate, by difference	g	71.9265	13.0404	71.9265	56.98
Total lipid (fat)	g	11.4759	2.0806	11.4759	20.46
Fatty acids, total saturated	g	6.4897	1.1766	6.4897	11.57
Fatty acids, total trans	g				
Cholesterol	mg	41.0492	7.4423	41.0492	
Potassium, K	mg	1,124.4622	203.8671	1,124.4622	
Vitamin A, RAE	mcg_RAE	168.2525	30.5045	168.2525	
Vitamin C, total ascorbic acid	mg	22.9606	4.1628	22.9606	
Calcium, Ca	mg	348.5248	63.1882	348.5248	
Vitamin B-6	mg	0.3944	0.0715	0.3944	
Vitamin B-12	mcg	0.2962	0.0537	0.2962	
Magnesium, Mg	mg	122.9171	22.2851	122.9171	
Zinc, Zn	mg	3.1004	0.5621	3.1004	
Fiber, total dietary	g	13.9673	2.5323	13.9673	
Vitamin A, IU	IU	992.7344	179.9846	992.7344	
Vitamin A (RE)	RE	374.0982	67.8247	374.0982	
Vitamin D	IU	2.5201	0.4569	2.5201	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.0789	0.0143	0.0789	
Thiamin	mg	0.2300	0.0417	0.2300	
Riboflavin	mg	0.2477	0.0449	0.2477	
Niacin	mg	2.6166	0.4744	2.6166	
Folate, total	mcg	184.5078	33.4516	184.5078	
Phosphorus, P	mg	326.4059	59.1780	326.4059	
Copper, Cu	mg	0.2101	0.0381	0.2101	
Manganese, Mn	mg	0.4004	0.0726	0.4004	
Selenium, Se	mcg	3.8295	0.6943	3.8295	
Pantothenic acid	mg	0.5775	0.1047	0.5775	
Vitamin K (phylloquinone)	mcg	9.8377	1.7836	9.8377	
Iron, Fe	mg	7.2101	1.3072	7.2101	
Water	g	143.9196	26.0929	143.9196	
Ash	g	3.0882	0.5599	3.0882	
Sugars, Total	g	8.7241	1.5817	8.7241	