



CENTRAL OFFICE

Recipe Analysis

Recipe ID: FRZ000654

Description: Pork Chop Patty,ClassicSauce,SwtPotatoes,BrusselsSprouts

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	314.0000	100.0000	314.0000	
Energy	kcal	346.4944	105.7701	346.4944	
Protein	g	23.5955	7.2027	23.5955	27.24
Sodium, Na	mg	532.9607	162.6904	532.9607	
Carbohydrate, by difference	g	31.8423	9.7201	31.8423	36.76
Total lipid (fat)	g	14.5418	4.4390	14.5418	37.77
Fatty acids, total saturated	g	4.9663	1.5160	4.9663	12.90
Fatty acids, total trans	g	0.3538	0.1080	0.3538	
Cholesterol	mg	57.3279	17.4998	57.3279	
Potassium, K	mg	885.1621	270.2026	885.1621	
Vitamin A, RAE	mcg_RAE	527.9188	161.1513	527.9188	
Vitamin C, total ascorbic acid	mg	60.8243	18.5671	60.8243	
Calcium, Ca	mg	89.1325	27.2084	89.1325	
Vitamin B-6	mg	0.7102	0.2168	0.7102	
Vitamin B-12	mcg	0.5382	0.1643	0.5382	
Magnesium, Mg	mg	66.1235	20.1847	66.1235	
Zinc, Zn	mg	2.2643	0.6912	2.2643	
Fiber, total dietary	g	5.7679	1.7607	5.7679	
Vitamin A, IU	IU	10,616.7591	3,240.8481	10,616.7591	
Vitamin A (RE)	RE	1,064.8070	325.0406	1,064.8070	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.4737	0.1446	0.4737	
Thiamin	mg	0.7204	0.2199	0.7204	
Riboflavin	mg	0.3538	0.1080	0.3538	
Niacin	mg	3.5436	1.0817	3.5436	
Folate, total	mcg	56.3579	17.2037	56.3579	
Phosphorus, P	mg	365.8462	111.6774	365.8462	
Copper, Cu	mg	0.0563	0.0172	0.0563	
Manganese, Mn	mg	0.1645	0.0502	0.1645	
Selenium, Se	mcg	1.4237	0.4346	1.4237	
Pantothenic acid	mg	0.1766	0.0539	0.1766	
Vitamin K (phylloquinone)	mcg	95.8085	29.2463	95.8085	
Iron, Fe	mg	2.7347	0.8348	2.7347	
Water	g	58.7883	17.9456	58.7883	
Ash	g	0.6765	0.2065	0.6765	
Sugars, Total	g	1.4912	0.4552	1.4912	