



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000060

Description: BkdChixYel RiceChTomGrBenRPep

Servings: 1

Serving Size: 1 Meal

Recipe Source: Frozen Meal Recipe

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories
Adjusted Weight	g	412.0000	100.0000	412.0000	
Energy	kcal	409.5341	92.9575	409.5341	
Protein	g	32.2799	7.3270	32.2799	31.53
Sodium, Na	mg	136.6971	31.0280	136.6971	
Carbohydrate, by difference	g	42.7542	9.7045	42.7542	41.76
Total lipid (fat)	g	14.5839	3.3103	14.5839	32.05
Fatty acids, total saturated	g	2.0781	0.4717	2.0781	4.57
Fatty acids, total trans	g				
Cholesterol	mg	97.9230	22.2269	97.9230	
Potassium, K	mg	727.7691	165.1916	727.7691	
Vitamin A, RAE	mcg_RAE	91.4956	20.7680	91.4956	
Vitamin C, total ascorbic acid	mg	28.4439	6.4563	28.4439	
Calcium, Ca	mg	68.7019	15.5942	68.7019	
Vitamin B-6	mg	0.6652	0.1510	0.6652	
Vitamin B-12	mcg	0.3088	0.0701	0.3088	
Magnesium, Mg	mg	50.9244	11.5590	50.9244	
Zinc, Zn	mg	3.1161	0.7073	3.1161	
Fiber, total dietary	g	4.4250	1.0044	4.4250	
Vitamin A, IU	IU	790.3151	179.3885	790.3151	
Vitamin A (RE)	RE	144.1276	32.7146	144.1276	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.3626	0.0823	0.3626	
Thiamin	mg	0.3551	0.0806	0.3551	
Riboflavin	mg	0.3339	0.0758	0.3339	
Niacin	mg	8.7918	1.9956	8.7918	
Folate, total	mcg	142.4517	32.3342	142.4517	
Phosphorus, P	mg	234.5126	53.2305	234.5126	
Copper, Cu	mg	0.1353	0.0307	0.1353	
Manganese, Mn	mg	0.5044	0.1145	0.5044	
Selenium, Se	mcg	6.1934	1.4058	6.1934	
Pantothenic acid	mg	0.3185	0.0723	0.3185	
Vitamin K (phylloquinone)	mcg	10.3571	2.3509	10.3571	
Iron, Fe	mg	3.5928	0.8155	3.5928	
Water	g				
Ash	g	0.5970	0.1355	0.5970	
Sugars, Total	g	5.9727	1.3557	5.9727	
Total Added Sugars	g				