



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000063

Description: ArrozCon ollo-Chicken Rice, PintoBeans, Corn,Green Beans

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	317.0000	100.0000	317.0000	
Energy	kcal	333.0048	74.6108	333.0048	
Protein	g	24.0242	5.3827	24.0242	28.86
Sodium, Na	mg	60.8146	13.6257	60.8146	
Carbohydrate, by difference	g	42.8389	9.5982	42.8389	51.46
Total lipid (fat)	g	7.1920	1.6114	7.1920	19.44
Fatty acids, total saturated	g	1.9611	0.4394	1.9611	5.30
Fatty acids, total trans	g				
Cholesterol	mg	55.0012	12.3232	55.0012	
Potassium, K	mg	759.7418	170.2226	759.7418	
Vitamin A, RAE	mcg_RAE	51.2646	11.4860	51.2646	
Vitamin C, total ascorbic acid	mg	40.7189	9.1232	40.7189	
Calcium, Ca	mg	88.0572	19.7295	88.0572	
Vitamin B-6	mg	0.8369	0.1875	0.8369	
Vitamin B-12	mcg	0.7119	0.1595	0.7119	
Magnesium, Mg	mg	83.4391	18.6948	83.4391	
Zinc, Zn	mg	2.8288	0.6338	2.8288	
Fiber, total dietary	g	9.2482	2.0721	9.2482	
Vitamin A, IU	IU	1,127.8668	252.7022	1,127.8668	
Vitamin A (RE)	RE	128.3615	28.7598	128.3615	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.4356	0.0976	0.4356	
Thiamin	mg	0.2723	0.0610	0.2723	
Riboflavin	mg	0.2490	0.0558	0.2490	
Niacin	mg	8.2824	1.8557	8.2824	
Folate, total	mcg	146.3643	32.7934	146.3643	
Phosphorus, P	mg	351.6178	78.7811	351.6178	
Copper, Cu	mg	0.0754	0.0169	0.0754	
Manganese, Mn	mg	0.4178	0.0936	0.4178	
Selenium, Se	mcg	6.7038	1.5020	6.7038	
Pantothenic acid	mg	0.2165	0.0485	0.2165	
Vitamin K (phylloquinone)	mcg	2.0125	0.4509	2.0125	
Iron, Fe	mg	2.4298	0.5444	2.4298	
Water	g	130.5440	29.2488	130.5440	
Ash	g	1.2229	0.2740	1.2229	
Sugars, Total	g	4.4449	0.9959	4.4449	