



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FÜZ€€€€ G

Description: CranRaspberryTurkey Zucchini& Corn ,Broccoli &Bean Medley

Servings: 1

Serving Size: 1 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	364.0000	100.0000	364.0000	
Energy	kcal	305.8164	59.9341	305.8164	
Protein	g	28.4217	5.5701	28.4217	37.17
Sodium, Na	mg	503.6308	98.7019	503.6308	
Carbohydrate, by difference	g	43.5221	8.5295	43.5221	56.93
Total lipid (fat)	g	4.8316	0.9469	4.8316	14.22
Fatty acids, total saturated	g	0.4108	0.0805	0.4108	1.21
Fatty acids, total trans	g				
Cholesterol	mg	60.9325	11.9416	60.9325	
Potassium, K	mg	945.9402	185.3860	945.9402	
Vitamin A, RAE	mcg_RAE	94.7910	18.5772	94.7910	
Vitamin C, total ascorbic acid	mg	76.6923	15.0302	76.6923	
Calcium, Ca	mg	77.6291	15.2138	77.6291	
Vitamin B-6	mg	0.7715	0.1512	0.7715	
Vitamin B-12	mcg	0.9481	0.1858	0.9481	
Magnesium, Mg	mg	77.0790	15.1060	77.0790	
Zinc, Zn	mg	3.4570	0.6775	3.4570	
Fiber, total dietary	g	5.7108	1.1192	5.7108	
Vitamin A, IU	IU	2,300.8019	450.9127	2,300.8019	
Vitamin A (RE)	RE	261.2232	51.1947	261.2232	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.0388	0.0076	0.0388	
Thiamin	mg	0.2934	0.0575	0.2934	
Riboflavin	mg	0.4225	0.0828	0.4225	
Niacin	mg	7.7589	1.5206	7.7589	
Folate, total	mcg	166.9711	32.7231	166.9711	
Phosphorus, P	mg	162.4114	31.8295	162.4114	
Copper, Cu	mg	0.0806	0.0158	0.0806	
Manganese, Mn	mg	0.2944	0.0577	0.2944	
Selenium, Se	mcg	2.6936	0.5279	2.6936	
Pantothenic acid	mg	0.6368	0.1248	0.6368	
Vitamin K (phylloquinone)	mcg	125.4777	24.5912	125.4777	
Iron, Fe	mg	3.5611	0.6979	3.5611	
Water	g	210.1738	41.1900	210.1738	
Ash	g	1.0103	0.1980	1.0103	
Sugars, Total	g	11.1087	2.1771	11.1087	