



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000076

Description: Sesame Chicken Broccoli & Carrot, Cauliflower & Red Pepper

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	322.0000	100.0000	322.0000	
Energy	kcal	239.4252	56.2135	239.4252	
Protein	g	21.2901	4.9986	21.2901	35.57
Sodium, Na	mg	507.0140	119.0394	507.0140	
Carbohydrate, by difference	g	22.6880	5.3268	22.6880	37.90
Total lipid (fat)	g	7.5311	1.7682	7.5311	28.31
Fatty acids, total saturated	g	1.9869	0.4665	1.9869	7.47
Fatty acids, total trans	g				
Cholesterol	mg	55.0018	12.9136	55.0018	
Potassium, K	mg	804.7581	188.9453	804.7581	
Vitamin A, RAE	mcg_RAE	137.0359	32.1740	137.0359	
Vitamin C, total ascorbic acid	mg	103.5517	24.3124	103.5517	
Calcium, Ca	mg	133.2584	31.2871	133.2584	
Vitamin B-6	mg	0.9677	0.2272	0.9677	
Vitamin B-12	mcg	0.7121	0.1672	0.7121	
Magnesium, Mg	mg	54.4847	12.7922	54.4847	
Zinc, Zn	mg	2.7655	0.6493	2.7655	
Fiber, total dietary	g	6.3352	1.4874	6.3352	
Vitamin A, IU	IU	2,882.8131	676.8419	2,882.8131	
Vitamin A (RE)	RE	381.3818	89.5428	381.3818	
Vitamin D	IU	0.3403	0.0799	0.3403	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.1861	0.0437	0.1861	
Thiamin	mg	0.3420	0.0803	0.3420	
Riboflavin	mg	0.3275	0.0769	0.3275	
Niacin	mg	7.0707	1.6601	7.0707	
Folate, total	mcg	158.8571	37.2973	158.8571	
Phosphorus, P	mg	284.6819	66.8391	284.6819	
Copper, Cu	mg	0.1299	0.0305	0.1299	
Manganese, Mn	mg	0.3275	0.0769	0.3275	
Selenium, Se	mcg	1.9963	0.4687	1.9963	
Pantothenic acid	mg	0.6018	0.1413	0.6018	
Vitamin K (phylloquinone)	mcg	130.3732	30.6097	130.3732	
Iron, Fe	mg	1.9022	0.4466	1.9022	
Water	g	157.6087	37.0042	157.6087	
Ash	g	1.3127	0.3082	1.3127	
Sugars, Total	g	0.5669	0.1331	0.5669	