



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000078

Description: Turkey Cornbread Drsg, Squash ,Flat Beans

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	399.0000	100.0000	399.0000	
Energy	kcal	421.0135	66.4956	421.0135	
Protein	g	29.1595	4.6053	29.1595	27.70
Sodium, Na	mg	640.9989	101.2359	640.9989	
Carbohydrate, by difference	g	61.7914	9.7590	61.7914	58.71
Total lipid (fat)	g	9.0765	14.335	9.0765	19.40
Fatty acids, total saturated	g	0.9840	0.1554	0.9840	2.10
Fatty acids, total trans	g	0.0133	0.0021	0.0133	
Cholesterol	mg	82.3170	13.0007	82.3170	
Potassium, K	mg	1,001.8426	158.2256	158.2256	
Vitamin A, RAE	mcg_RAE	674.3899	106.5095	674.3899	
Vitamin C, total ascorbic acid	mg	42.8171	6.7623	42.8171	
Calcium, Ca	mg	192.9197	30.4687	192.9197	
Vitamin B-6	mg	0.7541	0.1191	0.7541	
Vitamin B-12	mcg	1.0150	0.1603	1.0150	
Magnesium, Mg	mg	103.9392	16.4156	103.9392	
Zinc, Zn	mg	3.3546	0.5298	3.3546	
Fiber, total dietary	g	9.4526	1.4929	9.4526	
Vitamin A, IU	IU	13,341.7274	2,107.1203	13,341.7274	
Vitamin A (RE)	RE	1,347.6952	212.8477	1,347.6952	
Vitamin D	IU	15.5324	2.4531	15.5324	
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.0355	0.0056	0.0355	
Thiamin	mg	0.7130	0.1126	0.7130	
Riboflavin	mg	0.6256	0.0988	0.6256	
Niacin	mg	10.1390	1.6013	10.1390	
Folate, total	mcg	146.8234	23.1885	146.8234	
Phosphorus, P	mg	193.3053	30.5296	193.3053	
Copper, Cu	mg	0.2096	0.0331	0.2096	
Manganese, Mn	mg	0.6319	0.0998	0.6319	
Selenium, Se	mcg	12.3152	1.9450	12.3152	
Pantothenic acid	mg	0.7908	0.1249	0.7908	
Vitamin K (phylloquinone)	mcg	20.6541	3.2620	20.6541	
Iron, Fe	mg	6.0088	0.9490	6.0088	
Water	g	228.4142	36.0745	228.4142	
Ash	g	3.1095	0.4911	3.1095	
Sugars, Total	g	4.0840	0.6450	4.0840	