



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000080

Description: Turkey Sausage, WG Rotini, Apple Raisin

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	447.0000	100.0000	447.0000	
Energy	kcal	419.8962	73.4149	419.8962	
Protein	g	20.7463	3.6273	20.7463	19.76
Sodium, Na	mg	337.2930	58.9725	337.2930	
Carbohydrate, by difference	g	58.9932	10.3144	58.9932	56.20
Total lipid (fat)	g	12.1293	2.1207	12.1293	26.00
Fatty acids, total saturated	g	3.4580	0.6046	3.4580	7.41
Fatty acids, total trans	g				
Cholesterol	mg	44.4891	7.7785	44.4891	
Potassium, K	mg	692.7699	121.1243	692.7699	
Vitamin A, RAE	mcg_RAE	106.9117	18.6925	106.9117	
Vitamin C, total ascorbic acid	mg	85.4190	14.9347	85.4190	
Calcium, Ca	mg	68.1787	11.9204	68.1787	
Vitamin B-6	mg	0.5731	0.1002	0.5731	
Vitamin B-12	mcg	0.2282	0.0399	0.2282	
Magnesium, Mg	mg	38.8926	6.8000	38.8926	
Zinc, Zn	mg	2.0419	0.3570	2.0419	
Fiber, total dietary	g	12.4056	2.1690	12.4056	
Vitamin A, IU	IU	1,942.2402	339.5824	1,942.2402	
Vitamin A (RE)	RE	353.2223	61.7576	353.2223	
Vitamin D	IU	7.9375	1.3878	7.9375	
Vit D	mcg	0.1979	0.0346	0.1979	
Vitamin E (alpha-tocopherol)	mg	1.6386	0.2865	1.6386	
Thiamin	mg	0.1235	0.0216	0.1235	
Riboflavin	mg	0.2099	0.0367	0.2099	
Niacin	mg	5.9357	1.0378	5.9357	
Folate, total	mcg	45.9281	8.0301	45.9281	
Phosphorus, P	mg	158.0749	27.6379	158.0749	
Copper, Cu	mg	0.1436	0.0251	0.1436	
Manganese, Mn	mg	0.2025	0.0354	0.2025	
Selenium, Se	mcg	0.9529	0.1666	0.9529	
Pantothenic acid	mg	0.1584	0.0277	0.1584	
Vitamin K (phylloquinone)	mcg	3.0759	0.5378	3.0759	
Iron, Fe	mg	2.5034	0.4377	2.5034	
Water	g	10.6263	1.8579	10.6263	
Ash	g	0.6063	0.1060	0.6063	
Sugars, Total	g	3.5106	0.6138	3.5106	