



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000083

Description: Turkey Country Gravy,Mash,GrBean

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	384.0000	100.0000	384.0000	
Energy	kcal	274.6215	61.4219	274.6215	
Protein	g	25.8164	5.7741	25.8164	37.60
Sodium, Na	mg	460.0309	102.8906	460.0309	
Carbohydrate, by difference	g	40.9635	9.1619	40.9635	59.67
Total lipid (fat)	g	5.6438	1.2623	5.6438	18.50
Fatty acids, total saturated	g	0.5674	0.1269	0.5674	1.86
Fatty acids, total trans	g	0.0072	0.0016	0.0072	
Cholesterol	mg	56.3775	12.6094	56.3775	
Potassium, K	mg	792.3747	177.2227	792.3747	
Vitamin A, RAE	mcg_RAE	25.5124	5.7061	25.5124	
Vitamin C, total ascorbic acid	mg	29.4102	6.5779	29.4102	
Calcium, Ca	mg	128.8861	28.8267	128.8861	
Vitamin B-6	mg	0.7073	0.1582	0.7073	
Vitamin B-12	mcg	0.9184	0.2054	0.9184	
Magnesium, Mg	mg	65.9796	14.7570	65.9796	
Zinc, Zn	mg	3.0113	0.6735	3.0113	
Fiber, total dietary	g	4.6611	1.0425	4.6611	
Vitamin A, IU	IU	680.7170	152.2493	680.7170	
Vitamin A (RE)	RE	163.6778	36.6082	163.6778	
Vitamin D	IU	9.2314	2.0647	9.2314	
Vit D	mcg	0.2307	0.0516	0.2307	
Vitamin E (alpha-tocopherol)	mg	0.0456	0.0102	0.0456	
Thiamin	mg	0.3863	0.0864	0.3863	
Riboflavin	mg	0.4087	0.0914	0.4087	
Niacin	mg	7.6643	1.7142	7.6643	
Folate, total	mcg	85.4457	19.1108	85.4457	
Phosphorus, P	mg	36.5098	8.1658	36.5098	
Copper, Cu	mg	0.0787	0.0176	0.0787	
Manganese, Mn	mg	0.2642	0.0591	0.2642	
Selenium, Se	mcg	0.3487	0.0780	0.3487	
Pantothenic acid	mg	0.0537	0.0120	0.0537	
Vitamin K (phylloquinone)	mcg	12.8695	2.8784	12.8695	
Iron, Fe	mg	3.1816	0.7116	3.1816	
Water	g	2.3057	0.5157	2.3057	
Ash	g	1.3574	0.3036	1.3574	
Sugars, Total	g	1.6127	0.3607	1.6127	