Recipe Analysis

Recipe ID: FRZ000107 **Description:** Twisted Mac & Cheese, Rotini w/Peppers. Pinto Beans,Carrots

Servings: 1 **Serving Size:** 1 Frozen 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	409.0000	100.0000	409.0000	
Energy	kcal	496.9208	103.6951	496.9208	
Protein	g	24.2271	5.0556	24.2271	19.50
Sodium, Na	mg	820.8820	171.2978	820.8820	
Carbohydrate, by difference	g	62.7113	13.0863	62.7113	50.48
Total lipid (fat)	g	18.6098	3.8834	18.6098	33.71
Fatty acids, total saturated	g	7.7115	1.6092	7.7115	13.97
Fatty acids, total trans	g	0.0992	0.0207	0.0992	
Cholesterol	mg	44.4341	9.2723	44.4341	
Potassium, K	mg	970.7689	202.5755	970.7689	
Vitamin A, RAE	mcg_RAE	1,024.0958	213.7035	1,024.0958	
Vitamin C, total ascorbic acid	mg	69.2229	14.4451	69.2229	
Calcium, Ca	mg	603.8951	126.0180	603.8951	
Vitamin B-6	mg	0.8966	0.1871	0.8966	
Vitamin B-12	mcg	1.2977	0.2708	1.2977	
Magnesium, Mg	mg	68.1844	14.2284	68.1844	
Zinc, Zn	mg	3.1432	0.6559	3.1432	
Fiber, total dietary	g	12.1826	2.5422	12.1826	
Vitamin A, IU	IU	17,824.2384	3,719.4783	17,824.2384	
Vitamin A (RE)	RE	1,948.9767	406.7033	1,948.9767	
Vitamin D	IU	143.7990	30.0073	143.7990	
Vit D	mcg	3.4676	0.7236	3.4676	
Vitamin E (alpha-tocopherol)	mg	0.5291	0.1104	0.5291	
Thiamin	mg	0.2209	0.0461	0.2209	
Riboflavin	mg	0.6187	0.1291	0.6187	
Niacin	mg	2.3908	0.4989	2.3908	
Folate, total	mcg	83.3745	17.3982	83.3745	
Phosphorus, P	mg	73.0983	15.2538	73.0983	
Copper, Cu	mg	0.1049	0.0219	0.1049	
Manganese, Mn	mg	0.3858	0.0805	0.3858	
Selenium, Se	mcg	1.5435	0.3221	1.5435	
Pantothenic acid	mg	0.1399	0.0292	0.1399	
Vitamin K (phylloquinone)	mcg	22.3505	4.6640	22.3505	
Iron, Fe	mg	4.1236	0.8605	4.1236	
Water	g	64.4293	13.4448	64.4293	
Ash	g	1.5205	0.3173	1.5205	
Sugars, Total	g	6.0932	1.2715	6.0932	

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