



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FÜ€€€ G

Description: Honey Mustard Chicken Potatoes Florentine, Mixed Veg

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	373.0000	100.0000	373.0000	
Energy	kcal	370.4656	86.6327	370.4656	
Protein	g	21.8804	5.1167	21.8804	23.62
Sodium, Na	mg	272.2305	63.6606	272.2305	
Carbohydrate, by difference	g	36.3060	8.4901	36.3060	39.20
Total lipid (fat)	g	15.2223	3.5597	15.2223	36.98
Fatty acids, total saturated	g	3.1559	0.7380	3.1559	7.67
Fatty acids, total trans	g	0.0047	0.0011	0.0047	
Cholesterol	mg	56.1416	13.1286	56.1416	
Potassium, K	mg	645.3931	150.9240	645.3931	
Vitamin A, RAE	mcg_RAE	259.0925	60.5883	259.0925	
Vitamin C, total ascorbic acid	mg	25.4357	5.9481	25.4357	
Calcium, Ca	mg	133.2061	31.1500	133.2061	
Vitamin B-6	mg	0.8305	0.1942	0.8305	
Vitamin B-12	mcg	0.7667	0.1793	0.7667	
Magnesium, Mg	mg	72.9585	17.0612	72.9585	
Zinc, Zn	mg	2.8471	0.6658	2.8471	
Fiber, total dietary	g	7.0819	1.6561	7.0819	
Vitamin A, IU	IU	1,684.7509	393.9759	1,684.7509	
Vitamin A (RE)	RE	149.8314	35.0378	149.8314	
Vitamin D	IU	4.3900	1.0266	4.3900	
Vit D	mcg	0.1099	0.0257	0.1099	
Vitamin E (alpha-tocopherol)	mg	0.3246	0.0759	0.3246	
Thiamin	mg	0.4182	0.0978	0.4182	
Riboflavin	mg	0.3571	0.0835	0.3571	
Niacin	mg	8.0385	1.8798	8.0385	
Folate, total	mcg	61.7341	14.4364	61.7341	
Phosphorus, P	mg	260.6738	60.9581	260.6738	
Copper, Cu	mg	0.0038	0.0009	0.0038	
Manganese, Mn	mg	0.0577	0.0135	0.0577	
Selenium, Se	mcg	4.1557	0.9718	4.1557	
Pantothenic acid	mg	0.0184	0.0043	0.0184	
Vitamin K (phylloquinone)	mcg	73.8821	17.2772	73.8821	
Iron, Fe	mg	1.8033	0.4217	1.8033	
Water	g	92.1820	21.5566	92.1820	
Ash	g	1.1007	0.2574	1.1007	
Sugars, Total	g	2.4760	0.5790	2.4760	