



## CENTRAL OFFICE

### Recipe Analysis

**Recipe ID:** FRZ000539

**Description:** Mojo Chicken, Broccoli, Succotash

**Servings:** 1

**Serving Size:** 1 Frozen Meal

**Recipe Source:** Frozen Meal Recipe

<b>Nutrient</b>	<b>Units</b>	<b>Recipe Nutrient Analysis</b>	<b>Nutrient Value Per 100 Grams</b>	<b>Nutrient Value Per Serving</b>	<b>% of Calories</b>
Adjusted Weight	g	314.0000	100.0000	314.0000	
Energy	kcal	274.3090	60.8516	274.3090	
Protein	g	22.1429	4.9121	22.1429	32.29
Sodium, Na	mg	87.6670	19.4477	87.6670	
Carbohydrate, by difference	g	31.5855	7.0068	31.5855	46.06
Total lipid (fat)	g	7.4844	1.6603	7.4844	24.56
Fatty acids, total saturated	g	2.0127	0.4465	2.0127	6.60
Fatty acids, total trans	g				
Cholesterol	mg	55.0019	12.2014	55.0019	
Potassium, K	mg	793.5710	176.0426	793.5710	
Vitamin A, RAE	mcg_RAE	137.9830	30.6096	137.9830	
Vitamin C, total ascorbic acid	mg	73.7117	16.3519	73.7117	
Calcium, Ca	mg	88.1133	19.5467	88.1133	
Vitamin B-6	mg	1.8004	0.3994	1.8004	
Vitamin B-12	mcg	0.7118	0.1579	0.7118	
Magnesium, Mg	mg	78.0478	17.3138	78.0478	
Zinc, Zn	mg	3.1514	0.6991	3.1514	
Fiber, total dietary	g	7.4176	1.6455	7.4176	
Vitamin A, IU	IU	2,898.5816	643.0097	2,898.5816	
Vitamin A (RE)	RE	385.9550	85.6187	385.9550	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.1186	0.0263	0.1186	
Thiamin	mg	0.3174	0.0704	0.3174	
Riboflavin	mg	0.3408	0.0756	0.3408	
Niacin	mg	8.2566	1.8316	8.2566	
Folate, total	mcg	152.2756	33.7802	152.2756	
Phosphorus, P	mg	342.3034	75.9352	342.3034	
Copper, Cu	mg	0.1772	0.0393	0.1772	
Manganese, Mn	mg	0.6509	0.1444	0.6509	
Selenium, Se	mcg	2.6087	0.5787	2.6087	
Pantothenic acid	mg	0.7046	0.1563	0.7046	
Vitamin K (phylloquinone)	mcg	126.1757	27.9903	126.1757	
Iron, Fe	mg	2.9278	0.6495	2.9278	
Water	g	160.1688	35.5312	160.1688	
Ash	g	1.6508	0.3662	1.6508	
Sugars, Total	g	2.1750	0.4825	2.1750	