



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000564

Description: Thai Ginger Chicken, Flat Beans, Gingered Carrots

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       | 282.0000                 | 100.0000                     | 282.0000                   |               |
| Energy                         | kcal    | 259.7244                 | 56.0107                      | 259.7244                   |               |
| Protein                        | g       | 19.2609                  | 4.1537                       | 19.2609                    | 29.66         |
| Sodium, Na                     | mg      | 196.1472                 | 42.3000                      | 196.1472                   |               |
| Carbohydrate, by difference    | g       | 34.5664                  | 7.4544                       | 34.5664                    | 53.24         |
| Total lipid (fat)              | g       | 8.5850                   | 1.8514                       | 8.5850                     | 29.75         |
| Fatty acids, total saturated   | g       | 3.3313                   | 0.7184                       | 3.3313                     | 11.54         |
| Fatty acids, total trans       | g       |                          |                              |                            |               |
| Cholesterol                    | mg      | 55.0014                  | 11.8613                      | 55.0014                    |               |
| Potassium, K                   | mg      | 677.4953                 | 146.1048                     | 677.4953                   |               |
| Vitamin A, RAE                 | mcg_RAE | 1,050.9693               | 226.6461                     | 1,050.9693                 |               |
| Vitamin C, total ascorbic acid | mg      | 23.8892                  | 5.1518                       | 23.8892                    |               |
| Calcium, Ca                    | mg      | 97.9104                  | 21.1148                      | 97.9104                    |               |
| Vitamin B-6                    | mg      | 0.9348                   | 0.2016                       | 0.9348                     |               |
| Vitamin B-12                   | mcg     | 0.7118                   | 0.1535                       | 0.7118                     |               |
| Magnesium, Mg                  | mg      | 65.7427                  | 14.1777                      | 65.7427                    |               |
| Zinc, Zn                       | mg      | 2.8281                   | 0.6099                       | 2.8281                     |               |
| Fiber, total dietary           | g       | 9.0103                   | 1.9431                       | 9.0103                     |               |
| Vitamin A, IU                  | IU      | 20,611.5008              | 4,444.9598                   | 20,611.5008                |               |
| Vitamin A (RE)                 | RE      | 2,038.9684               | 439.7124                     | 2,038.9684                 |               |
| Vitamin D                      | IU      |                          |                              |                            |               |
| Vit D                          | mcg     |                          |                              |                            |               |
| Vitamin E (alpha-tocopherol)   | mg      | 0.0705                   | 0.0152                       | 0.0705                     |               |
| Thiamin                        | mg      | 0.3802                   | 0.0820                       | 0.3802                     |               |
| Riboflavin                     | mg      | 0.3459                   | 0.0746                       | 0.3459                     |               |
| Niacin                         | mg      | 8.3462                   | 1.7999                       | 8.3462                     |               |
| Folate, total                  | mcg     | 116.8054                 | 25.1896                      | 116.8054                   |               |
| Phosphorus, P                  | mg      | 274.3042                 | 59.1549                      | 274.3042                   |               |
| Copper, Cu                     | mg      | 0.1521                   | 0.0328                       | 0.1521                     |               |
| Manganese, Mn                  | mg      | 0.5560                   | 0.1199                       | 0.5560                     |               |
| Selenium, Se                   | mcg     | 1.6132                   | 0.3479                       | 1.6132                     |               |
| Pantothenic acid               | mg      | 0.2527                   | 0.0545                       | 0.2527                     |               |
| Vitamin K (phylloquinone)      | mcg     | 31.1369                  | 6.7148                       | 31.1369                    |               |
| Iron, Fe                       | mg      | 2.2244                   | 0.4797                       | 2.2244                     |               |
| Water                          | g       | 113.4315                 | 24.4620                      | 113.4315                   |               |
| Ash                            | g       | 1.3262                   | 0.2860                       | 1.3262                     |               |
| Sugars, Total                  | g       | 6.7719                   | 1.4604                       | 6.7719                     |               |