



CENTRAL OFFICE

Recipe Analysis

Recipe ID: FRZ000655

Description: Chicken Parmesan Rosemary Potatoes Cheesy Spinach

Servings: 1

Serving Size: 1 Frozen Meal

Recipe Source: Frozen Meal Recipe

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories
Adjusted Weight	g	416.0000	100.0000	416.0000	
Energy	kcal	369.0046	82.2180	369.0046	
Protein	g	25.6223	5.7089	25.6223	27.77
Sodium, Na	mg	362.6665	80.8058	362.6665	
Carbohydrate, by difference	g	31.8284	7.0917	31.8284	34.50
Total lipid (fat)	g	14.8508	3.3089	14.8508	36.22
Fatty acids, total saturated	g	6.3085	1.4056	6.3085	15.39
Fatty acids, total trans	g				
Cholesterol	mg	72.2440	16.0967	72.2440	
Potassium, K	mg	659.0586	146.8450	659.0586	
Vitamin A, RAE	mcg_RAE	314.6435	70.1058	314.6435	
Vitamin C, total ascorbic acid	mg	17.7353	3.9516	17.7353	
Calcium, Ca	mg	271.6154	60.5187	271.6154	
Vitamin B-6	mg	0.8285	0.1846	0.8285	
Vitamin B-12	mcg	0.8209	0.1829	0.8209	
Magnesium, Mg	mg	76.7626	17.1035	76.7626	
Zinc, Zn	mg	2.8006	0.6240	2.8006	
Fiber, total dietary	g	4.3683	0.9733	4.3683	
Vitamin A, IU	IU	5,673.9003	1,264.2031	5,673.9003	
Vitamin A (RE)	RE	729.9494	162.6402	729.9494	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	1.2208	0.2720	1.2208	
Thiamin	mg	0.2361	0.0526	0.2361	
Riboflavin	mg	0.3290	0.0733	0.3290	
Niacin	mg	7.5149	1.6744	7.5149	
Folate, total	mcg	95.9099	21.3697	95.9099	
Phosphorus, P	mg	240.9633	53.6891	240.9633	
Copper, Cu	mg	0.0700	0.0156	0.0700	
Manganese, Mn	mg	0.0794	0.0177	0.0794	
Selenium, Se	mcg	1.5511	0.3456	1.5511	
Pantothenic acid	mg	0.1243	0.0277	0.1243	
Vitamin K (phylloquinone)	mcg	211.4099	47.1043	211.4099	
Iron, Fe	mg	3.8023	0.8472	3.8023	
Water	g	69.8769	15.5693	69.8769	
Ash	g	1.8154	0.4045	1.8154	
Sugars, Total	g	1.7845	0.3976	1.7845	