



CENTRAL OFFICE

Recipe Analysis

Recipe ID: FRZ000656

Description: Chicken Stew, Green Beans, Apple Raisin Fruit

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	415.0000	100.0000	415.0000	
Energy	kcal	512.5248	89.0671	512.5248	
Protein	g	37.7682	6.5634	37.7682	29.48
Sodium, Na	mg	701.4665	121.9016	701.4665	
Carbohydrate, by difference	g	83.1161	14.4440	83.1161	64.87
Total lipid (fat)	g	6.8051	1.1826	6.8051	11.95
Fatty acids, total saturated	g	0.2733	0.0475	0.2733	0.48
Fatty acids, total trans	g	0.1531	0.0266	0.1531	
Cholesterol	mg	85.5059	14.8593	85.5059	
Potassium, K	mg	2,136.6454	371.3085	2,136.6454	
Vitamin A, RAE	mcg_RAE	462.2736	80.3344	462.2736	
Vitamin C, total ascorbic acid	mg	50.9095	8.8471	50.9095	
Calcium, Ca	mg	636.0618	110.5355	636.0618	
Vitamin B-6	mg	0.5306	0.0922	0.5306	
Vitamin B-12	mcg	1.4766	0.2566	1.4766	
Magnesium, Mg	mg	125.4371	21.7986	125.4371	
Zinc, Zn	mg	4.5350	0.7881	4.5350	
Fiber, total dietary	g	16.3366	2.8390	16.3366	
Vitamin A, IU	IU	9,518.0148	1,654.0507	9,518.0148	
Vitamin A (RE)	RE	992.0880	172.4061	992.0880	
Vitamin D	IU	197.6366	34.3455	197.6366	
Vit D	mcg	4.9413	0.8587	4.9413	
Vitamin E (alpha-tocopherol)	mg	1.7165	0.2983	1.7165	
Thiamin	mg	0.4258	0.0740	0.4258	
Riboflavin	mg	0.7504	0.1304	0.7504	
Niacin	mg	6.1549	1.0696	6.1549	
Folate, total	mcg	131.7439	22.8946	131.7439	
Phosphorus, P	mg	171.4381	29.7927	171.4381	
Copper, Cu	mg	0.1801	0.0313	0.1801	
Manganese, Mn	mg	0.4632	0.0805	0.4632	
Selenium, Se	mcg	7.0462	1.2245	7.0462	
Pantothenic acid	mg	0.1249	0.0217	0.1249	
Vitamin K (phylloquinone)	mcg	160.0318	27.8105	160.0318	
Iron, Fe	mg	5.6496	0.9818	5.6496	
Water	g				
Ash	g	4.1431	0.7200	4.1431	
Sugars, Total	g	2.9854	0.5188	2.9854	