



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000711

Description: ChixBreastMarsalaPotOnionSoufSpinMush

Servings: 1

Serving Size: 1 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	343.0000	100.0000	343.0000	
Energy	kcal	321.9609	81.0441	321.9609	
Protein	g	22.3129	5.6166	22.3129	27.72
Sodium, Na	mg	259.9794	65.4421	259.9794	
Carbohydrate, by difference	g	34.4311	8.6670	34.4311	42.78
Total lipid (fat)	g	10.8533	2.7320	10.8533	30.34
Fatty acids, total saturated	g	2.4952	0.6281	2.4952	6.98
Fatty acids, total trans	g	0.0072	0.0018	0.0072	
Cholesterol	mg	59.1390	14.8865	59.1390	
Potassium, K	mg	1,064.2470	267.8926	1,064.2470	
Vitamin A, RAE	mcg_RAE	594.8717	149.7413	594.8717	
Vitamin C, total ascorbic acid	mg	33.7482	8.4951	33.7482	
Calcium, Ca	mg	227.6721	57.3097	227.6721	
Vitamin B-6	mg	1.0833	0.2727	1.0833	
Vitamin B-12	mcg	0.7679	0.1933	0.7679	
Magnesium, Mg	mg	141.9333	35.7275	141.9333	
Zinc, Zn	mg	3.1607	0.7956	3.1607	
Fiber, total dietary	g	5.4986	1.3841	5.4986	
Vitamin A, IU	IU	12,024.2923	3,026.7587	12,024.2923	
Vitamin A (RE)	RE	1,218.1587	306.6353	1,218.1587	
Vitamin D	IU	6.4842	1.6322	6.4842	
Vit D	mcg	0.1621	0.0408	0.1621	
Vitamin E (alpha-tocopherol)	mg	2.3590	0.5938	2.3590	
Thiamin	mg	0.5196	0.1308	0.5196	
Riboflavin	mg	0.5037	0.1268	0.5037	
Niacin	mg	8.0772	2.0332	8.0772	
Folate, total	mcg	197.7182	49.7697	197.7182	
Phosphorus, P	mg	251.0238	63.1878	251.0238	
Copper, Cu	mg	0.0012	0.0003	0.0012	
Manganese, Mn	mg	0.0278	0.0070	0.0278	
Selenium, Se	mcg	1.4997	0.3775	1.4997	
Pantothenic acid	mg	0.0334	0.0084	0.0334	
Vitamin K (phylloquinone)	mcg	558.4412	140.5710	558.4412	
Iron, Fe	mg	4.6242	1.1640	4.6242	
Water	g	104.8811	26.4007	104.8811	
Ash	g	1.8715	0.4711	1.8715	
Sugars, Total	g	0.0004	0.0001	0.0004	
Total Added Sugars	g				