



## CENTRAL OFFICE

### Recipe Analysis

**Site Type:** CENTRAL OFFICE

**Recipe ID:** FRZ000715

**Description:** Chicken w/Garden Vegetables & Rice

**Servings:** 1

**Serving Size:** 1 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	343.0000	100.0000	343.0000	
Energy	kcal	333.1135	83.7179	333.1135	
Protein	g	28.9118	7.2661	28.9118	34.72
Sodium, Na	mg	151.9397	38.1854	151.9397	
Carbohydrate, by difference	g	44.6070	11.2106	44.6070	53.56
Total lipid (fat)	g	4.1012	1.0307	4.1012	11.08
Fatty acids, total saturated	g	0.6760	0.1699	0.6760	1.83
Fatty acids, total trans	g				
Cholesterol	mg	82.0267	20.6149	82.0267	
Potassium, K	mg	805.1777	202.3568	805.1777	
Vitamin A, RAE	mcg_RAE	408.1909	102.5863	408.1909	
Vitamin C, total ascorbic acid	mg	59.1940	14.8766	59.1940	
Calcium, Ca	mg	132.4203	33.2798	132.4203	
Vitamin B-6	mg	0.5933	0.1491	0.5933	
Vitamin B-12	mcg	0.2272	0.0571	0.2272	
Magnesium, Mg	mg	76.9073	19.3283	76.9073	
Zinc, Zn	mg	2.2951	0.5768	2.2951	
Fiber, total dietary	g	5.4476	1.3691	5.4476	
Vitamin A, IU	IU	8,359.8257	2,100.9866	8,359.8257	
Vitamin A (RE)	RE	676.7396	170.0778	676.7396	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.8276	0.2080	0.8276	
Thiamin	mg	0.3848	0.0967	0.3848	
Riboflavin	mg	0.2738	0.0688	0.2738	
Niacin	mg	6.7790	1.7037	6.7790	
Folate, total	mcg	210.9467	53.0150	210.9467	
Phosphorus, P	mg	179.7836	45.1831	179.7836	
Copper, Cu	mg	0.1830	0.0460	0.1830	
Manganese, Mn	mg	0.7859	0.1975	0.7859	
Selenium, Se	mcg	10.8464	2.7259	10.8464	
Pantothenic acid	mg	0.5137	0.1291	0.5137	
Vitamin K (phylloquinone)	mcg	120.9763	30.4037	120.9763	
Iron, Fe	mg	5.0979	1.2812	5.0979	
Water	g	153.0025	38.4525	153.0025	
Ash	g	1.5514	0.3899	1.5514	
Sugars, Total	g	3.6464	0.9164	3.6464	
Total Added Sugars	g				