



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000716

Description: LasagnaTomScCheesBrocCaulBean

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	350.0000	100.0000	350.0000	
Energy	kcal	400.8306	99.1732	400.8306	
Protein	g	26.2773	6.5015	26.2773	26.22
Sodium, Na	mg	639.0203	158.1059	639.0203	
Carbohydrate, by difference	g	42.1956	10.4400	42.1956	42.11
Total lipid (fat)	g	14.4734	3.5810	14.4734	32.50
Fatty acids, total saturated	g	7.4614	1.8461	7.4614	16.75
Fatty acids, total trans	g				
Cholesterol	mg	68.5468	16.9598	68.5468	
Potassium, K	mg	696.4107	172.3054	696.4107	
Vitamin A, RAE	mcg_RAE	82.4625	20.4028	82.4625	
Vitamin C, total ascorbic acid	mg	81.6574	20.2036	81.6574	
Calcium, Ca	mg	395.2886	97.8020	395.2886	
Vitamin B-6	mg	0.3132	0.0775	0.3132	
Vitamin B-12	mcg	0.0566	0.0140	0.0566	
Magnesium, Mg	mg	41.6758	10.3114	41.6758	
Zinc, Zn	mg	0.7679	0.1900	0.7679	
Fiber, total dietary	g	6.8358	1.6913	6.8358	
Vitamin A, IU	IU	1,712.0072	423.5835	1,712.0072	
Vitamin A (RE)	RE	364.4292	90.1668	364.4292	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.0283	0.0070	0.0283	
Thiamin	mg	0.0881	0.0218	0.0881	
Riboflavin	mg	0.1536	0.0380	0.1536	
Niacin	mg	1.1224	0.2777	1.1224	
Folate, total	mcg	127.0221	31.4277	127.0221	
Phosphorus, P	mg	147.8503	36.5810	147.8503	
Copper, Cu	mg	0.1479	0.0366	0.1479	
Manganese, Mn	mg	0.2712	0.0671	0.2712	
Selenium, Se	mcg	4.3796	1.0836	4.3796	
Pantothenic acid	mg	0.6956	0.1721	0.6956	
Vitamin K (phylloquinone)	mcg	125.7259	31.1070	125.7259	
Iron, Fe	mg	3.4080	0.8432	3.4080	
Water	g	125.7489	31.1127	125.7489	
Ash	g	2.0875	0.5165	2.0875	
Sugars, Total	g	2.8757	0.7115	2.8757	
Total Added Sugars	g				