



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FM 608

Description: WGSweetPotPoll,StewedTom, Succot

Servings: 1

Serving Size: 1 Meal

Recipe Source: Frozen Meal Recipes

| Nutrient | Units | Recipe Nutrient Analysis | Nutrient Value Per 100 Grams | Nutrient Value Per Serving | % of Calories |
|--------------------------------|---------|--------------------------|------------------------------|----------------------------|---------------|
| Adjusted Weight | g | 304.0000 | 100.0000 | 304.0000 | |
| Energy | kcal | 376.1049 | 93.6837 | 376.1049 | |
| Protein | g | 19.5910 | 4.8799 | 19.5910 | 20.84 |
| Sodium, Na | mg | 400.4833 | 99.7561 | 400.4833 | |
| Carbohydrate, by difference | g | 50.4960 | 12.5780 | 50.4960 | 53.70 |
| Total lipid (fat) | g | 11.0647 | 2.7561 | 11.0647 | 26.48 |
| Fatty acids, total saturated | g | 1.2060 | 0.3004 | 1.2060 | 2.89 |
| Fatty acids, total trans | g | | | | |
| Cholesterol | mg | 52.0131 | 12.9559 | 52.0131 | |
| Potassium, K | mg | 576.9133 | 143.7029 | 576.9133 | |
| Vitamin A, RAE | mcg_RAE | 177.3762 | 44.1825 | 177.3762 | |
| Vitamin C, total ascorbic acid | mg | 143.1555 | 35.6585 | 143.1555 | |
| Calcium, Ca | mg | 25.8482 | 6.4385 | 25.8482 | |
| Vitamin B-6 | mg | 1.3654 | 0.3401 | 1.3654 | |
| Vitamin B-12 | mcg | 0.0076 | 0.0019 | 0.0076 | |
| Magnesium, Mg | mg | 50.4361 | 12.5631 | 50.4361 | |
| Zinc, Zn | mg | 1.0165 | 0.2532 | 1.0165 | |
| Fiber, total dietary | g | 6.5430 | 1.6298 | 6.5430 | |
| Vitamin A, IU | IU | 3,503.3047 | 872.6356 | 3,503.3047 | |
| Vitamin A (RE) | RE | 351.7450 | 87.6159 | 351.7450 | |
| Vitamin D | IU | | | | |
| Vit D | mcg | | | | |
| Vitamin E (alpha-tocopherol) | mg | 1.7195 | 0.4283 | 1.7195 | |
| Thiamin | mg | 0.1465 | 0.0365 | 0.1465 | |
| Riboflavin | mg | 0.1698 | 0.0423 | 0.1698 | |
| Niacin | mg | 2.5878 | 0.6446 | 2.5878 | |
| Folate, total | mcg | 85.4312 | 21.2800 | 85.4312 | |
| Phosphorus, P | mg | 124.4486 | 30.9988 | 124.4486 | |
| Copper, Cu | mg | 0.1237 | 0.0308 | 0.1237 | |
| Manganese, Mn | mg | 0.4613 | 0.1149 | 0.4613 | |
| Selenium, Se | mcg | 1.0318 | 0.2570 | 1.0318 | |
| Pantothenic acid | mg | 0.1795 | 0.0447 | 0.1795 | |
| Vitamin K (phylloquinone) | mcg | 1.9158 | 0.4772 | 1.9158 | |
| Iron, Fe | mg | 1.8515 | 0.4612 | 1.8515 | |
| Water | g | 77.5939 | 19.3278 | 77.5939 | |
| Ash | g | 0.9258 | 0.2306 | 0.9258 | |
| Sugars, Total | g | 2.9138 | 0.7258 | 2.9138 | |