



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000102

Description: WGSouthPollack,CarrotsCountryStylePotato

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	279.0000	100.0000	279.0000	
Energy	kcal	360.2277	88.6011	360.2277	
Protein	g	18.1185	4.4564	18.1185	20.12
Sodium, Na	mg	540.1775	132.8613	540.1775	
Carbohydrate, by difference	g	47.8373	11.7660	47.8373	53.12
Total lipid (fat)	g	11.8528	2.9153	11.8528	29.61
Fatty acids, total saturated	g	2.0764	0.5107	2.0764	5.19
Fatty acids, total trans	g	0.0752	0.0185	0.0752	
Cholesterol	mg	59.7401	14.6936	59.7401	
Potassium, K	mg	491.6116	120.9161	491.6116	
Vitamin A, RAE	mcg_RAE	964.1814	237.1487	964.1814	
Vitamin C, total ascorbic acid	mg	25.3055	6.2241	25.3055	
Calcium, Ca	mg	121.2407	29.8202	121.2407	
Vitamin B-6	mg	0.4944	0.1216	0.4944	
Vitamin B-12	mcg	0.0504	0.0124	0.0504	
Magnesium, Mg	mg	39.3883	9.6879	39.3883	
Zinc, Zn	mg	0.6749	0.1660	0.6749	
Fiber, total dietary	g	8.5177	2.0950	8.5177	
Vitamin A, IU	IU	19,249.9971	4,734.7022	19,249.9971	
Vitamin A (RE)	RE	1,807.7291	444.6265	1,807.7291	
Vitamin D	IU	6.4909	1.5965	6.4909	
Vit D	mcg	0.1622	0.0399	0.1622	
Vitamin E (alpha-tocopherol)	mg	0.0033	0.0008	0.0033	
Thiamin	mg	0.2996	0.0737	0.2996	
Riboflavin	mg	0.1476	0.0363	0.1476	
Niacin	mg	2.2105	0.5437	2.2105	
Folate, total	mcg	32.5026	7.9943	32.5026	
Phosphorus, P	mg	43.3484	10.6619	43.3484	
Copper, Cu	mg	0.0553	0.0136	0.0553	
Manganese, Mn	mg	0.1976	0.0486	0.1976	
Selenium, Se	mcg	0.6863	0.1688	0.6863	
Pantothenic acid	mg	0.2179	0.0536	0.2179	
Vitamin K (phylloquinone)	mcg	15.4221	3.7932	15.4221	
Iron, Fe	mg	0.9680	0.2381	0.9680	
Water	g	103.5251	25.4629	103.5251	
Ash	g	1.5023	0.3695	1.5023	
Sugars, Total	g	5.3761	1.3223	5.3761	