



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000653

Description: Fish Filet Cheesy Mashed Potatoes Mixed Veg

Servings: 1

Serving Size: 1 Frozen 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	327.0000	100.0000	327.0000	
Energy	kcal	495.8614	150.3248	495.8614	
Protein	g	23.0321	6.9824	23.0321	18.58
Sodium, Na	mg	416.5060	126.2675	416.5060	
Carbohydrate, by difference	g	83.2144	25.2272	83.2144	67.13
Total lipid (fat)	g	8.8920	2.6957	8.8920	16.14
Fatty acids, total saturated	g	2.2226	0.6738	2.2226	4.03
Fatty acids, total trans	g	0.0003	0.0001	0.0003	
Cholesterol	mg	51.2052	15.5233	51.2052	
Potassium, K	mg	931.9940	282.5423	931.9940	
Vitamin A, RAE	mcg_RAE	282.1639	85.5405	282.1639	
Vitamin C, total ascorbic acid	mg	59.7010	18.0989	59.7010	
Calcium, Ca	mg	74.6816	22.6404	74.6816	
Vitamin B-6	mg	0.9282	0.2814	0.9282	
Vitamin B-12	mcg	0.0402	0.0122	0.0402	
Magnesium, Mg	mg	95.6614	29.0006	95.6614	
Zinc, Zn	mg	1.1766	0.3567	1.1766	
Fiber, total dietary	g	9.7358	2.9515	9.7358	
Vitamin A, IU	IU	478.4154	145.0359	478.4154	
Vitamin A (RE)	RE	11.1519	3.3808	11.1519	
Vitamin D	IU	3.6713	1.1130	3.6713	
Vit D	mcg	0.0917	0.0278	0.0917	
Vitamin E (alpha-tocopherol)	mg	0.0016	0.0005	0.0016	
Thiamin	mg	0.7656	0.2321	0.7656	
Riboflavin	mg	0.3381	0.1025	0.3381	
Niacin	mg	4.3344	1.3140	4.3344	
Folate, total	mcg	55.9482	16.9612	55.9482	
Phosphorus, P	mg	53.3624	16.1773	53.3624	
Copper, Cu	mg	0.0007	0.0002	0.0007	
Manganese, Mn	mg				
Selenium, Se	mcg	0.0501	0.0152	0.0501	
Pantothenic acid	mg				
Vitamin K (phylloquinone)	mcg	23.6572	7.1719	23.6572	
Iron, Fe	mg	0.7748	0.2349	0.7748	
Water	g	93.4662	28.3351	93.4662	
Ash	g	1.6288	0.4938	1.6288	
Sugars, Total	g	3.2072	0.9723	3.2072	



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Meal Pattern	Unit	Value Per Serving	Missing Value
Fruits	Cup	0	
Vegetables, Total	Cup	0	
Vegetables, Dark Green	Cup	0	
Vegetables, Red/Orange	Cup	0	
Vegetables, Legumes	Cup	0	
Vegetables, Starchy	Cup	0	
Vegetables, Other	Cup	0	
Vegetables, Additional	Cup	0	
Grains	Oz Eq	0	
Meats/Meat Alternates	Oz Eq	0	
Fluid Milk	Cup	0	

Meal Pattern value marked as missing contains at least one ingredient for which meal pattern data is absent.



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