



CENTRAL OFFICE

Recipe Analysis

Recipe ID: FRZ000106

Description: Mac & Cheese, Carrots,Peas

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	377.0000	100.0000	377.0000	
Energy	kcal	449.4128	80.6915	449.4128	
Protein	g	23.6905	4.2536	23.6905	21.09
Sodium, Na	mg	569.3729	102.2302	569.3729	
Carbohydrate, by difference	g	61.1054	10.9714	61.1054	54.39
Total lipid (fat)	g	13.0572	2.3444	13.0572	26.15
Fatty acids, total saturated	g	6.8856	1.2363	6.8856	13.79
Fatty acids, total trans	g	0.1019	0.0183	0.1019	
Cholesterol	mg	41.1320	7.3852	41.1320	
Potassium, K	mg	644.8282	115.7781	644.8282	
Vitamin A, RAE	mcg_RAE	1,039.7421	186.6844	1,039.7421	
Vitamin C, total ascorbic acid	mg	31.7646	5.7033	31.7646	
Calcium, Ca	mg	568.2407	102.0269	568.2407	
Vitamin B-6	mg	0.5464	0.0981	0.5464	
Vitamin B-12	mcg	1.2944	0.2324	1.2944	
Magnesium, Mg	mg	86.5731	15.5441	86.5731	
Zinc, Zn	mg	3.8847	0.6975	3.8847	
Fiber, total dietary	g	9.4008	1.6879	9.4008	
Vitamin A, IU	IU	18,058.0198	3,242.2949	18,058.0198	
Vitamin A (RE)	RE	1,924.9028	345.6139	1,924.9028	
Vitamin D	IU	140.7295	25.2678	140.7295	
Vit D	mcg	3.4124	0.6127	3.4124	
Vitamin E (alpha-tocopherol)	mg	0.1977	0.0355	0.1977	
Thiamin	mg	0.3804	0.0683	0.3804	
Riboflavin	mg	0.6321	0.1135	0.6321	
Niacin	mg	5.1329	0.9216	5.1329	
Folate, total	mcg	158.4812	28.4551	158.4812	
Phosphorus, P	mg	197.3135	35.4274	197.3135	
Copper, Cu	mg	0.2150	0.0386	0.2150	
Manganese, Mn	mg	0.6138	0.1102	0.6138	
Selenium, Se	mcg	23.1709	4.1603	23.1709	
Pantothenic acid	mg	0.2980	0.0535	0.2980	
Vitamin K (phylloquinone)	mcg	35.2796	6.3344	35.2796	
Iron, Fe	mg	3.7115	0.6664	3.7115	
Water	g	151.2932	27.1645	151.2932	
Ash	g	1.4592	0.2620	1.4592	
Sugars, Total	g	4.5614	0.8190	4.5614	