



CENTRAL OFFICE

Recipe Nutrition Analysis

Recipe ID: FRZ000120

Description: Western Omelet Pot O'Brien Straw Apples

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	334.0000	100.0000	334.0000	
Energy	kcal	379.0440	99.1233	379.0440	
Protein	g	14.2427	3.7246	14.2427	15.03
Carbohydrate, by difference	g	45.4490	11.8853	45.4490	47.96
Total lipid (fat)	g	16.7631	4.3837	16.7631	39.80
Fatty acids, total saturated	g	5.0886	1.3307	5.0886	12.08
Fatty acids, total trans	g	0.1025	0.0268	0.1025	
Cholesterol	mg	282.7925	73.9527	282.7925	
Sodium, Na	mg	342.0441	89.4475	342.0441	
Potassium, K	mg	758.0536	198.2376	758.0536	
Vitamin A (RE)	RE	34.5866	9.0447	34.5866	
Vitamin A, RAE	mcg_RAE	36.6305	9.5792	36.6305	
Vitamin A, IU	IU	784.2562	205.0898	784.2562	
Vitamin C, total ascorbic acid	mg	40.1425	10.4976	40.1425	
Calcium, Ca	mg	122.1531	31.9441	122.1531	
Vitamin D	IU				
Vit D	mcg	2.3624	0.6178	2.3624	
Vitamin E (alpha-tocopherol)	mg	0.0803	0.0210	0.0803	
Thiamin	mg	0.1136	0.0297	0.1136	
Riboflavin	mg	0.1262	0.0330	0.1262	
Niacin	mg	2.1506	0.5624	2.1506	
Vitamin B-6	mg	0.5724	0.1497	0.5724	
Folate, total	mcg	81.2784	21.2550	81.2784	
Vitamin B-12	mcg	0.7086	0.1853	0.7086	
Magnesium, Mg	mg	36.0267	9.4213	36.0267	
Zinc, Zn	mg	0.4677	0.1223	0.4677	
Fiber, total dietary	g	3.8909	1.0175	3.8909	
Phosphorus, P	mg	30.5309	7.9841	30.5309	
Copper, Cu	mg	0.0141	0.0037	0.0141	
Manganese, Mn	mg	0.1553	0.0406	0.1553	
Selenium, Se	mcg	1.4718	0.3849	1.4718	
Iron, Fe	mg	2.5919	0.6778	2.5919	
Pantothenic acid	mg	0.0084	0.0022	0.0084	
Vitamin K (phylloquinone)	mcg	0.0249	0.0065	0.0249	
Ash	g	0.0249	0.0065	0.0249	
Water	g	91.0823	23.8188	91.0823	
Sugars, Total	g	2.0129	0.5264	2.0129	