



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000019

Description: Egg Patty, PancakesStrawberry Compote

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 | 275.0000 | 100.0000 | 275.0000 | |
| Energy | kcal | 450.8542 | 170.4203 | 450.8542 | |
| Protein | g | 15.9304 | 6.0216 | 15.9304 | 14.13 |
| Sodium, Na | mg | 604.9714 | 228.6757 | 604.9714 | |
| Carbohydrate, by difference | g | 51.0280 | 19.2883 | 51.0280 | 45.27 |
| Total lipid (fat) | g | 11.0877 | 4.1911 | 11.0877 | 22.13 |
| Fatty acids, total saturated | g | 2.6709 | 1.0096 | 2.6709 | 5.33 |
| Fatty acids, total trans | g | | | | |
| Cholesterol | mg | 36.6659 | 13.8595 | 36.6659 | |
| Potassium, K | mg | 139.0283 | 52.5519 | 139.0283 | |
| Vitamin A, RAE | mcg_RAE | 0.2836 | 0.1072 | 0.2836 | |
| Vitamin C, total ascorbic acid | mg | 35.3807 | 13.3737 | 35.3807 | |
| Calcium, Ca | mg | 52.1566 | 19.7149 | 52.1566 | |
| Vitamin B-6 | mg | 0.0132 | 0.0050 | 0.0132 | |
| Vitamin B-12 | mcg | | | | |
| Magnesium, Mg | mg | 7.4136 | 2.8023 | 7.4136 | |
| Zinc, Zn | mg | 0.0397 | 0.0150 | 0.0397 | |
| Fiber, total dietary | g | 4.5884 | 1.7344 | 4.5884 | |
| Vitamin A, IU | IU | 103.4021 | 39.0854 | 103.4021 | |
| Vitamin A (RE) | RE | 0.3402 | 0.1286 | 0.3402 | |
| Vitamin D | IU | | | | |
| Vit D | mcg | | | | |
| Vitamin E (alpha-tocopherol) | mg | | | | |
| Thiamin | mg | 0.0069 | 0.0026 | 0.0069 | |
| Riboflavin | mg | 0.0061 | 0.0023 | 0.0061 | |
| Niacin | mg | 0.1095 | 0.0414 | 0.1095 | |
| Folate, total | mcg | 7.1866 | 2.7165 | 7.1866 | |
| Phosphorus, P | mg | 20.1143 | 7.6031 | 20.1143 | |
| Copper, Cu | mg | 0.0135 | 0.0051 | 0.0135 | |
| Manganese, Mn | mg | 0.1095 | 0.0414 | 0.1095 | |
| Selenium, Se | mcg | 0.4537 | 0.1715 | 0.4537 | |
| Pantothenic acid | mg | 0.0355 | 0.0134 | 0.0355 | |
| Vitamin K (phylloquinone) | mcg | 0.6238 | 0.2358 | 0.6238 | |
| Iron, Fe | mg | 5.8197 | 2.1998 | 5.8197 | |
| Water | g | 36.7699 | 13.8988 | 36.7699 | |
| Ash | g | 0.3259 | 0.1232 | 0.3259 | |
| Sugars, Total | g | 6.6660 | 2.5197 | 6.6660 | |