



**CENTRAL OFFICE**

**Recipe Analysis**

**Site Type:** CENTRAL OFFICE

**Recipe ID:** FRZ000065

**Description:** Bkd Chic,BrownRice,Black EyePeas,Spinach

**Servings:** 1

**Serving Size:** 1 Meal

**Recipe Source:** Frozen Meal Recipe

<b>Nutrient</b>	<b>Units</b>	<b>Recipe Nutrient Analysis</b>	<b>Nutrient Value Per 100 Grams</b>	<b>Nutrient Value Per Serving</b>	<b>% of Calories</b>
Adjusted Weight	g	449.0000	100.0000	449.0000	
Energy	kcal	396.9744	111.5720	396.9744	
Protein	g	36.6802	10.3092	36.6802	36.96
Sodium, Na	mg	211.4547	59.4306	211.4547	
Carbohydrate, by difference	g	39.2452	11.0301	39.2452	39.54
Total lipid (fat)	g	15.9221	4.4750	15.9221	36.10
Fatty acids, total saturated	g	2.9606	0.8321	2.9606	6.71
Fatty acids, total trans	g				
Cholesterol	mg	101.9673	28.6585	101.9673	
Potassium, K	mg	830.9728	233.5498	830.9728	
Vitamin A, RAE	mcg_RAE	327.6796	92.0963	327.6796	
Vitamin C, total ascorbic acid	mg	9.5461	2.6830	9.5461	
Calcium, Ca	mg	158.3354	44.5011	158.3354	
Vitamin B-6	mg	0.6792	0.1909	0.6792	
Vitamin B-12	mcg	0.4070	0.1144	0.4070	
Magnesium, Mg	mg	142.8979	40.1623	142.8979	
Zinc, Zn	mg	4.7827	1.3442	4.7827	
Fiber, total dietary	g	10.3197	2.9004	10.3197	
Vitamin A, IU	IU	4,891.4365	1,374.7671	4,891.4365	
Vitamin A (RE)	RE	546.0636	153.4744	546.0636	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	1.1293	0.3174	1.1293	
Thiamin	mg	0.4152	0.1167	0.4152	
Riboflavin	mg	0.4191	0.1178	0.4191	
Niacin	mg	7.5458	2.1208	7.5458	
Folate, total	mcg	314.2613	88.3250	314.2613	
Phosphorus, P	mg	406.1576	114.1530	406.1576	
Copper, Cu	mg	0.3533	0.0993	0.3533	
Manganese, Mn	mg	0.9290	0.2611	0.9290	
Selenium, Se	mcg	8.1856	2.3006	8.1856	
Pantothenic acid	mg	0.5949	0.1672	0.5949	
Vitamin K (phylloquinone)	mcg	212.1411	59.6235	212.1411	
Iron, Fe	mg	4.2550	1.1959	4.2550	
Water	g				
Ash	g	1.8690	0.5253	1.8690	
Sugars, Total	g	4.5955	1.2916	4.5955	