



# CENTRAL OFFICE

## Recipe Analysis

**Recipe Number:** FRZ000070 **Recipe Name:** Swt&Sour Chicken, Rice, GingPea

**Recipe Source:** Frozen Meal Recipes

**Standard Yield:** 1

**Serving Size:** 1

**Serving Measure:** Meal

**Serving Description:** 1 Frozen Meal

<b>Nutrient</b>	<b>Nutrient Unit</b>	<b>Recipe Nutrient Value</b>	<b>Nutrient Value per 100 g</b>	<b>Nutrient Value Per Serving</b>	<b>Percent of Calories</b>
Adjusted Weight	g	408.0000	100.0000	408.0000	
Energy	kcal	409.6360	97.7773	409.6360	
Protein	g	26.0439	6.2165	26.0439	25.43
Sodium, Na	mg	575.0258	137.2547	575.0258	
Carbohydrate, by difference	g	65.4326	15.6183	65.4326	63.89
Total lipid (fat)	g	4.2054	1.0038	4.2054	9.24
Fatty acids, total saturated	g	0.0587	0.0140	0.0587	0.13
Fatty acids, total trans	g				
Cholesterol	mg	61.4647	14.6712	61.4647	
Potassium, K	mg	1,344.5122	320.9258	1,344.5122	
Vitamin A, RAE	mcg_RAE	221.0097	52.7535	221.0097	
Vitamin C, total ascorbic	mg	67.7447	16.1702	67.7447	
Calcium, Ca	mg	172.7256	41.2284	172.7256	
Vitamin B-6	mg	0.5044	0.1204	0.5044	
Vitamin B-12	mcg	0.1487	0.0355	0.1487	
Magnesium, Mg	mg	99.3443	23.7128	99.3443	
Zinc, Zn	mg	2.2644	0.5405	2.2644	
Fiber, total dietary	g	11.4586	2.7351	11.4586	
Vitamin A, IU	IU	4,719.8916	1,126.6056	4,719.8916	
Vitamin A (RE)	RE	438.5183	104.6713	438.5183	
Vitamin D	IU	0.1420	0.0339	0.1420	
Vit D	mcg				
Vitamin E	mg	1.3473	0.3216	1.3473	
Thiamin	mg	0.3352	0.0800	0.3352	
Riboflavin	mg	0.2665	0.0636	0.2665	
Niacin	mg	5.3638	1.2803	5.3638	
Folate, total	mcg	104.4136	24.9228	104.4136	
Phosphorus, P	mg	191.8459	45.7923	191.8459	
Copper, Cu	mg	0.1483	0.0354	0.1483	
Manganese, Mn	mg	0.7583	0.1810	0.7583	
Selenium, Se	mcg	5.2599	1.2555	5.2599	
Pantothenic acid	mg	0.1563	0.0373	0.1563	