



CENTRAL OFFICE

Recipe Analysis

Site Type: CENTRAL OFFICE

Recipe ID: FRZ000087

Description: BBQ Riblet, Baked Beans, Corn

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	356.6970	100.0000	356.6970	
Energy	kcal	462.5346	124.1270	462.5346	
Protein	g	21.8138	5.8540	21.8138	18.86
Carbohydrate, by difference	g	56.4710	15.1547	56.4710	48.84
Total lipid (fat)	g	17.6142	4.7270	17.6142	34.27
Fatty acids, total saturated	g	6.0668	1.6281	6.0668	11.80
Fatty acids, total trans	g	0.2702	0.0725	0.2702	
Cholesterol	mg	41.9414	11.2555	41.9414	
Sodium, Na	mg	492.4437	132.1535	492.4437	
Potassium, K	mg	1,030.1087	76.4427	1,030.1087	
Vitamin A (RE)	RE	151.8993	40.7641	151.8993	
Vitamin A, RAE	mcg_RAE	17.2543	4.6304	17.2543	
Vitamin A, IU	IU	987.2585	264.9433	987.2585	
Vitamin C, total ascorbic acid	mg	19.2210	5.1582	19.2210	
Calcium, Ca	mg	119.3833	31.8613	119.3833	
Vitamin D	IU				
Vit D	mcg				
Vitamin E (alpha-tocopherol)	mg	0.2791	0.0737 49	0.2791	
Thiamin	mg	0.5563	0.1493	0.5563	
Riboflavin	mg	0.2422	0.0650	0.2422	
Niacin	mg	4.9675	1.3331	4.9675	
Vitamin B-6	mg	1.1112	0.2982	1.1112	
Folate, total	mcg	144.5764	38.7989	144.5764	
Vitamin B-12	mcg	0.8250	0.2214	0.8250	
Magnesium, Mg	mg	94.6540	25.4061	94.6540	
Zinc, Zn	mg	4.2413	1.1382	4.2413	
Fiber, total dietary	g	9.8169	2.6345	9.8169	
Phosphorus, P	mg	395.9687	106.2632	395.9687	
Copper, Cu	mg	0.0853	0.0229	0.0853	
Manganese, Mn	mg	0.1949	0.0523	0.1949	
Selenium, Se	mcg	0.7801	0.2082	0.7801	
Iron, Fe	mg	4.4190	1.1859	4.4190	
Pantothenic acid	mg	0.1658	0.0445	0.1658	
Vitamin K (phylloquinone)	mcg	2.4079	0.6462	2.4079	
Ash	g	1.2114	0.3251	1.2114	
Water	g	94.8731	25.4604	94.8731	
Sugars, Total	g	3.0239	0.8115	3.0239	

