



# CENTRAL OFFICE

## Recipe Analysis

**Site Type:** CENTRAL OFFICE

**Recipe ID:** FRZ000097

**Description:** Fish Nuggets Garlic Mash Pot, Carrots

**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	335.0000	100.0000	335.0000	
Energy	kcal	480.6297	116.8932	480.6297	
Protein	g	24.4556	5.9478	24.4556	20.35
Sodium, Na	mg	566.2307	137.7121	566.2307	
Carbohydrate, by difference	g	52.0410	12.6568	52.0410	43.31
Total lipid (fat)	g	20.0931	4.8868	20.0931	37.63
Fatty acids, total saturated	g	2.9649	0.7211	2.9649	5.55
Fatty acids, total trans	g	0.0074	0.0018	0.0074	
Cholesterol	mg	60.0349	14.6010	60.0349	
Potassium, K	mg	746.5143	181.5586	746.5143	
Vitamin A, RAE	mcg_RAE	628.6233	152.8865	628.6233	
Vitamin C, total ascorbic acid	mg	22.7735	5.5387	22.7735	
Calcium, Ca	mg	142.9909	34.7766	142.9909	
Vitamin B-6	mg	0.9428	0.2293	0.9428	
Vitamin B-12	mcg	4.8099	1.1698	4.8099	
Magnesium, Mg	mg	71.1682	17.3087	71.1682	
Zinc, Zn	mg	0.8540	0.2077	0.8540	
Fiber, total dietary	g	4.9587	1.2060	4.9587	
Vitamin A, IU	IU	12,154.1917	2,956.0023	12,154.1917	
Vitamin A (RE)	RE	1,137.4053	276.6266	1,137.4053	
Vitamin D	IU	29.6326	7.2069	29.6326	
Vit D	mcg	0.1620	0.0394	0.1620	
Vitamin E (alpha-tocopherol)	mg	12.8556	3.1266	12.8556	
Thiamin	mg	0.6583	0.1601	0.6583	
Riboflavin	mg	0.4054	0.0986	0.4054	
Niacin	mg	6.9044	1.6792	6.9044	
Folate, total	mcg	36.9650	8.9902	36.9650	
Phosphorus, P	mg	387.5597	94.2578	387.5597	
Copper, Cu	mg	0.0646	0.0157	0.0646	
Manganese, Mn	mg	0.1542	0.0375	0.1542	
Selenium, Se	mcg	29.6877	7.2203	29.6877	
Pantothenic acid	mg	0.2467	0.0600	0.2467	
Vitamin K (phylloquinone)	mcg	10.0186	2.4366	10.0186	
Iron, Fe	mg	3.0669	0.7459	3.0669	
Water	g	150.8833	36.6961	150.8833	
Ash	g	1.1525	0.2803	1.1525	
Sugars, Total	g	3.4271	0.8335	3.4271	
Total Added Sugars	g				