

Basic Report 20655, Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST

Report Date: June 19, 2019 21:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup spaghetti packed 166g	1 cup(not packed) not packed 132g	1 cup elbows not packed not packed 111g
Proximates					
Water	g	63.20	104.91	83.42	70.15
Energy	kcal	152	252	201	169
Protein	g	3.23	5.36	4.26	3.59
Total lipid (fat)	g	2.07	3.44	2.73	2.30
Carbohydrate, by difference	g	31.11	51.64	41.07	34.53
Fiber, total dietary	g	3.3	5.5	4.4	3.7
Sugars, total	g	0.30	0.50	0.40	0.33
Minerals					
Calcium, Ca	mg	7	12	9	8
Iron, Fe	mg	0.72	1.20	0.95	0.80
Magnesium, Mg	mg	41	68	54	46
Phosphorus, P	mg	91	151	120	101
Potassium, K	mg	63	105	83	70
Sodium, Na	mg	4	7	5	4
Zinc, Zn	mg	0.70	1.16	0.92	0.78
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.120	0.199	0.158	0.133
Riboflavin	mg	0.093	0.154	0.123	0.103
Niacin	mg	0.450	0.747	0.594	0.500
Vitamin B-6	mg	0.050	0.083	0.066	0.056
Folate, DFE	µg	8	13	11	9
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	2	1	1
Vitamin A, IU	IU	11	18	15	12
Vitamin E (alpha-tocopherol)	mg	0.23	0.38	0.30	0.26

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.152	0.252	0.201	0.169
Fatty acids, total monounsaturated	g	0.663	1.101	0.875	0.736
Fatty acids, total polyunsaturated	g	0.947	1.572	1.250	1.051
Fatty acids, total trans	g	0.006	0.010	0.008	0.007
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0