

Nutrient	Unit	1 Value Per100 g	1 cup spaghetti not packed 124g	1 cup spaghetti packed 151g	1 cup elbows not packed 120g	1 cup elbows packed 132g	1 cup penne 107g	1 cup farfalle 107g	1 cup rotini 107g	1 cup shells 105g	1 cup lasagne 116g
Vitamin E (alpha-tocopherol)	mg	0.06	0.07	0.09	0.07	0.08	0.06	0.06	0.06	0.06	0.07
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lipids											
Fatty acids, total saturated	g	0.176	0.218	0.266	0.211	0.232	0.188	0.188	0.188	0.185	0.204
Fatty acids, total monounsaturated	g	0.131	0.162	0.198	0.157	0.173	0.140	0.140	0.140	0.138	0.152
Fatty acids, total polyunsaturated	g	0.326	0.404	0.492	0.391	0.430	0.349	0.349	0.349	0.342	0.378
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0	0	0	0
Amino Acids											
Other											
Caffeine	mg	0	0	0	0	0	0	0	0	0	0