

**Basic Report 20125, Pasta, whole-wheat, cooked (Includes foods for USDA's Food Distribution Program)**

Report Date: September 21, 2019 19:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup spaghetti not packed 117g	1 cup spaghetti packed 151g	1 cup elbows 117g	1 cup penne 97g	1 cup shells 105g	1 cup lasagne 116g	1 cup rotini 107g	1 cup farfalle 107g
<b>Proximates</b>										
Water	g	61.80	72.31	93.32	72.31	59.95	64.89	71.69	66.13	66.13
Energy	kcal	149	174	225	174	145	156	173	159	159
Protein	g	5.99	7.01	9.04	7.01	5.81	6.29	6.95	6.41	6.41
Total lipid (fat)	g	1.71	2.00	2.58	2.00	1.66	1.80	1.98	1.83	1.83
Carbohydrate, by difference	g	30.07	35.18	45.41	35.18	29.17	31.57	34.88	32.17	32.17
Fiber, total dietary	g	3.9	4.6	5.9	4.6	3.8	4.1	4.5	4.2	4.2
Sugars, total	g	0.75	0.88	1.13	0.88	0.73	0.79	0.87	0.80	0.80
<b>Minerals</b>										
Calcium, Ca	mg	13	15	20	15	13	14	15	14	14
Iron, Fe	mg	1.72	2.01	2.60	2.01	1.67	1.81	2.00	1.84	1.84
Magnesium, Mg	mg	54	63	82	63	52	57	63	58	58
Phosphorus, P	mg	127	149	192	149	123	133	147	136	136
Potassium, K	mg	96	112	145	112	93	101	111	103	103
Sodium, Na	mg	4	5	6	5	4	4	5	4	4
Zinc, Zn	mg	1.34	1.57	2.02	1.57	1.30	1.41	1.55	1.43	1.43
<b>Vitamins</b>										
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.156	0.183	0.236	0.183	0.151	0.164	0.181	0.167	0.167
Riboflavin	mg	0.099	0.116	0.149	0.116	0.096	0.104	0.115	0.106	0.106
Niacin	mg	3.126	3.657	4.720	3.657	3.032	3.282	3.626	3.345	3.345
Vitamin B-6	mg	0.093	0.109	0.140	0.109	0.090	0.098	0.108	0.100	0.100
Folate, DFE	µg	21	25	32	25	20	22	24	22	22
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0	0	0	0	0
Vitamin A, IU	IU	4	5	6	5	4	4	5	4	4
Vitamin E (alpha-tocopherol)	mg	0.23	0.27	0.35	0.27	0.22	0.24	0.27	0.25	0.25

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Vitamin D (D2 + D3)	µg	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
Vitamin K (phylloquinone)	µg	0.6	0.7	0.9	0.7	0.6	0.6	0.7	0.6	0.6
<b>Lipids</b>										
Fatty acids, total saturated	g	0.243	0.284	0.367	0.284	0.236	0.255	0.282	0.260	0.260
Fatty acids, total monounsaturated	g	0.176	0.206	0.266	0.206	0.171	0.185	0.204	0.188	0.188
Fatty acids, total polyunsaturated	g	0.574	0.672	0.867	0.672	0.557	0.603	0.666	0.614	0.614
Fatty acids, total trans	g	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
<b>Amino Acids</b>										
<b>Other</b>										
Caffeine	mg	0	0	0	0	0	0	0	0	0