

Basic Report 20420, Pasta, dry, unenriched
Report Date: October 17, 2018 15:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup spaghetti 91g	2.0 oz 57g	1 cup elbows 122g	1 cup penne 95g	1 cup farfalle 81g	1 cup rotini 96g	1 cup shells 64g	1 cup lasagna 90g
Proximates										
Water	g	9.90	9.01	5.64	12.08	9.40	8.02	9.50	6.34	8.91
Energy	kcal	371	338	211	453	352	301	356	237	334
Protein	g	13.04	11.87	7.43	15.91	12.39	10.56	12.52	8.35	11.74
Total lipid (fat)	g	1.51	1.37	0.86	1.84	1.43	1.22	1.45	0.97	1.36
Carbohydrate, by difference	g	74.67	67.95	42.56	91.10	70.94	60.48	71.68	47.79	67.20
Fiber, total dietary	g	3.2	2.9	1.8	3.9	3.0	2.6	3.1	2.0	2.9
Sugars, total	g	2.67	2.43	1.52	3.26	2.54	2.16	2.56	1.71	2.40
Minerals										
Calcium, Ca	mg	21	19	12	26	20	17	20	13	19
Iron, Fe	mg	1.30	1.18	0.74	1.59	1.24	1.05	1.25	0.83	1.17
Magnesium, Mg	mg	53	48	30	65	50	43	51	34	48
Phosphorus, P	mg	189	172	108	231	180	153	181	121	170
Potassium, K	mg	223	203	127	272	212	181	214	143	201
Sodium, Na	mg	6	5	3	7	6	5	6	4	5
Zinc, Zn	mg	1.41	1.28	0.80	1.72	1.34	1.14	1.35	0.90	1.27
Vitamins										
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	0.090	0.082	0.051	0.110	0.085	0.073	0.086	0.058	0.081
Riboflavin	mg	0.060	0.055	0.034	0.073	0.057	0.049	0.058	0.038	0.054
Niacin	mg	1.700	1.547	0.969	2.074	1.615	1.377	1.632	1.088	1.530
Vitamin B-6	mg	0.142	0.129	0.081	0.173	0.135	0.115	0.136	0.091	0.128
Folate, DFE	µg	18	16	10	22	17	15	17	12	16
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	0	0	0	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.11	0.10	0.06	0.13	0.10	0.09	0.11	0.07	0.10

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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	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Lipids										
Fatty acids, total saturated	g	0.277	0.252	0.158	0.338	0.263	0.224	0.266	0.177	0.249
Fatty acids, total monounsaturated	g	0.171	0.156	0.097	0.209	0.162	0.139	0.164	0.109	0.154
Fatty acids, total polyunsaturated	g	0.564	0.513	0.321	0.688	0.536	0.457	0.541	0.361	0.508
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

Amino Acids

Other