

**NDSR 2010 Daily Values Report**

Recipe Name: Mediterreanean Pasta Primavera

Project Abbreviation: Simplicious

Recipe ID: PAST02 PaPri

Date of Entry: 1/17/2011

Nutrient	Amount Reported	Daily Value <sup>1</sup>	Percent Daily Value
<b>Mandatory Components</b>			
Calories	401 kcal		
Calories from Fat	89 kcal		
Total Fat	10.084 g	65 g	16 %
Saturated Fat	3.000 g	20 g	15 %
Trans Fat	0.119 g		
Cholesterol	60 mg	300 mg	20 %
Sodium	543 mg	2400 mg	23 %
Total Carbohydrate	47.738 g	300 g	16 %
Dietary Fiber	12.806 g	25 g	51 %
Sugars	4.767 g		
Protein	33.140 g	50 g	66 %
Total Vitamin A Activity	6984 IU	5000 IU	140 %
Vitamin C	16.885 mg	60 mg	28 %
Calcium	180 mg	1000 mg	18 %
Iron	3.279 mg	18 mg	18 %
<b>Voluntary Components</b>			
Vitamin D	6 IU	400 IU	2 %
Vitamin E	3 IU	30 IU	9 %
Vitamin K	53.353 mcg	80 mcg	67 %
Thiamin	0.293 mg	1.5 mg	20 %
Riboflavin	0.348 mg	1.7 mg	20 %
Niacin	10.383 mg	20 mg	52 %
Vitamin B6	0.679 mg	2.0 mg	34 %
Folic Acid	129 mcg	400 mcg	32 %
Vitamin B12	0.546 mcg	6 mcg	9 %
Pantothenic Acid	1.744 mg	10 mg	17 %
Phosphorus	412 mg	1000 mg	41 %
Magnesium	107 mg	400 mg	27 %
Zinc	2.717 mg	15 mg	18 %
Selenium	43.249 mcg	70 mcg	62 %
Copper	0.445 mg	2.0 mg	22 %
Manganese	1.751 mg	2.0 mg	88 %
Potassium	757 mg	3500 mg	22 %

Note: DSAM nutrients are not included in these totals. Nutrient totals may not equal the sum of their parts. (Refer to the NDSR User Manual.) For user-recipe record types, nutrients are listed per serving.

<sup>1</sup> Daily Values are based on a caloric intake of 2000 kcal per day. Nutrient comparisons are not performed for all nutrients for which a Dietary Value has been established. From: Code of Federal Regulations, Food and Drugs, Title 21, Part 101.9, Nutrition labeling of food, 2007.