

NDSR 2010 Glycemic Index and Glycemic Load Report

Recipe Name: Mediterranean Pasta Primavera
 Project Abbreviation: Simplicious
 Recipe ID: PAST02 PaPri

Date of Entry: 01/17/2011

	Glycemic Index		Glycemic Load	
	Glucose = 100	Bread = 100	Glucose	Bread
1. Mediterranean Pasta Primavera	42	60	15	21
4 servings made (serving = 1/4)				
Components/Ingredients:				
1.i1 macaroni noodles, whole wheat, cooked in salted water	42	60	9	13
1 CP, before cooking (2.54 CP)				
Ingredient Variables:				
1.i1v1 P: no fat added				
1.i2 oil, olive	0	0	0	0
1 TB (3.00 TS)				
1.i3 vegetables, garlic, fresh	50	72	0	0
2 clove (2.12 TS)				
Ingredient Variables:				
1.i3v1 P: no fat or salt added				
1.i4 chicken, breast, skin removed before cooking	0	0	0	0
12 OZ, before cooking, edible portion (8.76 OZ)				

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	Glucose = 100	Bread = 100	Glucose	Bread
Ingredient Variables:				
1.i4v1 P: no fat or salt added				
1.i5 mushrooms, raw	50	72	0	0
1 CP, sliced				
1.i6 sweet potato, boiled	46	66	3	4
1 medium - 2" diameter x 5" (0.59 CP)				
Ingredient Variables:				
1.i6v1 P: no fat or salt added				
1.i7 artichoke, hearts, canned in water	50	72	1	2
10.54 OZ (1.78 CP)				
1.i8 tomato, raw	50	72	0	1
2 roma (0.59 CP)				
1.i9 beans, black, canned - drained, regular	28	40	1	1
.5 CP				

Ingredient Variables:

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	Glucose = 100	Bread = 100	Glucose	Bread
1.i9v1 P: no fat or salt added				
1.i10 spinach, raw	50	72	0	0
1 CP				
1.i11 Mozzarella cheese, part skim milk	34	49	0	0
2 OZ	42	60	15	21

Recipe

*Legend: a = addition; i = component/ingredient; v = variable; * = missing data; ? = incomplete; M = missing food; PN = priority note*

Note: For details about the content and calculation in this report, see the NDSR User Manual. For user-recipe record types, ingredient amounts are listed as entered. Glycemic Index and Glycemic Load are listed per serving.