

**NDSR 2010 Nutrient Totals Report**

Recipe Name: Mediterranean Pasta Primavera

Project Abbreviation: Simplicious

Recipe ID: PAST02 PaPri

Date of Entry: 01/17/2011

**Primary Energy Sources**

Energy (kilocalories)	401 kcal
Energy (kilojoules)	1679 kJ
Total Fat	10.084 g
Total Carbohydrate	47.738 g
Available Carbohydrate	34.932 g
Total Protein	33.140 g
Animal Protein	22.870 g
Vegetable Protein	10.269 g
Alcohol	0.000 g
% Calories from Fat	22.180 %
% Calories from Carbohydrate	45.231 %
% Calories from Protein	32.469 %
% Calories from Alcohol	0.000 %

**Fat and Cholesterol**

Cholesterol	60 mg
Total Saturated Fatty Acids (SFA)	3.000 g
Total Monounsaturated Fatty Acids (MUFA)	4.221 g
Total Polyunsaturated Fatty Acids (PUFA)	1.526 g
Total Trans-Fatty Acids (TRANS)	0.119 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.019 g
Omega-3 Fatty Acids	0.195 g
% Calories from SFA	6.601 %
% Calories from MUFA	9.319 %
% Calories from PUFA	3.332 %
Polyunsaturated to Saturated Fat Ratio	0.509
Cholesterol to Saturated Fatty Acid Index	6.051

**Carbohydrates**

Total Sugars	4.766 g
Added Sugars	0.000 g
Fructose	0.682 g
Galactose	0.078 g
Glucose	1.168 g
Lactose	0.044 g
Maltose	1.528 g
Sucrose	1.267 g
Starch	25.060 g

**Fiber**

Total Dietary Fiber	12.806 g
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### Fiber

Soluble Dietary Fiber	4.553 g
Insoluble Dietary Fiber	8.254 g
Pectins	1.833 g

### Vitamins

Total Vitamin A Activity (Retinol Equivalents)	717 mcg
Total Vitamin A Activity (International Units)	6984 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	372 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	4135 mcg
Retinol	28 mcg
Vitamin D (calciferol)	0.161 mcg
Vitamin E (International Units)	3 IU
Vitamin E (Total Alpha-Tocopherol)	1.764 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	1.764 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.000 mg
Total Alpha-Tocopherol Equivalents	1.898 mg
Beta-Tocopherol	0.226 mg
Gamma-Tocopherol	0.440 mg
Delta-Tocopherol	0.023 mg
Vitamin K (phylloquinone)	53.353 mcg
Vitamin C (ascorbic acid)	16.885 mg
Thiamin (vitamin B1)	0.293 mg
Riboflavin (vitamin B2)	0.348 mg
Niacin (vitamin B3)	10.383 mg
Niacin Equivalents	17.294 mg
Pantothenic Acid	1.744 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	0.679 mg
Total Folate	129 mcg
Dietary Folate Equivalents	129 mcg
Natural Folate (food folate)	129 mcg
Synthetic Folate (folic acid)	0 mcg
Vitamin B-12 (cobalamin)	0.546 mcg

### Carotenoids

Beta-Carotene (provitamin A carotenoid)	4122 mcg
Alpha-Carotene (provitamin A carotenoid)	27 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	0 mcg
Lutein + Zeaxanthin	1367 mcg
Lycopene	687 mcg

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### Minerals

Calcium	180 mg
Phosphorus	412 mg
Magnesium	107 mg
Iron	3.279 mg
Zinc	2.717 mg
Copper	0.445 mg
Manganese	1.751 mg
Selenium	43.249 mcg
Sodium	543 mg
Potassium	757 mg

### Fatty Acids

SFA 4:0 (butyric acid)	0.079 g
SFA 6:0 (caproic acid)	0.015 g
SFA 8:0 (caprylic acid)	0.018 g
SFA 10:0 (capric acid)	0.038 g
SFA 12:0 (lauric acid)	0.034 g
SFA 14:0 (myristic acid)	0.273 g
SFA 16:0 (palmitic acid)	1.839 g
SFA 17:0 (margaric acid)	0.001 g
SFA 18:0 (stearic acid)	0.577 g
SFA 20:0 (arachidic acid)	0.014 g
SFA 22:0 (behenic acid)	0.004 g
MUFA 14:1 (myristoleic acid)	0.000 g
MUFA 16:1 (palmitoleic acid)	0.224 g
MUFA 18:1 (oleic acid)	3.900 g
MUFA 20:1 (gadoleic acid)	0.029 g
MUFA 22:1 (erucic acid)	0.000 g
PUFA 18:2 (linoleic acid)	1.206 g
PUFA 18:3 (linolenic acid)	0.158 g
PUFA 18:4 (parinaric acid)	0.000 g
PUFA 20:4 (arachidonic acid)	0.050 g
PUFA 20:5 (eicosapentaenoic acid [EPA])	0.006 g
PUFA 22:5 (docosapentaenoic acid [DPA])	0.012 g
PUFA 22:6 (docosahexaenoic acid [DHA])	0.019 g
TRANS 16:1 (trans-hexadecenoic acid)	0.002 g
TRANS 18:1 (trans-octadecenoic acid [elaidic acid])	0.085 g
TRANS 18:2 (trans-octadecadienoic acid [linolelaidic acid]; incl. c-t, t-c, t-t)	0.021 g
CLA cis-9, trans-11	0.017 g
CLA trans-10, cis-12	0.002 g

Main Folder

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### Amino Acids

Tryptophan	0.415 g
Threonine	1.228 g
Isoleucine	1.519 g
Leucine	2.297 g
Lysine	2.072 g
Methionine	0.738 g
Cystine	0.395 g
Phenylalanine	1.340 g
Tyrosine	1.019 g
Valine	1.575 g
Arginine	1.558 g
Histidine	0.867 g
Alanine	1.471 g
Aspartic Acid	2.643 g
Glutamic Acid	5.790 g
Glycine	1.325 g
Proline	1.826 g
Serine	1.179 g

### Isoflavones and Similar

Daidzein	0.001 mg
Genistein	0.022 mg
Glycitein	0.000 mg
Coumestrol	0.000 mg
Biochanin A	0.001 mg
Formononetin	0.000 mg

### Sugar Alcohols (polyols)

Erythritol	0.000 g
Inositol	0.003 g
Isomalt	0.000 g
Lactitol	0.000 g
Maltitol	0.000 g
Mannitol	0.186 g
Pinitol	0.000 g
Sorbitol	0.001 g
Xylitol	0.001 g

### Other

Acesulfame Potassium	0.000 mg
Aspartame	0.000 mg

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**Other**

Saccharin	0.000 mg
Sucralose	0.000 mg
Tagatose	0.000 mg
Caffeine	0 mg
Phytic Acid	336.668 mg
Oxalic Acid	154.982 mg
3-Methylhistidine	8.481 mg
Sucrose Polyester	0.000 g
Choline	109.682 mg
Betaine	133.625 mg
Glycemic Index (glucose reference)	42
Glycemic Index (bread reference)	60
Glycemic Load (glucose reference)	15
Glycemic Load (bread reference)	21
Nitrogen	5.343 g
Ash	3.437 g
Water	262.393 g
Grams	355.668 g

**User Nutrients**

User Nutrient 1	0.000000 mg
User Nutrient 2	0.000000 mg
User Nutrient 3	0.000000 mg
User Nutrient 4	0.000000 mg
User Nutrient 5	0.000000 mg
User Nutrient 6	0.000000 mg
User Nutrient 7	0.000000 mg
User Nutrient 8	0.000000 mg
User Nutrient 9	0.000000 mg
User Nutrient 10	0.000000 mg
User Nutrient 11	0.000000 mg
User Nutrient 12	0.000000 mg
User Nutrient 13	0.000000 mg
User Nutrient 14	0.000000 mg
User Nutrient 15	0.000000 mg
User Nutrient 16	0.000000 mg
User Nutrient 17	0.000000 mg
User Nutrient 18	0.000000 mg
User Nutrient 19	0.000000 mg

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### User Nutrients

User Nutrient 20

0.000000 mg

*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. Gram weights are listed per serving and may not reflect the actual weight of the prepared recipe.*