

**NDSR 2010 Nutrients Per Food Report**

Recipe Name: Mediterranean Pasta Primavera

Project Abbreviation: Simplicious

Recipe ID: PAST02 PaPri

Date of Entry: 01/17/2011

1. Mediterranean Pasta Primavera  
 4 servings made ( serving = 1/4 )

Components/Ingredients:

1.i1 macaroni noodles, whole wheat, cooked in salted water 110 0.480 0.088 23.594 2.489 4.738 126

1 CP, before cooking

Ingredient Variables:

1.i1v1 P: no fat added

1.i2 oil, olive 30 3.375 0.466 0.000 0.000 0.000 0 0

1 TB

1.i3 vegetables, garlic, fresh 2 0.008 0.001 0.496 0.032 0.095 0 0

2 clove

Ingredient Variables:

1.i3v1 P: no fat or salt added

1.i4 chicken, breast, skin removed before cooking 107 2.800 0.788 0.000 0.000 19.191 48

12 OZ, before cooking, edible portion

Ingredient Variables:

1.i4v1 P: no fat or salt added

1.i5 mushrooms, raw 4 0.060 0.009 0.570 0.175 0.541 1

1 CP, sliced

1.i6 sweet potato, boiled 29 0.053 0.012 6.689 0.944 0.517 10

Main Folder

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	energy (kcal)	fat (g)	SFA (g)	CHO (g)	dfib (g)	protein (g)	Na (mg)
1 medium - 2" diameter x 5"							
Ingredient Variables:							
1.i6v1 P: no fat or salt added							
1.i7 artichoke, hearts, canned in water	40	0.254	0.061	8.927	6.424	2.159	193
10.54 OZ							
1.i8 tomato, raw	5	0.053	0.007	1.046	0.320	0.235	1
2 roma							
1.i9 beans, black, canned - drained, regular	30	0.133	0.021	5.601	2.258	1.769	83
.5 CP							
Ingredient Variables:							
1.i9v1 P: no fat or salt added							
1.i10 spinach, raw	2	0.029	0.005	0.272	0.165	0.215	6
1 CP							
1.i11 Mozzarella cheese, part skim milk	43	2.839	1.542	0.543	0.000	3.680	75
2 OZ							
<b>Total For Recipe</b>	<b>401</b>	<b>10.084</b>	<b>3.000</b>	<b>47.738</b>	<b>12.806</b>	<b>33.140</b>	<b>543</b>

Legend: a = addition; i = component/ingredient; v = variable; \* = missing data; ? = incomplete; M = missing food  
 Note: Brand name nutrient information may not be identical to manufacturers' information. 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, ingredient amounts are listed as entered. Nutrients are listed per serving. Gram weights listed per serving and may not reflect the actual weight of the prepared recipe.