

NDSR 2020 Nutrient Totals Report

Recipe Name: Spaghetti and "Meat"balls VEGAN

Project Abbreviation: Military

Recipe ID: Sp MB

Date of Entry: 09/08/2021

Primary Energy Sources

Energy (kilocalories)	542 kcal
Energy (kilojoules)	2269 kj
Total Fat	8.887 g
Total Carbohydrate	91.611 g
Available Carbohydrate	74.414 g
Total Protein	29.195 g
Animal Protein	0.000 g
Vegetable Protein	29.195 g
Gluten	11.033 g
Alcohol	0.000 g
% Calories from Fat	14.331 %
% Calories from Carbohydrate	66.153 %
% Calories from Protein	19.687 %
% Calories from Alcohol	0.000 %

Fat and Cholesterol

Cholesterol	0 mg
Solid Fats	3.412 g
Total Saturated Fatty Acids (SFA)	1.658 g
Total Monounsaturated Fatty Acids (MUFA)	1.941 g
Total Polyunsaturated Fatty Acids (PUFA)	3.775 g
Total Trans-Fatty Acids (TRANS)	0.052 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.001 g
Omega-3 Fatty Acids	0.421 g
Omega-6 Fatty Acids	3.067 g
% Calories from SFA	2.678 %
% Calories from MUFA	3.139 %
% Calories from PUFA	6.087 %
Polyunsaturated to Saturated Fat Ratio	2.277
Cholesterol to Saturated Fatty Acid Index	1.674

Carbohydrates

Total Sugars	16.224 g
Fructose	5.098 g
Galactose	0.008 g
Glucose	3.832 g
Lactose	0.008 g
Maltose	1.682 g
Sucrose	5.586 g
Starch	53.399 g
Added Sugars (by Total Sugars)	9.790 g

Main Folder

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Carbohydrates

Added Sugars (by Available Carbohydrate) 14.234 g

Fiber

Total Dietary Fiber 17.197 g

Soluble Dietary Fiber 5.462 g

Insoluble Dietary Fiber 10.597 g

Pectins 1.572 g

Vitamins

Total Vitamin A Activity (Retinol Equivalents) 136 mcg

Total Vitamin A Activity (International Units) 1359 IU

Total Vitamin A Activity (Retinol Activity Equivalents) 68 mcg

Beta-Carotene Equivalents (derived from provitamin A carotenoids) 816 mcg

Retinol 0 mcg

Vitamin D (calciferol) 0.000 mcg

Vitamin D2 (ergocalciferol) 0.000 mcg

Vitamin D3 (cholecalciferol) 0.000 mcg

Vitamin E (International Units) 6.457 IU

Vitamin E (Total Alpha-Tocopherol) 4.327 mg

Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol) 4.327 mg

Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol) 0.000 mg

Total Alpha-Tocopherol Equivalents 4.741 mg

Beta-Tocopherol 0.255 mg

Gamma-Tocopherol 3.029 mg

Delta-Tocopherol 0.866 mg

Vitamin K (phylloquinone) 71.903 mcg

Vitamin C (ascorbic acid) 28.967 mg

Thiamin (vitamin B1) 2.144 mg

Riboflavin (vitamin B2) 0.578 mg

Niacin (vitamin B3) 9.053 mg

Niacin Equivalents 14.308 mg

Pantothenic Acid 1.501 mg

Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine) 0.809 mg

Total Folate 178 mcg

Dietary Folate Equivalents 207 mcg

Natural Folate (food folate) 136 mcg

Synthetic Folate (folic acid) 42 mcg

Vitamin B-12 (cobalamin) 0.188 mcg

Carotenoids

Beta-Carotene (provitamin A carotenoid) 781 mcg

Alpha-Carotene (provitamin A carotenoid) 16 mcg

Main Folder

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Beta-Cryptoxanthin (provitamin A carotenoid)	54 mcg
Lutein + Zeaxanthin	454 mcg
Lycopene	5299 mcg

Minerals

Calcium	433 mg
Phosphorus	445 mg
Magnesium	185 mg
Iron	9.742 mg
Zinc	3.519 mg
Copper	0.813 mg
Manganese	3.430 mg
Selenium	46.325 mcg
Sodium	1806 mg
Potassium	1145 mg

Fatty Acids

SFA 4:0 (butyric acid)	0.000 g
SFA 6:0 (caproic acid)	0.000 g
SFA 8:0 (caprylic acid)	0.002 g
SFA 10:0 (capric acid)	0.007 g
SFA 12:0 (lauric acid)	0.013 g
SFA 14:0 (myristic acid)	0.010 g
SFA 16:0 (palmitic acid)	1.015 g
SFA 17:0 (margaric acid)	0.003 g
SFA 18:0 (stearic acid)	0.566 g
SFA 20:0 (arachidic acid)	0.017 g
SFA 22:0 (behenic acid)	0.013 g
MUFA 14:1 (myristoleic acid)	0.000 g
MUFA 16:1 (palmitoleic acid)	0.025 g
MUFA 18:1 (oleic acid)	1.888 g
MUFA 20:1 (gadoleic acid)	0.025 g
MUFA 22:1 (erucic acid)	0.000 g
PUFA 18:2 (linoleic acid, undifferentiated)	3.345 g
PUFA 18:2 n-6 (linoleic acid [LA])	3.065 g
PUFA 18:3 (linolenic acid, undifferentiated)	0.423 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.421 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.002 g
PUFA 18:4 (parinaric acid)	0.000 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.003 g
PUFA 20:4 n-6 (arachidonic acid [AA])	0.000 g

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PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.000 g
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.000 g
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	0.000 g
TRANS 16:1 (trans-hexadecenoic acid)	0.000 g
TRANS 18:1 (trans-octadecenoic acid)	0.039 g
TRANS 18:2 (trans-octadecadienoic acid)	0.012 g
CLA cis-9, trans-11	0.001 g
CLA trans-10, cis-12	0.000 g

Amino Acids

Tryptophan	0.315 g
Threonine	0.858 g
Isoleucine	0.973 g
Leucine	1.664 g
Lysine	1.072 g
Methionine	0.338 g
Cystine	0.415 g
Phenylalanine	1.123 g
Tyrosine	0.747 g
Valine	1.060 g
Arginine	1.352 g
Histidine	0.551 g
Alanine	0.951 g
Aspartic Acid	2.211 g
Glutamic Acid	6.267 g
Glycine	0.947 g
Proline	1.815 g
Serine	1.150 g

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.