

## 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)	371 kcal
Energy (kilojoules)	1554 kj
Total Fat	6.046 g
Total Carbohydrate	66.731 g
Available Carbohydrate	52.230 g
Total Protein	21.267 g
Animal Protein	0.000 g
Vegetable Protein	21.267 g
Gluten	7.036 g
Alcohol	0.000 g
% Calories from Fat	13.774 %
% Calories from Carbohydrate	66.951 %
% Calories from Protein	19.680 %
% Calories from Alcohol	0.000 %

### Fat and Cholesterol

Cholesterol	0 mg
Solid Fats	0.000 g
Total Saturated Fatty Acids (SFA)	0.818 g
Total Monounsaturated Fatty Acids (MUFA)	1.198 g
Total Polyunsaturated Fatty Acids (PUFA)	2.339 g
Total Trans-Fatty Acids (TRANS)	0.004 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.000 g
Omega-3 Fatty Acids	0.247 g
Omega-6 Fatty Acids	1.898 g
% Calories from SFA	1.858 %
% Calories from MUFA	2.773 %
% Calories from PUFA	5.328 %
Polyunsaturated to Saturated Fat Ratio	2.858
Cholesterol to Saturated Fatty Acid Index	0.826

### Carbohydrates

Total Sugars	10.222 g
Fructose	2.070 g
Galactose	0.002 g
Glucose	1.930 g
Lactose	0.000 g
Maltose	0.627 g
Sucrose	5.578 g
Starch	41.860 g
Added Sugars (by Total Sugars)	3.527 g

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### Carbohydrates

Added Sugars (by Available Carbohydrate) 3.538 g

### Fiber

Total Dietary Fiber 14.501 g

Soluble Dietary Fiber 4.359 g

Insoluble Dietary Fiber 10.012 g

Pectins 1.489 g

### Vitamins

Total Vitamin A Activity (Retinol Equivalents) 92 mcg

Total Vitamin A Activity (International Units) 923 IU

Total Vitamin A Activity (Retinol Activity Equivalents) 46 mcg

Beta-Carotene Equivalents (derived from provitamin A carotenoids) 554 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) 2.721 IU

Vitamin E (Total Alpha-Tocopherol) 1.827 mg

Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol) 1.827 mg

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

Total Alpha-Tocopherol Equivalents 2.081 mg

Beta-Tocopherol 0.161 mg

Gamma-Tocopherol 1.837 mg

Delta-Tocopherol 0.553 mg

Vitamin K (phylloquinone) 12.331 mcg

Vitamin C (ascorbic acid) 25.875 mg

Thiamin (vitamin B1) 1.613 mg

Riboflavin (vitamin B2) 0.351 mg

Niacin (vitamin B3) 7.063 mg

Niacin Equivalents 11.591 mg

Pantothenic Acid 1.068 mg

Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine) 0.611 mg

Total Folate 116 mcg

Dietary Folate Equivalents 119 mcg

Natural Folate (food folate) 111 mcg

Synthetic Folate (folic acid) 5 mcg

Vitamin B-12 (cobalamin) 0.029 mcg

### Carotenoids

Beta-Carotene (provitamin A carotenoid) 548 mcg

Alpha-Carotene (provitamin A carotenoid) 11 mcg

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Beta-Cryptoxanthin (provitamin A carotenoid)	1 mcg
Lutein + Zeaxanthin	325 mcg
Lycopene	5292 mcg

### Minerals

Calcium	179 mg
Phosphorus	375 mg
Magnesium	171 mg
Iron	5.890 mg
Zinc	3.268 mg
Copper	0.831 mg
Manganese	2.922 mg
Selenium	70.516 mcg
Sodium	1070 mg
Potassium	846 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.*