



**Food ID:** A154

**Food name and Description:** Pasta, spaghetti, boiled

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	61
Energy, calculated (kcal)	156
Protein (g)	5.5
Total Fat (g)	0.1
Carbohydrate, total (g)	33.3
Ash, total (g)	0.1

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.9
Sugars, total (g)	0.6

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	9
Phosphorus, P (mg)	7
Iron, Fe (mg)	0.9
Sodium, Na (mg)	1

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.02
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.03
Cholesterol (mg)	0