



## Whole Grain Ultragrain® Pasta Nutritional Information

Date 10/7/11

		51% Whole Wheat Ultragrain® Pasta with 1.5% Egg White			
Nutrient		100 g dry pasta <sup>1</sup>	55 g dry pasta <sup>2</sup>	100 g cooked pasta <sup>3</sup>	140 g cooked pasta <sup>4</sup>
Calories	Kcal	349.71	192.34	137.68	192.75
Energy	kJ	1462.50	804.38	575.79	806.10
Moisture	g	11.50	6.33	65.15	91.21
Ash	g	1.26	0.69	0.50	0.69
Protein	g	14.20	7.81	5.59	7.83
Calories from Fat	kcal	13.16	7.24	5.18	7.25
Total Carbohydrate	g	71.60	39.38	28.19	39.46
Total Fat	g	1.45	0.80	0.57	0.80
Total Dietary Fiber	g	8.07	4.44	3.18	4.45
Total Sugars	g	1.10	0.61	0.43	0.61
Minerals					
Calcium	mg	28.66	15.76	11.28	15.80
Iron	mg	2.61	1.44	1.03	1.44
Magnesium	mg	97.58	53.67	38.42	53.78
Phosphorous	mg	269.40	148.17	106.06	148.49
Potassium	mg	336.09	184.85	132.32	185.25
Sodium	mg	31.03	17.07	12.22	17.10
Zinc	mg	2.17	1.19	0.85	1.20
Copper	mg	0.33	0.18	0.13	0.18
Manganese	mg	2.38	1.31	0.94	1.31
Selenium	mcg	68.90	37.90	27.13	37.98
Vitamins					
Vitamin C	mg	0.00	0.00	0.00	0.00
Thiamine (Vitamin B1)	mg	0.27	0.15	0.11	0.15
Riboflavin (Vitamin B2)	mg	0.19	0.10	0.07	0.10
Niacin (Vitamin B3)	mg	4.08	2.24	1.61	2.25
Vitamin B6	mg	0.24	0.13	0.09	0.13
Folate, Total	mcg	31.44	17.29	12.38	17.33
Folic Acid	mcg	0.00	0.00	0.00	0.00
Vitamin B12	mcg	0.00	0.00	0.00	0.00
Vitamin A, IU	IU	4.59	2.52	1.81	2.53
Vitamin A, RE	mcg-RE	0.00	0.00	0.00	0.00
Vitamin E	mg-ATE	0.47	0.26	0.19	0.26
Pantothenic Acid	mg	0.84	0.46	0.33	0.46
Lipids					
Fatty Acids, Saturated	g	0.29	0.16	0.11	0.16
Fatty Acids, Monounsaturated	mg	0.20	0.11	0.08	0.11
Fatty Acids, Polyunsaturated	mcg	0.67	0.37	0.26	0.37
Cholesterol	mcg	0.00	0.00	0.00	0.00
Fatty Acids, Trans	mcg	0.00	0.00	0.00	0.00

<sup>1</sup> Data calculated for pasta formulation from USDA Database Ingredients (Release 23)

[www.ars.usda.gov/nutrientdata](http://www.ars.usda.gov/nutrientdata)

<sup>2</sup> Typical serving size for dry pasta = 55 g

<sup>3</sup> Cooked pasta weight increase estimated at 2.54 times dry pasta weight

<sup>4</sup> Typical serving size for cooked pasta =140 g