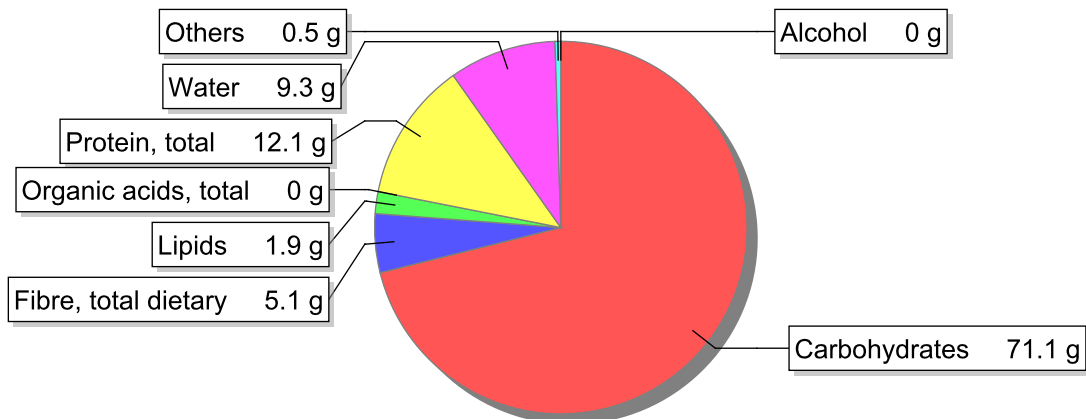


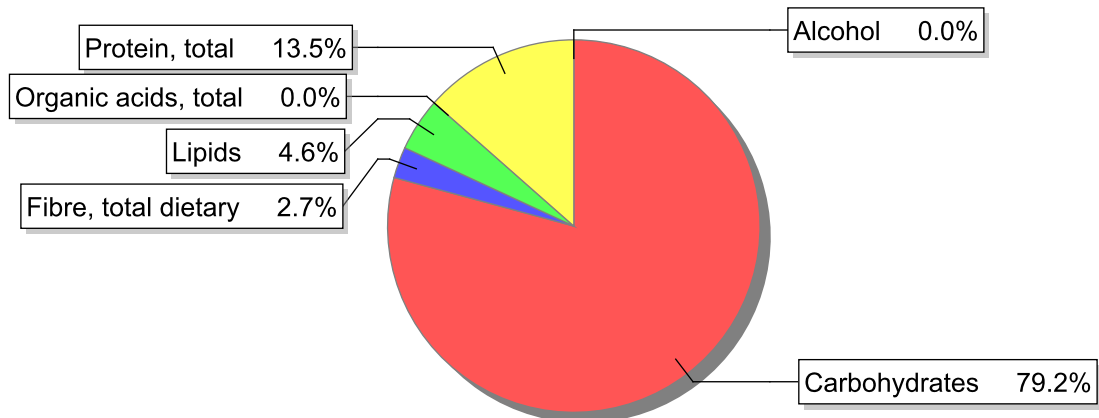
## Food

**Name:** Spaghetti, raw  
**Group:** Cereal and cereal products  
**Subgroup:** Pasta  
**Edible Part:** 100%  
**Code:** IS417  
**FoodEX2 Code:** A007L

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	360	kcal	
energy kJ, total metabolisable	1530	kJ	
fatty acids, total saturated	0.4	g	
fatty acids, total monounsaturated	0.3	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	1.0	g	
fatty acids, total trans	0	g	
sugars, total	3.1	g	57
sucrose	0.9	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	68	g	
protein, total	12.1	g	57
alcohol	0	g	
water	9.3	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0	mg	
thiamin	0.24	mg	57
riboflavin	0.03	mg	
niacin, preformed	2.3	mg	57
niacin equivalents, total	4.8	mg	
niacin equivalents from tryptophan	2.5	mg	
vitamin B-6, total	0.17	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	34	µg	
ash	0.50	g	
sodium	5	mg	
potassium	160	mg	
calcium	22	mg	57
phosphorus	170	mg	
magnesium	35	mg	
iron, total	2.1	mg	
zinc	1	mg	

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB