

Spaghetti (pasta) salad

496kJ, 4g fat per serve

Nutrients	Amount per serve
Energy	496.13kJ
Protein	4.37g
Total fat	3.70g
- saturated fat	2.24g
- polyunsaturated fat	0.22g
- monounsaturated fat	0.96g
Cholesterol	11.77mg
Carbohydrate	16.12g
Sugars	1.35g
Starch	14.71g
Fibre	1.15g
Thiamin	0.04mg
Riboflavin	0.09mg
Niacin	0.63mg
Vitamin C	12.08mg
Folate	14.78µg
Vitamin A equivalents	61.51µg
Sodium	80.82mg
Potassium	115.94mg
Magnesium	12.80mg
Calcium	27.84mg
Phosphorus	72.78mg
Iron	0.41mg
Zinc	0.32mg