

# NUTRIENT COMPARISON

## types of pasta

	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Fiber (g)	Iron (mg)
<b>White Pasta</b>	90	18	0.5	3	1	0.1
<b>Whole Wheat Pasta</b>	90	18	0.5	3.5	2.4	0.9
<b>Veggie Pasta</b>	90	18	0.5	3	1.5	0.7
<b>Chickpea Pasta</b>	90	15	0.9	6	3	1.4
<b>Lentil Pasta</b>	90	15	0.5	6	2.6	1.5
<b>Black Bean Pasta</b>	80	8	1.3	11	5	2.2
<b>Edamame Pasta</b>	95	10	1	11.5	5	5.5
<b>Rice &amp; Quinoa Pasta</b>	91	20	0.6	1.8	0.9	0.2
<b>Rice Noodles</b>	90	20	0.3	1.8	0.3	0
<b>Egg Noodles</b>	87	17	0.5	4	1	0

Per 1/4 cup (approximately 25 grams) child-sized serving of dry pasta