



Food ID: A135

Food name and Description: Noodles, mung bean starch, boiled

Scientific name:

Alternate/Common name(s): Sotanghon, nilaga

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.6
Energy, calculated (kcal)	78
Protein (g)	0
Total Fat (g)	0.1
Carbohydrate, total (g)	19.3
Ash, total (g)	0

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.1
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	6
Phosphorus, P (mg)	1
Iron, Fe (mg)	0.4
Sodium, Na (mg)	2

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
Riboflavin, Vitamin B2 (mg)	0
Niacin (mg)	0
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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