



**Food ID:** A137

**Food name and Description:** Noodles, rice

**Scientific name:**

**Alternate/Common name(s):** Bihon

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	12.1
Energy, calculated (kcal)	353
Protein (g)	2.7
Total Fat (g)	0.5
Carbohydrate, total (g)	84.5
Ash, total (g)	0.3

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	0.1

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	36
Phosphorus, P (mg)	32
Iron, Fe (mg)	1.6
Sodium, Na (mg)	13

### **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)	0.01
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.14
Fatty acids, monounsaturated, total (g)	0.16
Fatty acids, polyunsaturated, total(g)	0.13
Cholesterol (mg)	0