



**Food ID:** A140

**Food name and Description:** Noodles, wheat, canton, dry

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	4.8
Energy, calculated (kcal)	487
Protein (g)	12.8
Total Fat (g)	23.2
Carbohydrate, total (g)	56.8
Ash, total (g)	2.4

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

Fiber, total dietary (g)	3.6
Sugars, total (g)	5.5

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

Calcium, Ca (mg)	49
Phosphorus, P (mg)	71
Iron, Fe (mg)	2.4
Sodium, Na (mg)	676

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

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

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