



Food ID: A143

Food name and Description: Noodles, wheat, inst, w/ flvr, fortified

Scientific name:

Alternate/Common name(s): Mami, inst, may pampalasa,fortified

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	4.1
Energy, calculated (kcal)	465
Protein (g)	9.2
Total Fat (g)	22.3
Carbohydrate, total (g)	56.8
Ash, total (g)	7.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3
Sugars, total (g)	2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	113
Phosphorus, P (mg)	55
Iron, Fe (mg)	2.7
Sodium, Na (mg)	1903

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	702
beta-Carotene (µg)	20
Retinol Activity Equivalent, RAE (µg)	704
Thiamin, Vitamin B1 (mg)	1.77
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	3.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	10.29
Fatty acids, monounsaturated, total (g)	7.8
Fatty acids, polyunsaturated, total(g)	2.79
Cholesterol (mg)	0