

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: A144 Food name and Description: Noodles, wheat, thin Scientific name: Alternate/Common name(s): Misua/Miswa Edible portion: 100%

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

Water (g)	11
Energy, calculated (kcal)	344
Protein (g)	12.2
Total Fat (g)	0.3
Carbohydrate, total (g)	73
Ash, total (g)	3.5

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

Fiber, total dietary (g)	4.2
Sugars, total (g)	5.1

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	55
Phosphorus, P (mg)	74
Iron, Fe (mg)	5.4
Sodium, Na (mg)	1406

## 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)	0.24
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	3.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g	0.04
Fatty acids, monounsaturated, total (g)	0.04
Fatty acids, polyunsaturated, total(g)	0.12
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 14:44:54