



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