



Food ID: A148

Food name and Description: Oatmeal, instant

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	4.4
Energy, calculated (kcal)	394
Protein (g)	10
Total Fat (g)	4.7
Carbohydrate, total (g)	77.9
Ash, total (g)	3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	10.5
Sugars, total (g)	1.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	458
Phosphorus, P (mg)	551
Iron, Fe (mg)	6
Sodium, Na (mg)	231

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)	1.13
Riboflavin, Vitamin B2 (mg)	1.05
Niacin (mg)	15.4
Ascorbic Acid, Vitamin C (mg)	27

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.92
Fatty acids, monounsaturated, total (g)	1.58
Fatty acids, polyunsaturated, total(g)	1.73
Cholesterol (mg)	0