



Food ID: A205

Food name and Description: Instant noodles, chicken flvr, ckd

Scientific name: N/A

Alternate/Common name(s): -

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89.5
Energy, calculated (kcal)	48
Protein (g)	1.3
Total Fat (g)	2.1
Carbohydrate, total (g)	6
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	4
Phosphorus, P (mg)	13
Iron, Fe (mg)	0.2
Potassium, K (mg)	24
Sodium, Na (mg)	320
Zinc, Zn (mg)	0.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	34
beta-Carotene (µg)	1
Retinol Activity Equivalent, RAE (µg)	34
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0.01
Myristic, C14 (g)	0.02
Palmitic, C16 (g)	0.83
Stearic, C18 (g)	0.09
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.66
Oleic , C18:1 (g)	0.66
Fatty acids, polyunsaturated, total(g)	0.16
Linoleic, C18:2 (g)	0.16
Linolenic, C18:3 (g)	0
Cholesterol (mg)	1