



Food ID: R078

Food name and Description: Soup, noodles & beef, cond, and

Scientific name: N/A

Alternate/Common name(s): N/A

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87.2
Energy, calculated (kcal)	55
Protein (g)	1.9
Total Fat (g)	2.3
Carbohydrate, total (g)	6.7
Ash, total (g)	1.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.5
Sugars, total (g)	1.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	44
Phosphorus, P (mg)	17
Iron, Fe (mg)	0.7
Sodium, Na (mg)	536

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	85
beta-Carotene (µg)	112
Retinol Activity Equivalent, RAE (µg)	94
Thiamin, Vitamin B1 (mg)	0.28
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.85
Fatty acids, monounsaturated, total (g)	0.93
Fatty acids, polyunsaturated, total(g)	0.36
Cholesterol (mg)	4