



Food ID: S002

Food name and Description: Beef, egg noodle, veg, str

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89.3
Energy, calculated (kcal)	41
Protein (g)	2.8
Total Fat (g)	0.1
Carbohydrate, total (g)	7.3
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.1
Sugars, total (g)	1.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	33
Phosphorus, P (mg)	32
Iron, Fe (mg)	0.2
Sodium, Na (mg)	12

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	375
Retinol Activity Equivalent, RAE (µg)	36
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-