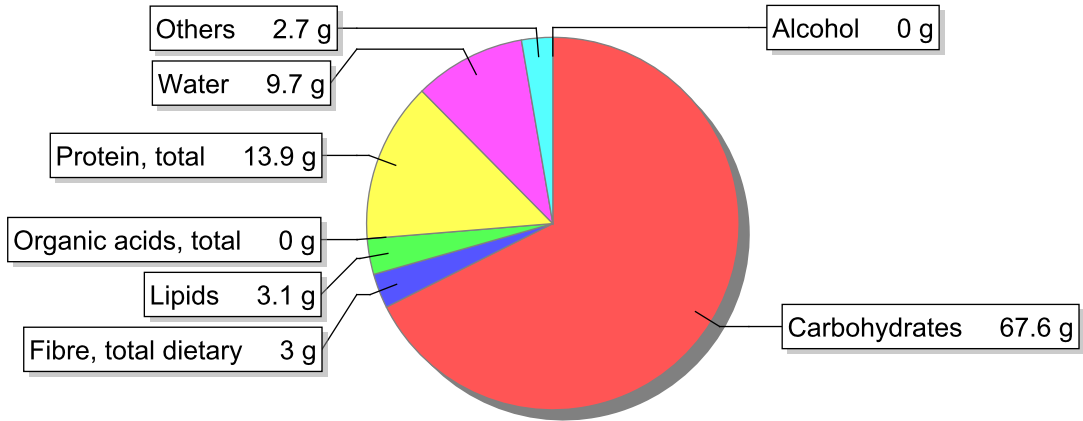


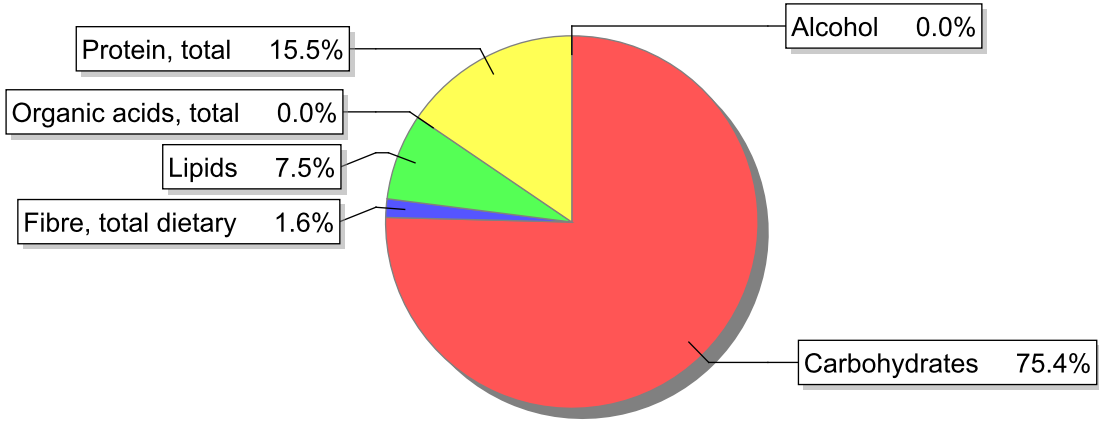
Food

Name: Noodles, egg, raw
Group: Cereal and cereal products
Subgroup: Pasta
Edible Part: 100%
Code: IS422
FoodEX2 Code: A007M

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	360	kcal	
energy kJ, total metabolisable	1520	kJ	
fatty acids, total saturated	0.9	g	
fatty acids, total monounsaturated	1	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.8	g	
fatty acids, total trans	0	g	
sugars, total	1.8	g	
sucrose	0.6	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	3	g	
protein, total	13.9	g	
alcohol	0	g	
water	9.7	g	
organic acids, total	0	g	
cholesterol	79	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	37	µg	
carotene, total (vitamin A precursors)	9	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.4	mg	
thiamin	0.2	mg	
riboflavin	0.13	mg	
niacin, preformed	1.9	mg	
niacin equivalents, total	4.7	mg	
niacin equivalents from tryptophan	2.8	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	29	µg	
ash	0.97	g	
sodium	19	mg	
potassium	220	mg	
calcium	27	mg	
phosphorus	200	mg	
magnesium	52	mg	
iron, total	1.8	mg	
zinc	1.5	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References