

Basic Report 32016, Macaroni or noodles with cheese, microwaveable, unprepared

Report Date: January 31, 2015 23:08 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 serving 1 pouch 61g
Proximates			
Water	g	8.07	4.92
Energy	kcal	388	237
Protein	g	11.48	7.00
Total lipid (fat)	g	6.56	4.00
Carbohydrate, by difference	g	70.75	43.16
Fiber, total dietary	g	1.6	1.0
Sugars, total	g	8.20	5.00
Minerals			
Calcium, Ca	mg	328	200
Iron, Fe	mg	2.36	1.44
Magnesium, Mg	mg	49	30
Phosphorus, P	mg	328	200
Potassium, K	mg	348	212
Sodium, Na	mg	902	550
Zinc, Zn	mg	1.23	0.75
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	1.040	0.634
Riboflavin	mg	0.626	0.382
Niacin	mg	3.882	2.368
Vitamin B-6	mg	0.142	0.087
Folate, DFE	µg	334	204
Vitamin B-12	µg	0.77	0.47
Vitamin A, RAE	µg	99	60
Vitamin A, IU	IU	336	205
Vitamin E (alpha-tocopherol)	mg	0.13	0.08

Nutrient	Unit	1 Value Per100 g	1 serving 1 pouch 61g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.2	0.1
Lipids			
Fatty acids, total saturated	g	2.814	1.717
Fatty acids, total monounsaturated	g	1.625	0.991
Fatty acids, total polyunsaturated	g	1.987	1.212
Cholesterol	mg	8	5
Other			
Caffeine	mg	0	0