

Full Report (All Nutrients) 20114, Noodles, japanese, soba, dry

Report Date: July 15, 2018 17:06 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.37 Nitrogen to Protein Conversion Factor:6.06

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 oz 57g
Proximates					
Water	g	6.88	3	0.010	3.92
Energy	kcal	336	--	--	192
Energy	kJ	1406	--	--	801
Protein	g	14.38	3	0.200	8.20
Total lipid (fat)	g	0.71	3	0.010	0.40
Ash	g	3.41	3	0.010	1.94
Carbohydrate, by difference	g	74.62	--	--	42.53
Minerals					
Calcium, Ca	mg	35	2	--	20
Iron, Fe	mg	2.70	2	--	1.54
Magnesium, Mg	mg	95	2	--	54
Phosphorus, P	mg	254	2	--	145
Potassium, K	mg	252	2	--	144
Sodium, Na	mg	792	2	--	451
Zinc, Zn	mg	1.71	2	--	0.97
Copper, Cu	mg	0.230	2	--	0.131
Manganese, Mn	mg	1.291	--	--	0.736
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.480	3	0.017	0.274
Riboflavin	mg	0.130	2	--	0.074
Niacin	mg	3.210	2	--	1.830

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 oz 57g
Pantothenic acid	mg	0.954	--	--	0.544
Vitamin B-6	mg	0.240	2	--	0.137
Folate, total	µg	60	2	--	34
Folic acid	µg	0	--	--	0
Folate, food	µg	60	2	--	34
Folate, DFE	µg	60	--	--	34
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.136	--	--	0.078
10:0	g	0.003	--	--	0.002
12:0	g	0.002	--	--	0.001
14:0	g	0.004	--	--	0.002
16:0	g	0.093	--	--	0.053
18:0	g	0.009	--	--	0.005
Fatty acids, total monounsaturated	g	0.185	--	--	0.105
16:1 undifferentiated	g	0.004	--	--	0.002
18:1 undifferentiated	g	0.181	--	--	0.103
Fatty acids, total polyunsaturated	g	0.220	--	--	0.125
18:2 undifferentiated	g	0.204	--	--	0.116
18:3 undifferentiated	g	0.016	--	--	0.009
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.204	--	--	0.116
Threonine	g	0.503	--	--	0.287
Isoleucine	g	0.553	--	--	0.315
Leucine	g	0.937	--	--	0.534
Lysine	g	0.607	--	--	0.346
Methionine	g	0.204	--	--	0.116

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 oz 57g
Cystine	g	0.268	--	--	0.153
Phenylalanine	g	0.617	--	--	0.352
Tyrosine	g	0.299	--	--	0.170
Valine	g	0.707	--	--	0.403
Arginine	g	0.899	--	--	0.512
Histidine	g	0.339	--	--	0.193
Alanine	g	0.705	--	--	0.402
Aspartic acid	g	1.058	--	--	0.603
Glutamic acid	g	3.113	--	--	1.774
Glycine	g	0.942	--	--	0.537
Proline	g	0.868	--	--	0.495
Serine	g	0.738	--	--	0.421

Other

Languag Code(s)

- A0275 MACARONI OR NOODLE PRODUCT (US CFR)
- A1290 2000 CEREAL GRAINS AND PASTA (USDA SR)
- B1312 WHEAT
- C0155 SEED
- E0147 WHOLE, SHAPE ACHIEVED BY FORMING
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- H0336 BUCKWHEAT ADDED
- H0367 SALT ADDED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION