

Basic Report 43114, Vermicelli, made from soy

Report Date: September 20, 2019 20:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 140g
Proximates			
Water	g	11.90	16.66
Energy	kcal	331	463
Protein	g	0.10	0.14
Total lipid (fat)	g	0.10	0.14
Carbohydrate, by difference	g	82.32	115.25
Fiber, total dietary	g	3.9	5.5
Sugars, total	g	17.44	24.42
Minerals			
Calcium, Ca	mg	55	77
Iron, Fe	mg	1.81	2.53
Magnesium, Mg	mg	2	3
Phosphorus, P	mg	20	28
Potassium, K	mg	3	4
Sodium, Na	mg	4	6
Zinc, Zn	mg	4.24	5.94
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.000	0.000
Riboflavin	mg	0.000	0.000
Niacin	mg	0.000	0.000
Vitamin B-6	mg	0.000	0.000
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	2	3
Vitamin A, IU	IU	37	52
Vitamin E (alpha-tocopherol)	mg	0.51	0.71

Nutrient	Unit	1 Value Per100 g	1 cup 140g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	3.8	5.3
Lipids			
Fatty acids, total saturated	g	0.014	0.020
Fatty acids, total monounsaturated	g	0.013	0.018
Fatty acids, total polyunsaturated	g	0.041	0.057
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0