

Basic Report 20115, Noodles, japanese, soba, cooked

Report Date: February 24, 2018 13:01 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 114g
Proximates			
Water	g	73.01	83.23
Energy	kcal	99	113
Protein	g	5.06	5.77
Total lipid (fat)	g	0.10	0.11
Carbohydrate, by difference	g	21.44	24.44
Minerals			
Calcium, Ca	mg	4	5
Iron, Fe	mg	0.48	0.55
Magnesium, Mg	mg	9	10
Phosphorus, P	mg	25	28
Potassium, K	mg	35	40
Sodium, Na	mg	60	68
Zinc, Zn	mg	0.12	0.14
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.094	0.107
Riboflavin	mg	0.026	0.030
Niacin	mg	0.510	0.581
Vitamin B-6	mg	0.040	0.046
Folate, DFE	µg	7	8
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	1 Value Per100 g	1 cup 114g
Fatty acids, total saturated	g	0.019	0.022
Fatty acids, total monounsaturated	g	0.026	0.030
Fatty acids, total polyunsaturated	g	0.031	0.035
Cholesterol	mg	0	0
Amino Acids			
Other			