

NUTRITIONAL COMPOSITION OF PASTA ENRICHED NOODLE

Philadelphia Macaroni Company

Formula - Enriched Semolina or Durum Flour, 5.5% Egg Solids

Per 100 grams

		Std. Noodle
Proximates		
Calories	kcal	375.40
Energy	kJ	1594.00
Moisture	g.	11.00
Ash (Minerals)	g.	1.00
Protein	g.	13.80
Calories from Fat	kcal	45.50
Total Carbohydrate	g.	70.10
Total Fat	g.	4.20
Total Dietary Fiber	g.	2.70
Sugars, Total	g.	0.95
Minerals		
Calcium, Ca	mg.	30.50
Iron, Fe	mg.	4.50
Magnesium, Mg	mg.	59.10
Phosphorus, P	mg.	210.90
Potassium, K	mg.	230.60
Sodium, Na	mg.	20.70
Zinc, Zn	mg.	1.60
Copper, Cu	mg.	0.30
Manganese, Mn	mg.	0.70
Selenium, Se	mcg.	58.30
Vitamins		
Ascorbic Acid (Vitamin-C)	mg.	0.00
Thiamin Mononitrate (Vitamin-B1)	mg.	1.10
Riboflavin (Vitamin B-2)	mg.	0.50
Niacin (Vitamin B-3)	mg.	7.90
Vitamin B-6	mg.	0.10
Folate, Total	mcg	245.00
Folic Acid	mcg.	227.60
Vitamin B-12	mcg.	0.40
Vitamin A, IU	IU	61.10
Vitamin A, RE	mcg.-RE	17.70
Vitamin E	mg-ATE	0.20
Pantothenic Acid	mg.	0.70
Lipids		
Fatty Acids, Saturated	g.	0.90
Fatty Acids, Monounsaturated	g.	1.20
Fatty Acids, Polyunsaturated	g.	1.20
Cholesterol	mg.	93.60
Fatty Acids, Trans	mg.	0.00
Other		
Alcohol, Ethyl	g.	0.00

Caffeine	mg	0.00
Carotene, Beta	mcg	2.00
Lycopene	mcg	0.00
Lutein + zeaxanthin	mcg	110.00
References	USDA Database	