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# Specification of Low-GI Multi-grain Noodles

Product Name: Low-GI Multi-grain Noodles

Origin: China

## 1. INGREDIENET LIST

Oat Flour, Buckwheat Flour, Vital Wheat Gluten, Polydextrose (Soluble Dietary Fiber), White Kidney Bean Extract, Mulberry Leaf Extract, Mung Bean Flour, Highland Barley Flour, Quinoa Flour, High-Amylose Corn Starch, Resistant Dextrin, Oat β-Glucan (Added Amount ≥0.1%), Chromium-Enriched Yeast (Added Amount ≥0.01%)

**Allergen Information:** This product contains **gluten**.

**Note:** This product contains oat β-glucan. The daily intake of oat β-glucan should not exceed 5g.

## 2. PRODUCTS CHARACTERISTICS



Color: Brown

Smell and taste: Neutral smell and chewing taste

Storage Conditions: Store in a cool dry place.

Shelf Life: 12 months from production date.

## 3. WAY OF PREPARATION

1. Place the noodles in a bowl and add boiling water to cover them by 2-3cm
2. Cover and let soak for 7-8 minutes
3. Remove the lid and toss the noodles, then drain
4. Add other seasonings to taste and serve

## 4. NUTRITIONAL FACTS

| Nutrition Facts | | |
|---|---|---|
| **Nutritional Values** | **Test Result (per100g)** | **NRV%** |
| Energy | 1565kJ | 19% |
| Protein | 14.1g | 24% |
| Fat | 5.6g | 9% |
| Carbohydrates | 61.9g | 21% |
| Dietary Fiber | 8.2g | 33% |
| Sodium | 14mg | 1% |
| Vitamin E | 8.56mg α-TE | 61% |
| Vitamin $B_1$ | 0.28mg | 20% |
| Vitamin $B_2$ | 0.11mg | 8% |
| Vitamin $B_6$ | 1.14mg | 81% |
| Folic Acid | 27μg | 7% |
| Potassium | 309mg | 15% |
| Magnesium | 77mg | 26% |
| Calcium | 46mg | 6% |
| Iron | 3.3mg | 22% |
| Zinc | 1.61mg | 11% |
| Selenium | 2.9μg | 6% |

## 5. HS CODE: 1902302000

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