



Food ID: R067

Food name and Description: Soup, beef & veg, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	86.1
Energy, calculated (kcal)	60
Protein (g)	3.3
Total Fat (g)	2.7
Carbohydrate, total (g)	5.7
Ash, total (g)	2.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.4
Sugars, total (g)	1.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	38
Phosphorus, P (mg)	28
Iron, Fe (mg)	2
Sodium, Na (mg)	385

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	400
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.28
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.93
Fatty acids, monounsaturated, total (g)	0.68
Fatty acids, polyunsaturated, total(g)	0.78
Cholesterol (mg)	16