



Food ID: R069

Food name and Description: Soup, chicken & asparagus, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.3
Energy, calculated (kcal)	20
Protein (g)	2.1
Total Fat (g)	0.6
Carbohydrate, total (g)	1.5
Ash, total (g)	2.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.7
Sugars, total (g)	0.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	52
Phosphorus, P (mg)	14
Iron, Fe (mg)	0.6
Sodium, Na (mg)	184

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	175
beta-Carotene (µg)	421
Retinol Activity Equivalent, RAE (µg)	210
Thiamin, Vitamin B1 (mg)	0.3
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.1
Fatty acids, monounsaturated, total (g)	0.13
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	2