



**Food ID:** R070

**Food name and Description:** Soup, chicken & veg, cnd

**Scientific name:** N/A

**Alternate/Common name(s):** N/A

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	91.3
Energy, calculated (kcal)	33
Protein (g)	1.2
Total Fat (g)	0.3
Carbohydrate, total (g)	6.3
Ash, total (g)	0.9

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.9
Sugars, total (g)	1.1

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	13
Phosphorus, P (mg)	10
Iron, Fe (mg)	0.5
Sodium, Na (mg)	239

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	75
beta-Carotene (µg)	460
Retinol Activity Equivalent, RAE (µg)	113
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	9

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.06
Fatty acids, polyunsaturated, total(g)	0.06
Cholesterol (mg)	1