



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