



Food ID: R071

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

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	87.2
Energy, calculated (kcal)	60
Protein (g)	2
Total Fat (g)	3.4
Carbohydrate, total (g)	5.4
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.6
Sugars, total (g)	1.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	43
Phosphorus, P (mg)	19
Iron, Fe (mg)	0.4
Sodium, Na (mg)	624

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	375
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.24
Riboflavin, Vitamin B2 (mg)	0.01
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.01
Fatty acids, monounsaturated, total (g)	1.52
Fatty acids, polyunsaturated, total(g)	0.72
Cholesterol (mg)	10