

**Food ID:** R074**Food name and Description:** Soup, cream of asparagus, cond, and**Scientific name:** N/A**Alternate/Common name(s):** N/A**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	84.1
Energy, calculated (kcal)	79
Protein (g)	1.8
Total Fat (g)	4.2
Carbohydrate, total (g)	8.5
Ash, total (g)	1.4

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

Fiber, total dietary (g)	0.4
Sugars, total (g)	0.7

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

Calcium, Ca (mg)	61
Phosphorus, P (mg)	26
Iron, Fe (mg)	1
Sodium, Na (mg)	667

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

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	330
Retinol Activity Equivalent, RAE (µg)	107
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.06
Fatty acids, monounsaturated, total (g)	0.97
Fatty acids, polyunsaturated, total(g)	1.88
Cholesterol (mg)	5