



Food ID: R075

Food name and Description: Soup, cream of chicken, cond, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.9
Energy, calculated (kcal)	62
Protein (g)	2.5
Total Fat (g)	2
Carbohydrate, total (g)	8.4
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	36
Phosphorus, P (mg)	23
Iron, Fe (mg)	1.5
Sodium, Na (mg)	615

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	110
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	111
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.56
Fatty acids, monounsaturated, total (g)	0.83
Fatty acids, polyunsaturated, total(g)	0.4
Cholesterol (mg)	3