



Food ID: R076

Food name and Description: Soup, cream of mushroom, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.7
Energy, calculated (kcal)	102
Protein (g)	1.7
Total Fat (g)	6.7
Carbohydrate, total (g)	8.7
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.9
Sugars, total (g)	0.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	53
Phosphorus, P (mg)	33
Iron, Fe (mg)	0.9
Sodium, Na (mg)	872

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	135
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	135
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.19
Fatty acids, monounsaturated, total (g)	1.55
Fatty acids, polyunsaturated, total(g)	3.76
Cholesterol (mg)	0