



**Food ID:** R077

**Food name and Description:** Soup, mungbean w/ shrimp, ckd

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

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

Water (g)	86
Energy, calculated (kcal)	50
Protein (g)	3.1
Total Fat (g)	0.5
Carbohydrate, total (g)	8.3
Ash, total (g)	2.1

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

Fiber, total dietary (g)	2.8
Sugars, total (g)	1.4

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

Calcium, Ca (mg)	44
Phosphorus, P (mg)	74
Iron, Fe (mg)	0.9
Sodium, Na (mg)	180

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

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	39
Retinol Activity Equivalent, RAE (µg)	8
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.25
Fatty acids, monounsaturated, total (g)	0.16
Fatty acids, polyunsaturated, total(g)	0.05
Cholesterol (mg)	11