



Food ID: R081

Food name and Description: Soup, sotanghon, cond

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.9
Energy, calculated (kcal)	27
Protein (g)	0.8
Total Fat (g)	1.4
Carbohydrate, total (g)	2.8
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.2
Sugars, total (g)	0.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	10
Phosphorus, P (mg)	16
Iron, Fe (mg)	0.4
Sodium, Na (mg)	233

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	115
beta-Carotene (µg)	30
Retinol Activity Equivalent, RAE (µg)	118
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-