



**Food ID:** R084

**Food name and Description:** Soup, veg, cond, cnd

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	93.4
Energy, calculated (kcal)	25
Protein (g)	1.1
Total Fat (g)	0.4
Carbohydrate, total (g)	4.2
Ash, total (g)	0.9

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

Fiber, total dietary (g)	0.2
Sugars, total (g)	1.4

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

Calcium, Ca (mg)	24
Phosphorus, P (mg)	11
Iron, Fe (mg)	0.3
Sodium, Na (mg)	226

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	715
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	0.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.06
Fatty acids, monounsaturated, total (g)	0.17
Fatty acids, polyunsaturated, total(g)	0.15
Cholesterol (mg)	0