



Food ID: R106

Food name and Description: Vegetable soup, prep, w/ yacon

Scientific name:

Alternate/Common name(s): Yacon-veggie summer vegetable soup

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	91.7
Energy, calculated (kcal)	34
Protein (g)	1.6
Total Fat (g)	0.8
Carbohydrate, total (g)	5.1
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.4
Sugars, total (g)	3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	7
Phosphorus, P (mg)	15
Iron, Fe (mg)	0.2
Sodium, Na (mg)	214

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	108
beta-Carotene (µg)	235
Retinol Activity Equivalent, RAE (µg)	128
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	3

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.2
Fatty acids, monounsaturated, total (g)	0.1
Fatty acids, polyunsaturated, total(g)	0
Cholesterol (mg)	4