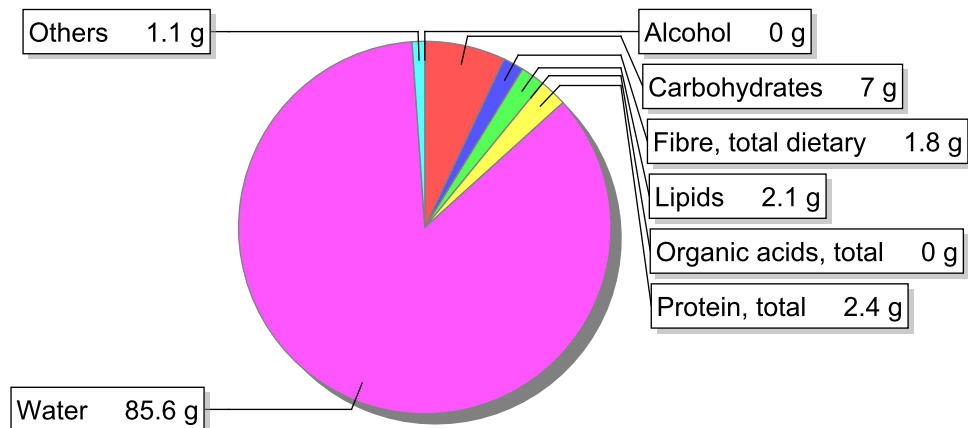


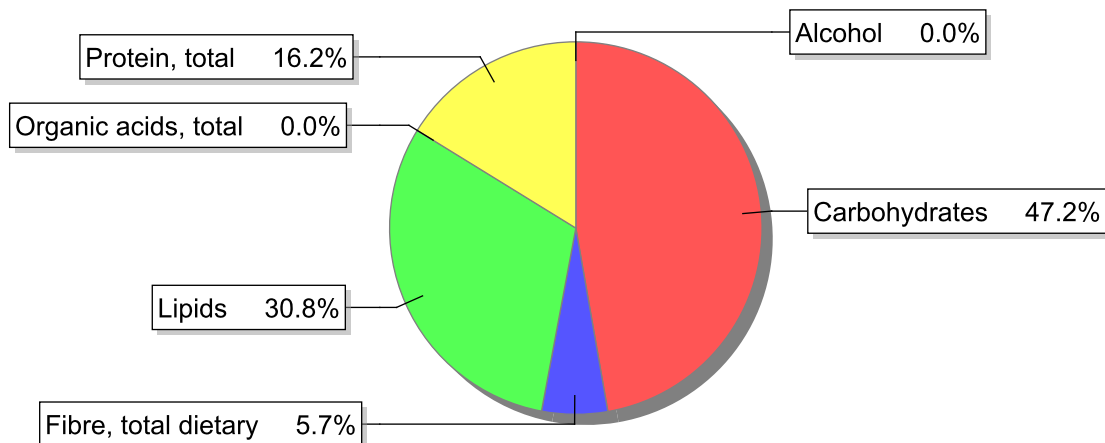
Food

Name: Soup, chick peas and spinach
Group: Soups, sauces and miscellaneous foods
Subgroup: Soups
Edible Part: 100%
Code: IS793
FoodEX2 Code: A041Q

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	60	kcal	
energy kJ, total metabolisable	252	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	1.2	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.373	g	
fatty acids, total trans	0	g	
sugars, total	0.6	g	
sucrose	0.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.4	g	
fibre, total dietary	1.8	g	
protein, total	2.4	g	
alcohol	0	g	
water	85.6	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	41	µg	
carotene, total (vitamin A precursors)	243	µg	
vitamin D	0	µg	
alpha-tocopherol	0.63	mg	
thiamin	0.04	mg	
riboflavin	0.02	mg	
niacin, preformed	0.22	mg	
niacin equivalents, total	0.67	mg	
niacin equivalents from tryptophan	0.35	mg	
vitamin B-6, total	0.06	mg	
vitamin B-12	0	µg	
vitamin C	2.1	mg	
folate, total	16	µg	
ash	1.11	g	
sodium	240	mg	
potassium	110	mg	
calcium	24	mg	
phosphorus	29	mg	
magnesium	15	mg	
iron, total	0.7	mg	
zinc	0.4	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References