

Food

Name: Soup, spinach

Group: Soups, sauces and miscellaneous foods

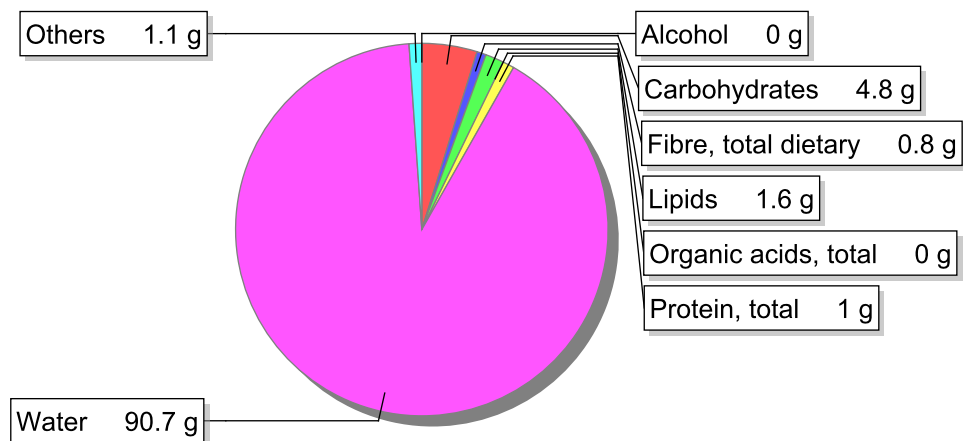
Subgroup: Soups

Edible Part: 100%

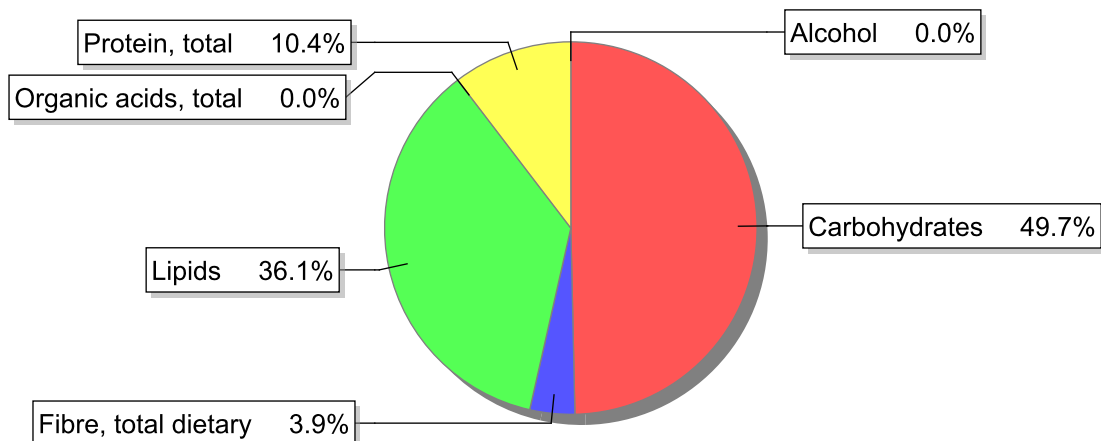
Code: IS790

FoodEX2 Code: A0BZ9

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	39	kcal	
energy kJ, total metabolisable	164	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	1.1	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.109	g	
fatty acids, total trans	0	g	
sugars, total	0.4	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
fibre, total dietary	0.8	g	
protein, total	1	g	
alcohol	0	g	
water	90.7	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	102	µg	
carotene, total (vitamin A precursors)	613	µg	
vitamin D	0	µg	
alpha-tocopherol	0.53	mg	
thiamin	0.04	mg	
riboflavin	0.03	mg	
niacin, preformed	0.27	mg	
niacin equivalents, total	0.62	mg	
niacin equivalents from tryptophan	0.26	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0	µg	
vitamin C	5.3	mg	
folate, total	18	µg	
ash	0.999	g	
sodium	250	mg	
potassium	110	mg	
calcium	22	mg	
phosphorus	16	mg	
magnesium	11	mg	
iron, total	0.4	mg	
zinc	0.2	mg	

Legend

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

References