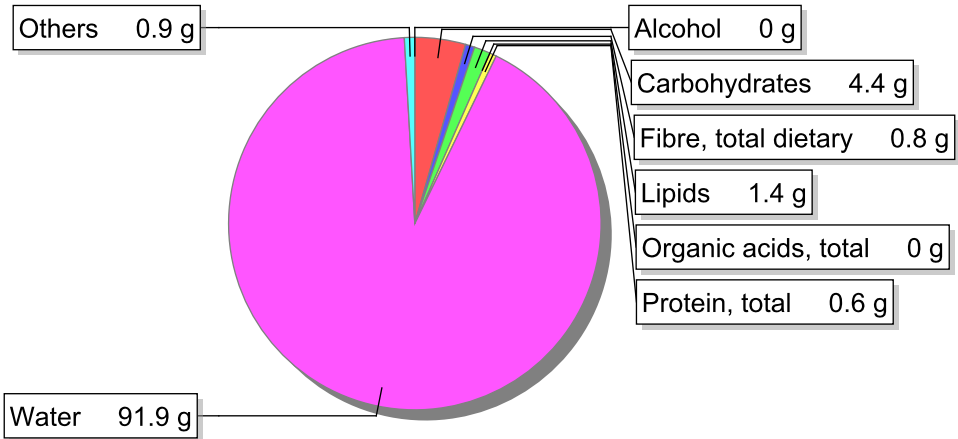


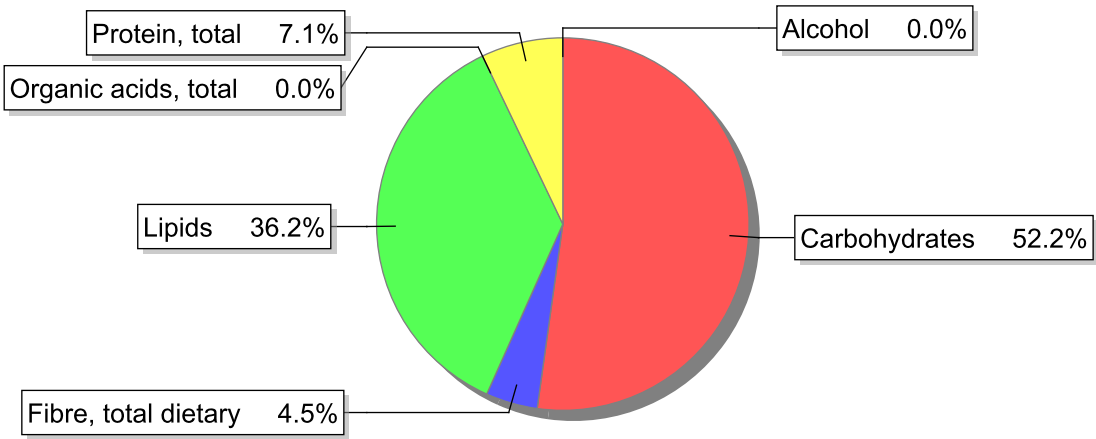
Food

Name: Soup, carrot, purée
Group: Soups, sauces and miscellaneous foods
Subgroup: Soups
Edible Part: 100%
Code: IS788
FoodEX2 Code: A0BZ9

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	34	kcal	
energy kJ, total metabolisable	143	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	1.1	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.0914	g	
fatty acids, total trans	0	g	
sugars, total	1	g	
sucrose	0.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
starch, total	3.4	g	
protein, total	0.6	g	
alcohol	0	g	
water	91.9	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	160	µg	
carotene, total (vitamin A precursors)	960	µg	
vitamin D	0	µg	
alpha-tocopherol	0.31	mg	
thiamin	0.04	mg	
riboflavin	0.01	mg	
niacin, preformed	0.32	mg	
niacin equivalents, total	0.56	mg	
niacin equivalents from tryptophan	0.13	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0	µg	
vitamin C	2.3	mg	
folate, total	7.4	µg	
ash	0.874	g	
sodium	240	mg	
potassium	110	mg	
calcium	12	mg	
phosphorus	13	mg	
magnesium	5.5	mg	
iron, total	0.2	mg	
zinc	0.1	mg	

Legend

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

References