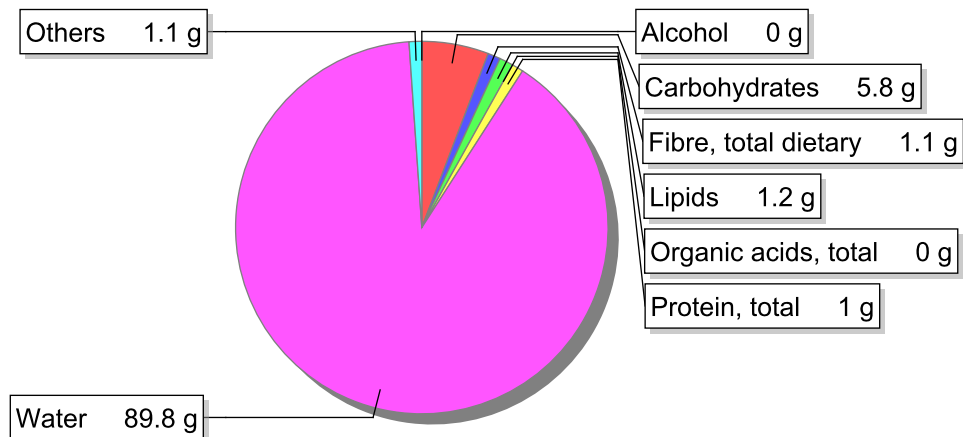


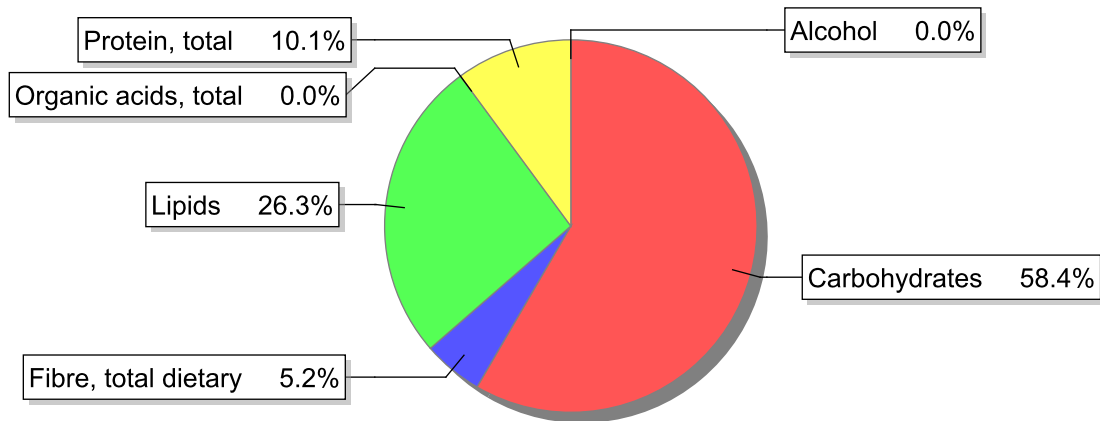
### Food

**Name:** Soup, brassica napus sprouts  
**Group:** Soups, sauces and miscellaneous foods  
**Subgroup:** Soups  
**Edible Part:** 100%  
**Code:** IS796  
**FoodEX2 Code:** A0BZ9

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	40	kcal	
energy kJ, total metabolisable	169	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0.9	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.110	g	
fatty acids, total trans	0	g	
sugars, total	1.2	g	
sucrose	0.4	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	0.6	g	
<b>fibre, total dietary</b>	1.1	g	
<b>protein, total</b>	1	g	
<b>alcohol</b>	0	g	
<b>water</b>	89.8	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	0	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	109	µg	
<b>carotene, total (vitamin A precursors)</b>	654	µg	
<b>vitamin D</b>	0	µg	
<b>alpha-tocopherol</b>	0.38	mg	
<b>thiamin</b>	0.06	mg	
<b>riboflavin</b>	0.01	mg	
<b>niacin, preformed</b>	0.46	mg	
<b>niacin equivalents, total</b>	0.86	mg	
<b>niacin equivalents from tryptophan</b>	0.22	mg	
<b>vitamin B-6, total</b>	0.11	mg	
<b>vitamin B-12</b>	0	µg	
<b>vitamin C</b>	8.6	mg	
<b>folate, total</b>	13	µg	
<b>ash</b>	1.01	g	
<b>sodium</b>	240	mg	
<b>potassium</b>	140	mg	
<b>calcium</b>	24	mg	
<b>phosphorus</b>	19	mg	
<b>magnesium</b>	7.6	mg	
<b>iron, total</b>	0.2	mg	
<b>zinc</b>	0.1	mg	

## Legend

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

## References