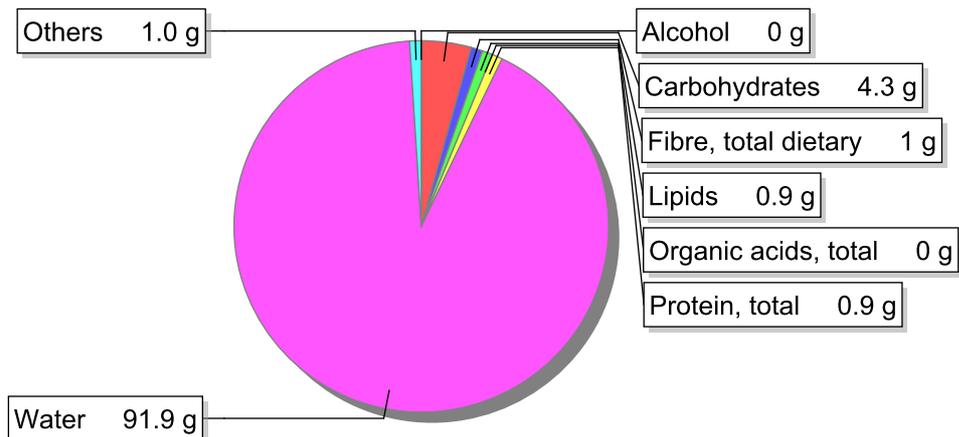


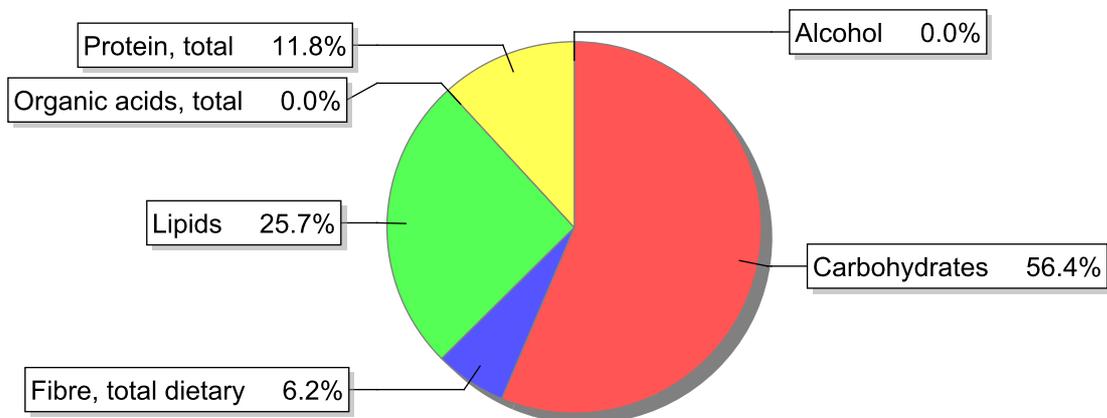
Food

Name: Soup, Julienne
Group: Soups, sauces and miscellaneous foods
Subgroup: Soups
Edible Part: 100%
Code: IS794
FoodEX2 Code: A0BZ9

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	31	kcal	
energy kJ, total metabolisable	130	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.7	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.0674	g	
fatty acids, total trans	0	g	
sugars, total	0.9	g	
sucrose	0.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
starch, total	3.4	g	
protein, total	0.9	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	91	µg	
carotene, total (vitamin A precursors)	543	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.05	mg	
riboflavin	0.01	mg	
niacin, preformed	0.33	mg	
niacin equivalents, total	0.64	mg	
niacin equivalents from tryptophan	0.18	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0	µg	
vitamin C	7.5	mg	
folate, total	16	µg	
ash	0.968	g	
sodium	240	mg	
potassium	110	mg	
calcium	14	mg	
phosphorus	18	mg	
magnesium	5.9	mg	
iron, total	0.1	mg	
zinc	0.1	mg	

Legend

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

References