

Food

Name: Soup "caldo verde"

Group: Soups, sauces and miscellaneous foods

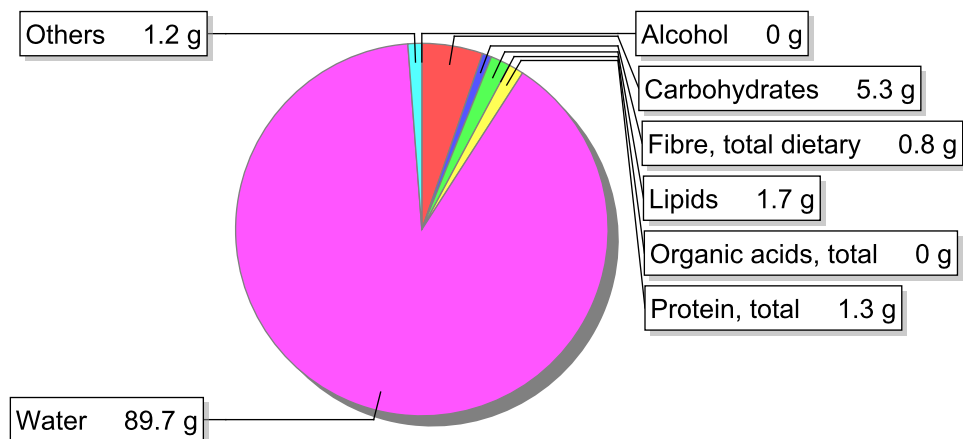
Subgroup: Soups

Edible Part: 100%

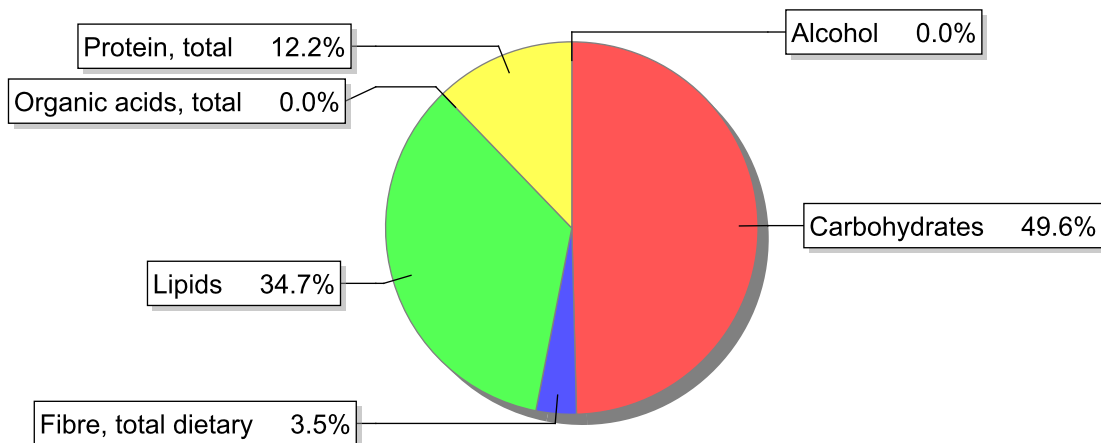
Code: IS782

FoodEX2 Code: A0BZ9

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	43	kcal	
energy kJ, total metabolisable	182	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	1.1	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.159	g	
fatty acids, total trans	0.0	g	
sugars, total	0.7	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.0	g	
fibre, total dietary	0.8	g	
protein, total	1.3	g	
alcohol	0	g	
water	89.7	g	
organic acids, total	0	g	
cholesterol	1	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	50	µg	
carotene, total (vitamin A precursors)	299	µg	
vitamin D	0	µg	
alpha-tocopherol	0.22	mg	
thiamin	0.07	mg	
riboflavin	0.02	mg	
niacin, preformed	0.45	mg	
niacin equivalents, total	0.86	mg	
niacin equivalents from tryptophan	0.23	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0.02	µg	
vitamin C	12	mg	
folate, total	11	µg	
ash	1.22	g	
sodium	260	mg	
potassium	110	mg	
calcium	39	mg	
phosphorus	19	mg	
magnesium	6.8	mg	
iron, total	0.2	mg	
zinc	0.2	mg	

Legend

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

References