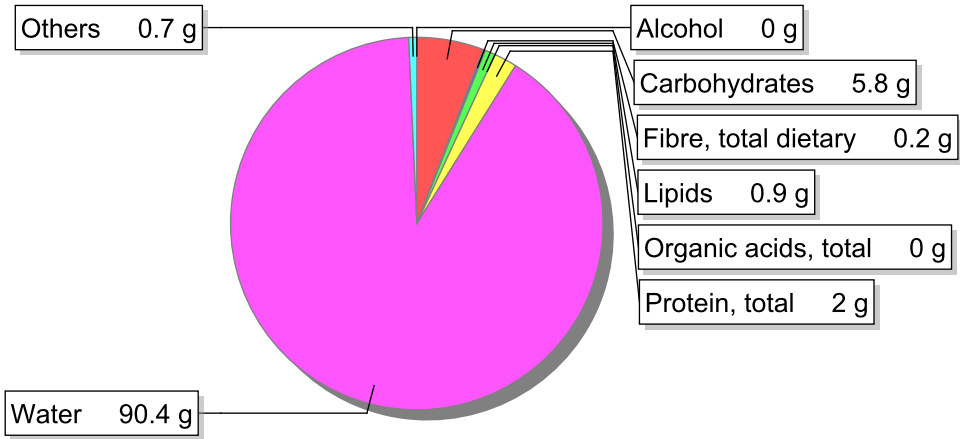


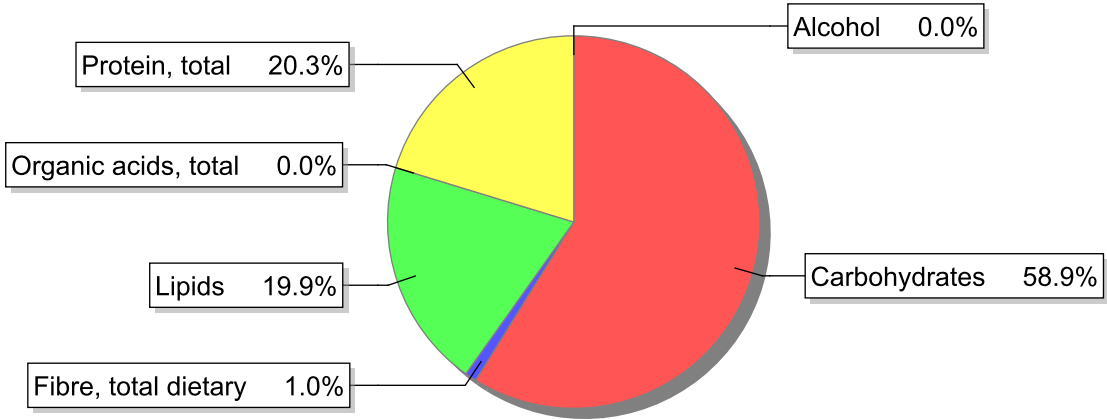
Food

Name: Soup, chicken
Group: Soups, sauces and miscellaneous foods
Subgroup: Soups
Edible Part: 100%
Code: IS783
FoodEX2 Code: A0BZA

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	168	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0.3	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.177	g	
fatty acids, total trans	0.0	g	
sugars, total	0.1	g	
sucrose	0.0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.1	g	
starch, total	5.6	g	
protein, total	2	g	
alcohol	0	g	
water	90.4	g	
organic acids, total	0	g	
cholesterol	6	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	1	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.03	mg	
thiamin	0.01	mg	
riboflavin	0.02	mg	
niacin, preformed	0.49	mg	
niacin equivalents, total	1.14	mg	
niacin equivalents from tryptophan	0.36	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0.02	µg	
vitamin C	0.2	mg	
folate, total	1.8	µg	
ash	0.764	g	
sodium	230	mg	
potassium	21	mg	
calcium	6.2	mg	
phosphorus	17	mg	
magnesium	6	mg	
iron, total	0.1	mg	
zinc	0.2	mg	

Legend

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

References