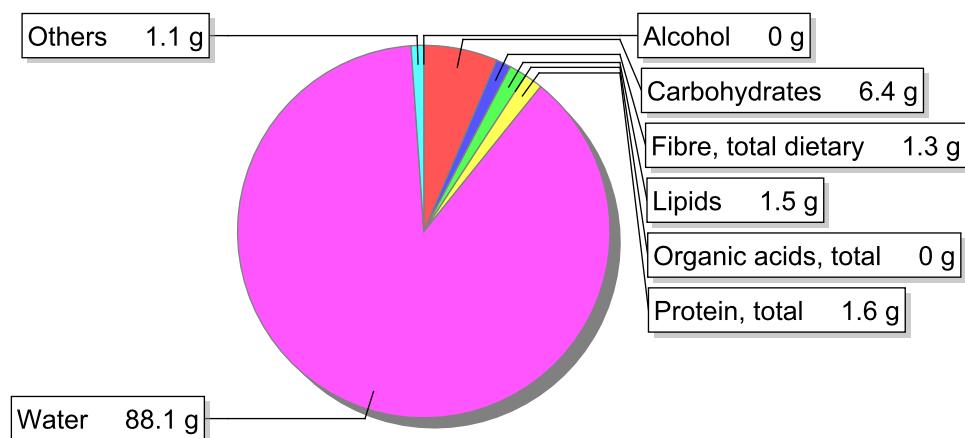


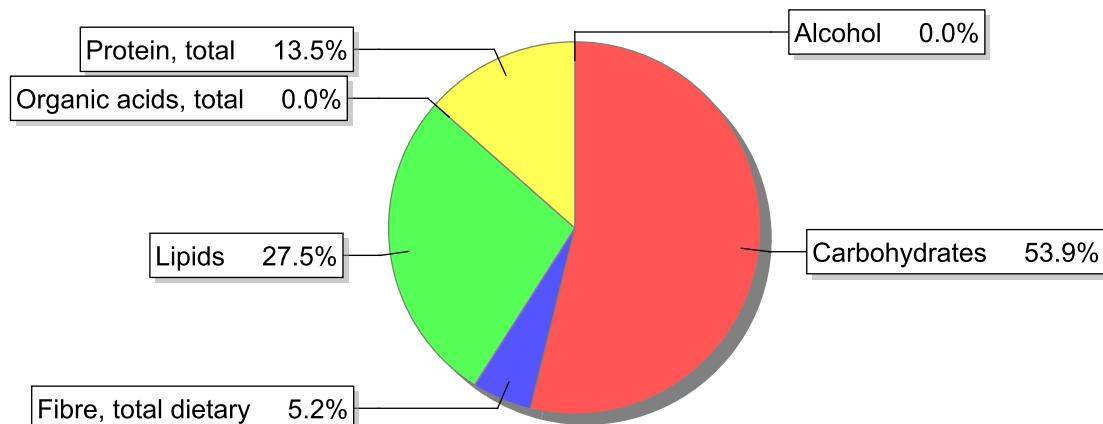
Food

Name: Soup, peas
Group: Soups, sauces and miscellaneous foods
Subgroup: Soups
Edible Part: 100%
Code: IS789
FoodEX2 Code: A041Q

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	48	kcal	
energy kJ, total metabolisable	202	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	0.134	g	
fatty acids, total trans	0	g	
sugars, total	0.9	g	
sucrose	0.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
fibre, total dietary	1.3	g	
protein, total	1.6	g	
alcohol	0	g	
water	88.1	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	71	µg	
carotene, total (vitamin A precursors)	427	µg	
vitamin D	0	µg	
alpha-tocopherol	0.28	mg	
thiamin	0.12	mg	
riboflavin	0.01	mg	
niacin, preformed	0.42	mg	
niacin equivalents, total	0.89	mg	
niacin equivalents from tryptophan	0.31	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	4.2	mg	
folate, total	11	µg	
ash	0.977	g	
sodium	240	mg	
potassium	140	mg	
calcium	12	mg	
phosphorus	30	mg	
magnesium	7.3	mg	
iron, total	0.3	mg	
zinc	0.2	mg	

Legend

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

References