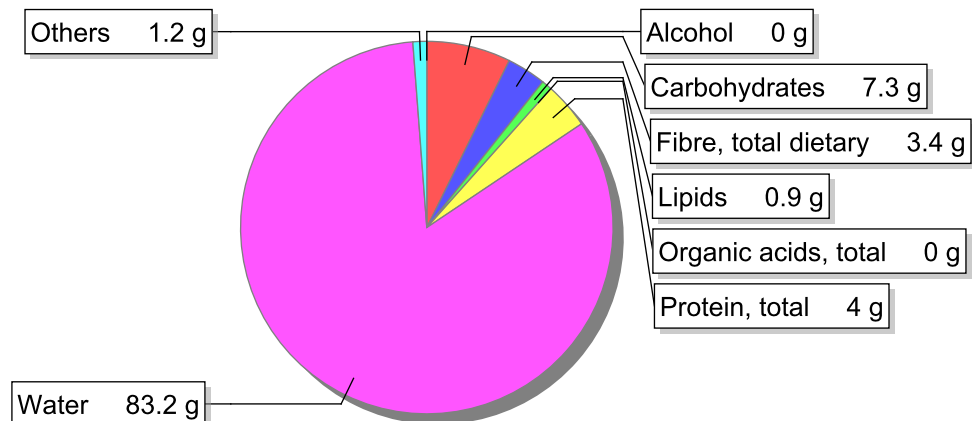


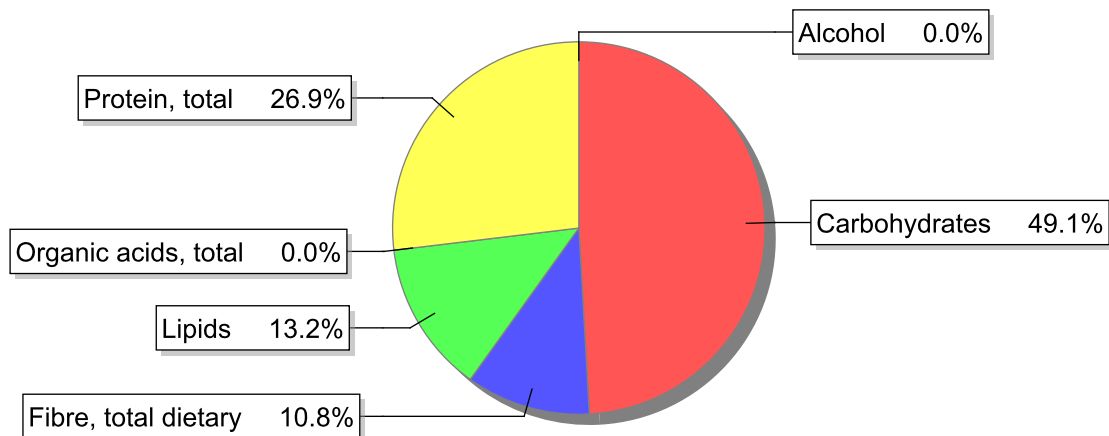
Food

Name: Soup, pork meat
Group: Soups, sauces and miscellaneous foods
Subgroup: Soups
Edible Part: 100%
Code: 025-14
FoodEX2 Code: A041T

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	60	kcal	
energy kJ, total metabolisable	253	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	0.154	g	
fatty acids, total trans	0.0	g	
sugars, total	0.9	g	
sucrose	0.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
starch, total	5.9	g	
protein, total	4	g	
alcohol	0	g	
water	83.2	g	
organic acids, total	0	g	
cholesterol	3	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	99	µg	
carotene, total (vitamin A precursors)	592	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.12	mg	
thiamin	0.14	mg	
riboflavin	0.04	mg	
niacin, preformed	0.72	mg	
niacin equivalents, total	1.4	mg	
niacin equivalents from tryptophan	0.7	mg	
vitamin B-6, total	0.13	mg	
vitamin B-12	0.04	µg	
vitamin C	8.1	mg	
folate, total	63	µg	
ash	1.24	g	
sodium	250	mg	
potassium	250	mg	
calcium	33	mg	
phosphorus	57	mg	
magnesium	22	mg	
iron, total	1.1	mg	
zinc	0.8	mg	

Legend

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

References