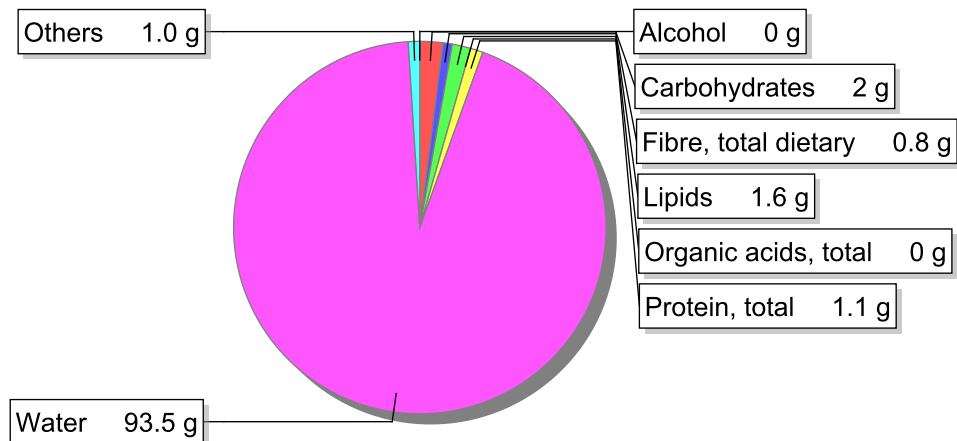


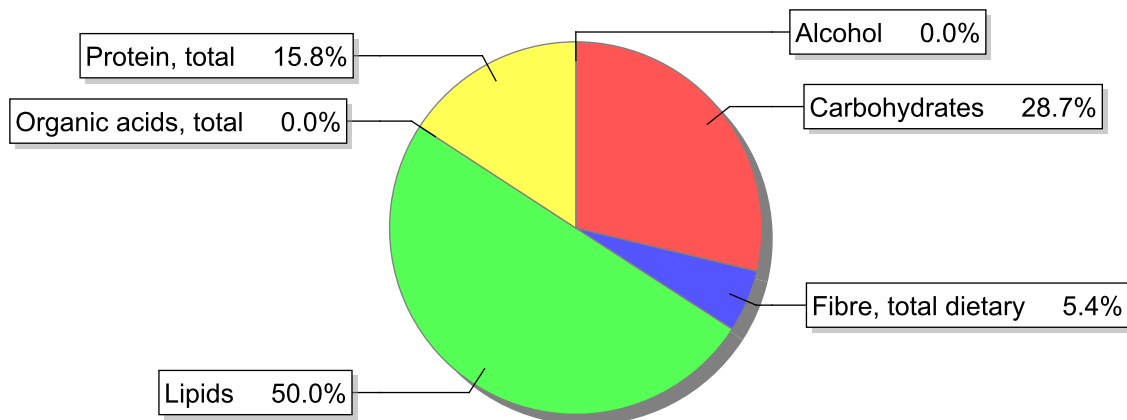
Food

Name: Soup, watercress with curd
Group: Soups, sauces and miscellaneous foods
Subgroup: Soups
Edible Part: 100%
Code: 137-38
FoodEX2 Code: A041L

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	28	kcal	
energy kJ, total metabolisable	118	kJ	
fatty acids, total saturated	0.8	g	
fatty acids, total monounsaturated	0.3	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.251	g	
fatty acids, total trans	0.0	g	
sugars, total	0.7	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0.2	g	
salt	0.7	g	
starch, total	1.2	g	
protein, total	1.1	g	
alcohol	0	g	
water	93.5	g	
organic acids, total	0	g	
cholesterol	2	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	57	µg	
carotene, total (vitamin A precursors)	271	µg	
vitamin D	0.0	µg	
alpha-tocopherol	0.27	mg	
thiamin	0.04	mg	
riboflavin	0.02	mg	
niacin, preformed	0.34	mg	
niacin equivalents, total	0.55	mg	
niacin equivalents from tryptophan	0.21	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0.03	µg	
vitamin C	13.3	mg	
folate, total	32	µg	
ash	1.14	g	
sodium	280	mg	
potassium	100	mg	
calcium	47	mg	
phosphorus	22	mg	
magnesium	7.5	mg	
iron, total	0.3	mg	
zinc	0.2	mg	

Legend

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

References