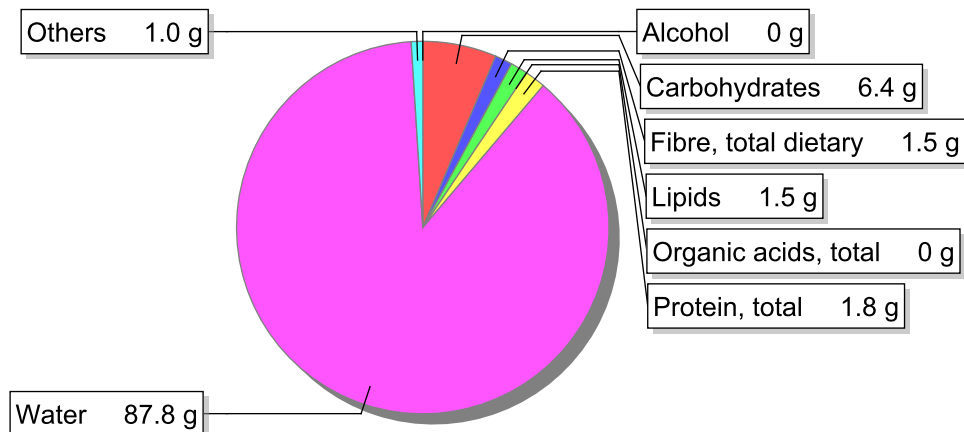


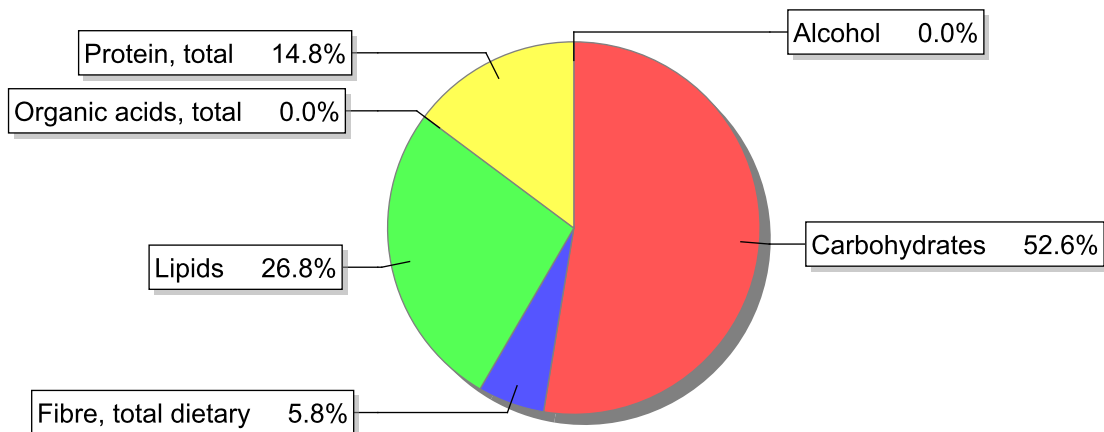
**Food**

**Name:** Soup, broad beans  
**Group:** Soups, sauces and miscellaneous foods  
**Subgroup:** Soups  
**Edible Part:** 100%  
**Code:** IS791  
**FoodEX2 Code:** A041Q

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	49	kcal	
energy kJ, total metabolisable	207	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	0.105	g	
fatty acids, total trans	0	g	
sugars, total	0.8	g	
sucrose	0.4	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	0.6	g	
<b>fibre, total dietary</b>	1.5	g	
<b>protein, total</b>	1.8	g	
<b>alcohol</b>	0	g	
<b>water</b>	87.8	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	0	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	66	µg	
<b>carotene, total (vitamin A precursors)</b>	394	µg	
<b>vitamin D</b>	0	µg	
<b>alpha-tocopherol</b>	0.32	mg	
<b>thiamin</b>	0.05	mg	
<b>riboflavin</b>	0.01	mg	
<b>niacin, preformed</b>	0.43	mg	
<b>niacin equivalents, total</b>	0.94	mg	
<b>niacin equivalents from tryptophan</b>	0.34	mg	
<b>vitamin B-6, total</b>	0.09	mg	
<b>vitamin B-12</b>	0	µg	
<b>vitamin C</b>	4.5	mg	
<b>folate, total</b>	18	µg	
<b>ash</b>	0.965	g	
<b>sodium</b>	240	mg	
<b>potassium</b>	130	mg	
<b>calcium</b>	11	mg	
<b>phosphorus</b>	24	mg	
<b>magnesium</b>	8.3	mg	
<b>iron, total</b>	0.2	mg	
<b>zinc</b>	0.2	mg	

## Legend

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

## References