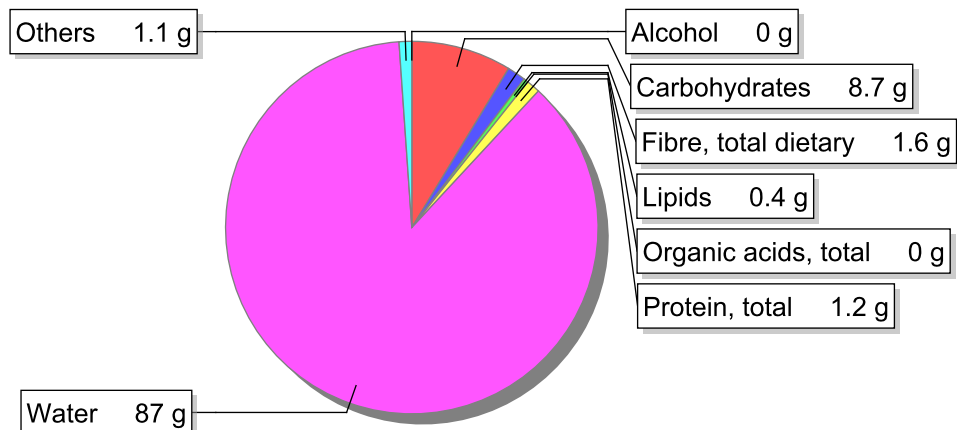


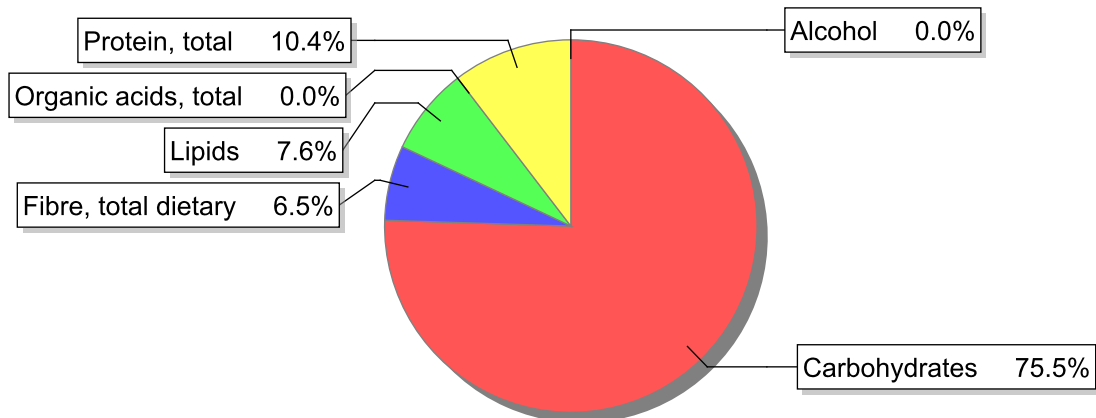
Food

Name: Soup, beans
Group: Soups, sauces and miscellaneous foods
Subgroup: Soups
Edible Part: 100%
Code: 154-41
FoodEX2 Code: A041L

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	46	kcal	
energy kJ, total metabolisable	196	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.3	g	
fatty acids, total polyunsaturated	0.0	g	
fatty acid 18:2 n-6 cis,cis	0.0400	g	
fatty acids, total trans	0	g	
sugars, total	1.9	g	
sucrose	1.4	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
starch, total	6.7	g	
protein, total	1.2	g	
alcohol	0	g	
water	87	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	140	µg	
carotene, total (vitamin A precursors)	839	µg	
vitamin D	0	µg	
alpha-tocopherol	1.05	mg	
thiamin	0.08	mg	
riboflavin	0.01	mg	
niacin, preformed	0.27	mg	
niacin equivalents, total	0.51	mg	
niacin equivalents from tryptophan	0.24	mg	
vitamin B-6, total	0.07	mg	
vitamin B-12	0	µg	
vitamin C	7.8	mg	
folate, total	21	µg	
ash	0.982	g	
sodium	250	mg	
potassium	170	mg	
calcium	17	mg	
phosphorus	22	mg	
magnesium	12	mg	
iron, total	0.4	mg	
zinc	0.3	mg	

Legend

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

References