

Basic Report 06004, Soup, bean with pork, canned, condensed

Report Date: January 30, 2015 16:35 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	0.5 cup 130g	1 can 11.5 oz 326g
Proximates				
Water	g	70.17	91.22	228.75
Energy	kcal	129	168	421
Protein	g	5.88	7.64	19.17
Total lipid (fat)	g	4.42	5.75	14.41
Carbohydrate, by difference	g	16.97	22.06	55.32
Fiber, total dietary	g	5.9	7.7	19.2
Sugars, total	g	3.00	3.90	9.78
Minerals				
Calcium, Ca	mg	60	78	196
Iron, Fe	mg	1.53	1.99	4.99
Magnesium, Mg	mg	33	43	108
Phosphorus, P	mg	98	127	319
Potassium, K	mg	375	488	1222
Sodium, Na	mg	672	874	2191
Zinc, Zn	mg	0.77	1.00	2.51
Vitamins				
Vitamin C, total ascorbic acid	mg	1.2	1.6	3.9
Thiamin	mg	0.065	0.084	0.212
Riboflavin	mg	0.025	0.032	0.082
Niacin	mg	0.421	0.547	1.372
Vitamin B-6	mg	0.031	0.040	0.101
Folate, DFE	µg	24	31	78
Vitamin B-12	µg	0.03	0.04	0.10
Vitamin A, RAE	µg	34	44	111
Vitamin A, IU	IU	662	861	2158
Vitamin E (alpha-tocopherol)	mg	0.87	1.13	2.84

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	2.4	3.1	7.8
Lipids				
Fatty acids, total saturated	g	1.140	1.482	3.716
Fatty acids, total monounsaturated	g	1.620	2.106	5.281
Fatty acids, total polyunsaturated	g	1.360	1.768	4.434
Cholesterol	mg	2	3	7
Other				
Caffeine	mg	0	0	0