

## Basic Report 06201, Soup, cream of asparagus, canned, prepared with equal volume milk

Report Date: July 20, 2019 06:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (8 fl oz) 248g	1 can (10.75 oz), prepared 602g
<b>Proximates</b>				
Water	g	86.00	213.28	517.72
Energy	kcal	65	161	391
Protein	g	2.55	6.32	15.35
Total lipid (fat)	g	3.30	8.18	19.87
Carbohydrate, by difference	g	6.61	16.39	39.79
Fiber, total dietary	g	0.3	0.7	1.8
<b>Minerals</b>				
Calcium, Ca	mg	70	174	421
Iron, Fe	mg	0.35	0.87	2.11
Magnesium, Mg	mg	8	20	48
Phosphorus, P	mg	62	154	373
Potassium, K	mg	145	360	873
Sodium, Na	mg	420	1042	2528
Zinc, Zn	mg	0.37	0.92	2.23
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	1.6	4.0	9.6
Thiamin	mg	0.041	0.102	0.247
Riboflavin	mg	0.111	0.275	0.668
Niacin	mg	0.355	0.880	2.137
Vitamin B-6	mg	0.026	0.064	0.157
Folate, DFE	µg	12	30	72
Vitamin B-12	µg	0.20	0.50	1.20
Vitamin A, RAE	µg	25	62	150
Vitamin A, IU	IU	242	600	1457
<b>Lipids</b>				
Fatty acids, total saturated	g	1.340	3.323	8.067

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Fatty acids, total monounsaturated	g	0.840	2.083	5.057
Fatty acids, total polyunsaturated	g	0.900	2.232	5.418
Cholesterol	mg	9	22	54
<b>Amino Acids</b>				
<b>Other</b>				