

Basic Report 06401, Soup, cream of asparagus, canned, prepared with equal volume water

Report Date: July 17, 2019 22:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (8 fl oz) 244g	1 can (10.75 oz), prepared 593g
Proximates				
Water	g	91.80	223.99	544.37
Energy	kcal	35	85	208
Protein	g	0.94	2.29	5.57
Total lipid (fat)	g	1.68	4.10	9.96
Carbohydrate, by difference	g	4.38	10.69	25.97
Fiber, total dietary	g	0.2	0.5	1.2
Minerals				
Calcium, Ca	mg	12	29	71
Iron, Fe	mg	0.33	0.81	1.96
Magnesium, Mg	mg	2	5	12
Phosphorus, P	mg	16	39	95
Potassium, K	mg	71	173	421
Sodium, Na	mg	402	981	2384
Zinc, Zn	mg	0.36	0.88	2.13
Vitamins				
Vitamin C, total ascorbic acid	mg	1.1	2.7	6.5
Thiamin	mg	0.022	0.054	0.130
Riboflavin	mg	0.032	0.078	0.190
Niacin	mg	0.319	0.778	1.892
Vitamin B-6	mg	0.005	0.012	0.030
Folate, DFE	µg	9	22	53
Vitamin B-12	µg	0.02	0.05	0.12
Vitamin A, RAE	µg	15	37	89
Vitamin A, IU	IU	182	444	1079
Lipids				
Fatty acids, total saturated	g	0.430	1.049	2.550

Nutrient	Unit	1 Value Per100 g	1 cup (8 fl oz) 244g	1 can (10.75 oz), prepared 593g
Fatty acids, total monounsaturated	g	0.390	0.952	2.313
Fatty acids, total polyunsaturated	g	0.760	1.854	4.507
Cholesterol	mg	2	5	12
Amino Acids				
Other				