

Basic Report 06061, Soup, tomato beef with noodle, canned, condensed

Report Date: June 26, 2019 18:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (8 fl oz) 251g	1 can (10.75 oz) 305g
Proximates				
Water	g	74.08	185.94	225.94
Energy	kcal	112	281	342
Protein	g	3.55	8.91	10.83
Total lipid (fat)	g	3.42	8.58	10.43
Carbohydrate, by difference	g	16.87	42.34	51.45
Fiber, total dietary	g	1.2	3.0	3.7
Minerals				
Calcium, Ca	mg	14	35	43
Iron, Fe	mg	0.89	2.23	2.71
Magnesium, Mg	mg	6	15	18
Phosphorus, P	mg	45	113	137
Potassium, K	mg	176	442	537
Sodium, Na	mg	731	1835	2230
Zinc, Zn	mg	0.60	1.51	1.83
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.067	0.168	0.204
Riboflavin	mg	0.071	0.178	0.217
Niacin	mg	1.490	3.740	4.545
Vitamin B-6	mg	0.070	0.176	0.214
Folate, DFE	µg	21	53	64
Vitamin B-12	µg	0.15	0.38	0.46
Vitamin A, RAE	µg	21	53	64
Vitamin A, IU	IU	425	1067	1296
Vitamin E (alpha-tocopherol)	mg	0.62	1.56	1.89
Lipids				

Nutrient	Unit	1 Value Per100 g	1 cup (8 fl oz) 251g	1 can (10.75 oz) 305g
Fatty acids, total saturated	g	1.270	3.188	3.874
Fatty acids, total monounsaturated	g	1.380	3.464	4.209
Fatty acids, total polyunsaturated	g	0.540	1.355	1.647
Cholesterol	mg	3	8	9
Amino Acids				
Other				