

Full Report (All Nutrients) 06061, Soup, tomato beef with noodle, canned, condensed

Report Date: July 16, 2019 06:18 EDT

Nutrient values and weights are for edible portion.

Food Group : Soups, Sauces, and Gravies

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:3.8 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (8 fl oz) 251g	1 can (10.75 oz) 305g
Proximates						
Water	g	74.08	10	0.370	185.94	225.94
Energy	kcal	112	--	--	281	342
Energy	kJ	469	--	--	1177	1430
Protein	g	3.55	10	0.050	8.91	10.83
Total lipid (fat)	g	3.42	10	0.150	8.58	10.43
Ash	g	2.08	10	0.010	5.22	6.34
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	10	0.000	35	43
Iron, Fe	mg	0.89	10	0.050	2.23	2.71
Magnesium, Mg	mg	6	1	--	15	18
Phosphorus, P	mg	45	1	--	113	137
Potassium, K	mg	176	1	--	442	537
Sodium, Na	mg	731	5	53.000	1835	2230
Zinc, Zn	mg	0.60	1	--	1.51	1.83
Copper, Cu	mg	0.100	1	--	0.251	0.305
Manganese, Mn	mg	0.200	1	--	0.502	0.610
Selenium, Se	µg	4.0	--	--	10.0	12.2
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0	0.0
Thiamin	mg	0.067	10	0.002	0.168	0.204

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (8 fl oz) 251g	1 can (10.75 oz) 305g
Riboflavin	mg	0.071	10	0.002	0.178	0.217
Niacin	mg	1.490	10	0.028	3.740	4.545
Pantothenic acid	mg	0.150	--	--	0.377	0.458
Vitamin B-6	mg	0.070	1	--	0.176	0.214
Folate, total	µg	15	--	--	38	46
Folic acid	µg	9	--	--	23	27
Folate, food	µg	6	--	--	15	18
Folate, DFE	µg	21	--	--	53	64
Vitamin B-12	µg	0.15	1	--	0.38	0.46
Vitamin A, RAE	µg	21	--	--	53	64
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	425	10	18.000	1067	1296
Vitamin E (alpha-tocopherol)	mg	0.62	--	--	1.56	1.89
Lipids						
Fatty acids, total saturated	g	1.270	--	--	3.188	3.874
14:0	g	0.070	--	--	0.176	0.214
16:0	g	0.700	--	--	1.757	2.135
18:0	g	0.430	--	--	1.079	1.312
Fatty acids, total monounsaturated	g	1.380	--	--	3.464	4.209
16:1 undifferentiated	g	0.100	--	--	0.251	0.305
18:1 undifferentiated	g	1.210	--	--	3.037	3.691
Fatty acids, total polyunsaturated	g	0.540	--	--	1.355	1.647
18:2 undifferentiated	g	0.460	--	--	1.155	1.403
18:3 undifferentiated	g	0.070	--	--	0.176	0.214
Cholesterol	mg	3	--	--	8	9
Amino Acids						
Tryptophan	g	0.034	--	--	0.085	0.104
Threonine	g	0.114	--	--	0.286	0.348
Isoleucine	g	0.137	--	--	0.344	0.418
Leucine	g	0.231	--	--	0.580	0.705
Lysine	g	0.193	--	--	0.484	0.589
Methionine	g	0.066	--	--	0.166	0.201
Cystine	g	0.042	--	--	0.105	0.128

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup (8 fl oz) 251g	1 can (10.75 oz) 305g
Phenylalanine	g	0.143	--	--	0.359	0.436
Tyrosine	g	0.092	--	--	0.231	0.281
Valine	g	0.153	--	--	0.384	0.467
Arginine	g	0.145	--	--	0.364	0.442
Histidine	g	0.082	--	--	0.206	0.250
Alanine	g	0.164	--	--	0.412	0.500
Aspartic acid	g	0.260	--	--	0.653	0.793
Glutamic acid	g	0.980	--	--	2.460	2.989
Glycine	g	0.166	--	--	0.417	0.506
Proline	g	0.229	--	--	0.575	0.698
Serine	g	0.127	--	--	0.319	0.387
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0