

## Basic Report 06965, Soup, pea, low sodium, prepared with equal volume water

Report Date: September 15, 2019 20:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 259g	1 fl oz 32.4g
<b>Proximates</b>				
Water	g	84.55	218.98	27.39
Energy	kcal	62	161	20
Protein	g	3.20	8.29	1.04
Total lipid (fat)	g	1.09	2.82	0.35
Carbohydrate, by difference	g	9.88	25.59	3.20
Fiber, total dietary	g	1.9	4.9	0.6
Sugars, total	g	3.19	8.26	1.03
<b>Minerals</b>				
Calcium, Ca	mg	12	31	4
Iron, Fe	mg	0.73	1.89	0.24
Magnesium, Mg	mg	15	39	5
Phosphorus, P	mg	47	122	15
Potassium, K	mg	71	184	23
Sodium, Na	mg	10	26	3
Zinc, Zn	mg	0.64	1.66	0.21
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.6	1.6	0.2
Thiamin	mg	0.040	0.104	0.013
Riboflavin	mg	0.025	0.065	0.008
Niacin	mg	0.462	1.197	0.150
Vitamin B-6	mg	0.020	0.052	0.006
Folate, DFE	µg	1	3	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	8	1
Vitamin A, IU	IU	12	31	4
Vitamin E (alpha-tocopherol)	mg	0.09	0.23	0.03

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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	0.2	0.5	0.1
<b>Lipids</b>				
Fatty acids, total saturated	g	0.524	1.357	0.170
Fatty acids, total monounsaturated	g	0.372	0.963	0.121
Fatty acids, total polyunsaturated	g	0.142	0.368	0.046
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0