

Basic Report 06480, Soup, chicken broth or bouillon, dry, prepared with water

Report Date: June 20, 2019 19:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 8 fl oz 241g	1 fl oz 30.1g
Proximates				
Water	g	98.28	236.85	29.58
Energy	kcal	4	10	1
Protein	g	0.28	0.67	0.08
Total lipid (fat)	g	0.23	0.55	0.07
Carbohydrate, by difference	g	0.30	0.72	0.09
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.29	0.70	0.09
Minerals				
Calcium, Ca	mg	6	14	2
Iron, Fe	mg	0.02	0.05	0.01
Magnesium, Mg	mg	2	5	1
Phosphorus, P	mg	3	7	1
Potassium, K	mg	6	14	2
Sodium, Na	mg	401	966	121
Zinc, Zn	mg	0.01	0.02	0.00
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.002	0.005	0.001
Riboflavin	mg	0.007	0.017	0.002
Niacin	mg	0.041	0.099	0.012
Vitamin B-6	mg	0.002	0.005	0.001
Folate, DFE	µg	1	2	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	0.02	0.00

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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	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.057	0.137	0.017
Fatty acids, total monounsaturated	g	0.089	0.214	0.027
Fatty acids, total polyunsaturated	g	0.074	0.178	0.022
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0