

Full Report (All Nutrients) 06700, Soup, vegetable broth, ready to serve

Report Date: July 16, 2019 12:34 EDT

Nutrient values and weights are for edible portion.

Food Group : Soups, Sauces, and Gravies

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 221g	1 can 390g	1 carton (32 oz) 926g
Proximates							
Water 1	g	98.05	10	0.120	216.69	382.39	907.94
Energy	kcal	5	--	--	11	20	46
Energy	kJ	22	--	--	49	86	204
Protein 1	g	0.24	10	0.010	0.53	0.94	2.22
Total lipid (fat) 1	g	0.07	10	0.000	0.15	0.27	0.65
Ash 1	g	0.71	10	0.040	1.57	2.77	6.57
Carbohydrate, by difference	g	0.93	--	--	2.06	3.63	8.61
Fiber, total dietary 1	g	0.0	1	--	0.0	0.0	0.0
Sugars, total 1	g	0.55	6	0.130	1.22	2.15	5.09
Sucrose 1	g	0.38	6	0.130	0.84	1.48	3.52
Glucose (dextrose) 1	g	0.13	6	0.050	0.29	0.51	1.20
Fructose 1	g	0.03	6	0.020	0.07	0.12	0.28
Lactose 1	g	0.00	6	0.000	0.00	0.00	0.00
Maltose 1	g	0.00	6	0.000	0.00	0.00	0.00
Galactose 1	g	0.00	6	0.000	0.00	0.00	0.00
Starch 1	g	0.00	2	--	0.00	0.00	0.00
Minerals							
Calcium, Ca 1	mg	3	10	0.000	7	12	28
Iron, Fe 1	mg	0.06	10	0.010	0.13	0.23	0.56
Magnesium, Mg 1	mg	1	10	0.000	2	4	9
Phosphorus, P 1	mg	3	10	0.000	7	12	28
Potassium, K 1	mg	19	10	0.000	42	74	176
Sodium, Na 1	mg	296	10	12.000	654	1154	2741

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 221g	1 can 390g	1 carton (32 oz) 926g
Zinc, Zn 1	mg	0.03	10	0.003	0.07	0.12	0.28
Copper, Cu 1	mg	0.009	10	0.000	0.020	0.035	0.083
Manganese, Mn 1	mg	0.006	10	0.001	0.013	0.023	0.056
Selenium, Se	µg	0.0	--	--	0.0	0.0	0.0
Vitamins							
Vitamin C, total ascorbic acid 1	mg	0.4	2	--	0.9	1.6	3.7
Thiamin 1	mg	0.023	6	0.003	0.051	0.090	0.213
Riboflavin 1	mg	0.022	6	0.004	0.049	0.086	0.204
Niacin 1	mg	0.110	6	0.010	0.243	0.429	1.019
Pantothenic acid 1	mg	0.060	4	0.017	0.133	0.234	0.556
Vitamin B-6 1	mg	0.007	3	0.000	0.015	0.027	0.065
Folate, total 1	µg	0	3	0.000	0	0	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	0	3	0.000	0	0	0
Folate, DFE	µg	0	--	--	0	0	0
Choline, total	mg	0.3	--	--	0.7	1.2	2.8
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	12	--	--	27	47	111
Retinol	µg	0	--	--	0	0	0
Carotene, beta 1	µg	111	3	27.000	245	433	1028
Carotene, alpha 1	µg	64	3	11.000	141	250	593
Cryptoxanthin, beta 1	µg	0	3	0.000	0	0	0
Vitamin A, IU	IU	238	--	--	526	928	2204
Lycopene 1	µg	7	3	7.000	15	27	65
Lutein + zeaxanthin 1	µg	1	3	0.000	2	4	9
Vitamin E (alpha-tocopherol) 1	mg	0.00	2	--	0.00	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta 1	mg	0.00	2	--	0.00	0.00	0.00
Tocopherol, gamma 1	mg	0.00	2	--	0.00	0.00	0.00
Tocopherol, delta 1	mg	0.00	2	--	0.00	0.00	0.00
Tocotrienol, alpha 1	mg	0.00	2	--	0.00	0.00	0.00

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Tocotrienol, beta 1	mg	0.00	2	--	0.00	0.00	0.00
Tocotrienol, gamma 1	mg	0.00	2	--	0.00	0.00	0.00
Tocotrienol, delta 1	mg	0.00	2	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	0.7	--	--	1.5	2.7	6.5
Lipids							
Fatty acids, total saturated	g	0.028	--	--	0.062	0.109	0.259
4:0 1	g	0.000	2	--	0.000	0.000	0.000
6:0 1	g	0.000	2	--	0.000	0.000	0.000
8:0 1	g	0.000	2	--	0.000	0.000	0.000
10:0 1	g	0.003	2	--	0.007	0.012	0.028
12:0 1	g	0.000	2	--	0.000	0.000	0.000
14:0 1	g	0.002	2	--	0.004	0.008	0.019
15:0 1	g	0.001	2	--	0.002	0.004	0.009
16:0 1	g	0.012	2	--	0.027	0.047	0.111
17:0 1	g	0.000	2	--	0.000	0.000	0.000
18:0 1	g	0.010	2	--	0.022	0.039	0.093
20:0 1	g	0.000	2	--	0.000	0.000	0.000
22:0 1	g	0.000	2	--	0.000	0.000	0.000
24:0 1	g	0.000	2	--	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.005	--	--	0.011	0.019	0.046
14:1 1	g	0.000	2	--	0.000	0.000	0.000
15:1 1	g	0.000	2	--	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.000	--	--	0.000	0.000	0.000
16:1 c 1	g	0.000	2	--	0.000	0.000	0.000
16:1 t 1	g	0.000	2	--	0.000	0.000	0.000
17:1 1	g	0.000	2	--	0.000	0.000	0.000
18:1 undifferentiated 1	g	0.005	--	--	0.011	0.019	0.046
18:1 c 1	g	0.005	2	--	0.011	0.019	0.046
18:1 t 1	g	0.000	2	--	0.000	0.000	0.000
20:1 1	g	0.000	2	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 221g	1 can 390g	1 carton (32 oz) 926g
22:1 undifferentiated 1	g	0.000	--	--	0.000	0.000	0.000
22:1 c 1	g	0.000	2	--	0.000	0.000	0.000
22:1 t 1	g	0.000	2	--	0.000	0.000	0.000
24:1 c 1	g	0.000	2	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.004	--	--	0.009	0.016	0.037
18:2 undifferentiated 1	g	0.004	--	--	0.009	0.016	0.037
18:2 n-6 c,c 1	g	0.004	2	--	0.009	0.016	0.037
18:2 CLAs 1	g	0.000	2	--	0.000	0.000	0.000
18:2 t not further defined 1	g	0.000	2	--	0.000	0.000	0.000
18:3 undifferentiated 1	g	0.000	--	--	0.000	0.000	0.000
18:3 n-3 c,c,c (ALA) 1	g	0.000	2	--	0.000	0.000	0.000
18:3 n-6 c,c,c 1	g	0.000	2	--	0.000	0.000	0.000
18:3i 1	g	0.000	2	--	0.000	0.000	0.000
18:4 1	g	0.000	2	--	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.000	2	--	0.000	0.000	0.000
20:3 undifferentiated 1	g	0.000	--	--	0.000	0.000	0.000
20:3 n-6 1	g	0.000	2	--	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.000	2	--	0.000	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	2	--	0.000	0.000	0.000
22:4 1	g	0.000	2	--	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	2	--	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	2	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans-monoenoic	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19a, 2014 Beltsville MD