NDB No. 06979
Adobo fresco

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	22.10		1		1		63.65	3.98	
Energy	kcal	271		0	NC	4		779	49	
Energy	kJ	1132		0	NC	4		3260	204	
Protein (N x 6.25)	g	2.00		1		1		5.76	0.36	
Total lipid (fat)	g	20.90		1		1		60.19	3.76	
Ash	g	36.40		0	NR	4		104.83	6.55	
Carbohydrate, by difference	g	18.60		0	NC	4		53.57	3.35	
Fiber, total dietary	g	1.3		1		1		3.7	0.2	
Sugars, total	g	2.03		0	FLA	4		5.84	0.36	
Starch	g									
Minerals:										
Calcium, Ca	mg	123		1		1		354	22	
Iron, Fe	mg	3.20		1		1		9.22	0.58	
Magnesium, Mg	mg	23		1		1		66	4	
Phosphorus, P	mg	38		1		1		109	7	
Potassium, K	mg	187		1		1		539	34	
Sodium, Na	mg	17152		1		1		49398	3087	
Zinc, Zn	mg	0.25		1		1		0.72	0.05	
Copper, Cu	mg	0.030		1		1		0.086	0.005	
Manganese, Mn	mg									
Selenium, Se	µg	3.0		0	RC	4		8.6	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.8		1		1		16.7	1.0	
Thiamin	mg	0.040		1		1		0.115	0.007	
Riboflavin	mg	0.030		1		1		0.086	0.005	
Niacin	mg	0.470		1		1		1.354	0.085	
Pantothenic acid	mg									
Vitamin B-6	mg	0.000		0		7		0.000	0.000	
Folate, total	µg	9		0	FLA	4		27	2	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	9		0	FLA	4		27	2	
Folate, DFE	mcg_DFE	9		0	NC	4		27	2	
Choline, total	mg	2.4		0	O	4		7.0	0.4	
Betaine	mg									
Vitamin B-12	µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	11		0	FLA	4		32	2	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	126		0	FLA	4		362	23	
Carotene, alpha	µg	5		0	FLA	4		16	1	
Cryptoxanthin, beta	µg	6		0	FLA	4		17	1	
Vitamin A, IU	IU	219		0	FLA	4		630	39	
Lycopene	µg	411		0	FLA	4		1183	74	
Lutein + zeaxanthin	µg	123		0	FLA	4		354	22	
Vitamin E (alpha-tocopherol)	mg	2.69		0	FLA	4		7.74	0.48	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	7.7		0	FLA	4		22.2	1.4	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06979
Adobo fresco

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.910		0		4		8.381	0.524	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.002		0		4		0.006	0.000	
12:0.....g	0.002		0		4		0.006	0.000	
13:0.....g									
14:0.....g	0.010		0		4		0.029	0.002	
15:0.....g									
16:0.....g	2.353		0		4		6.777	0.424	
17:0.....g									
18:0.....g	0.474		0		4		1.365	0.085	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.963		0		4		43.093	2.693	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		0		4		0.490	0.031	
17:1.....g									
18:1 undifferentiated.....g	14.713		0		4		42.373	2.648	
20:1.....g	0.061		0		4		0.176	0.011	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.044		0		4		5.887	0.368	
18:2 undifferentiated.....g	1.723		0		4		4.962	0.310	
18:3 undifferentiated.....g	0.341		0		4		0.982	0.061	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 288g: 1 cup

Measure 2 = 18g: 1 tbsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06996

CAMPBELL Soup Company, CAMPBELL'S Au Jus Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	97.80		1	MC	9		57.70		
Energy....kcal	8		1	LC	8		5		
Energy....kJ	35		0	LC	8		21		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.50		0	NR	4		0.30		
Carbohydrate, by difference....g	0.00		1	LC	8		0.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	390		1	LC	8		230		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06997

CAMPBELL Soup Company, CAMPBELL'S Beef Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.20		1	MC	9		53.22		
Energy....kcal	42		1	LC	8		25		
Energy....kJ	177		0	LC	8		105		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	1.69		1	LC	8		1.00		
Ash....g	1.33		0	NR	4		0.78		
Carbohydrate, by difference....g	5.08		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	1.69		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	458		1	LC	8		270		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.847		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06997

CAMPBELL Soup Company, CAMPBELL'S Beef Gravy

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06998

CAMPBELL Soup Company, CAMPBELL'S Brown Gravy with Onions

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.20		1	MC	9		52.04		
Energy....kcal	42		1	LC	8		25		
Energy....kJ	177		0	LC	8		105		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	1.69		1	LC	8		1.00		
Ash....g	3.33		0	NR	4		1.96		
Carbohydrate, by difference....g	6.78		1	LC	8		4.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	3.39		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	559		1	LC	8		330		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06241

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.30		1	MC	9		208.99		
Energy....kcal	61		1	LC	8		150		
Energy....kJ	256		1	LC	8		628		
Protein....g	4.08		1	LC	8		10.00		
Total lipid (fat)....g	1.22		1	LC	8		3.00		
Ash....g	0.82		0	NR	4		2.01		
Carbohydrate, by difference....g	8.57		1	LC	8		21.00		
Fiber, total dietary....g	2.0		1	LC	8		5.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	367		1	LC	8		900		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	2041		1	LC	8		5000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.612		1	LC	8		1.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		20		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06241

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve

Common Measures:

Measure 1 = 245g: 1 serving 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06242

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.70		1	MC	9		207.52		
Energy....kcal	78		1	LC	8		190		
Energy....kJ	324		0	LC	8		795		
Protein....g	3.27		1	LC	8		8.01		
Total lipid (fat)....g	3.67		1	LC	8		9.00		
Ash....g	1.01		0	NR	4		2.47		
Carbohydrate, by difference....g	7.35		1	LC	8		18.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	0.82		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	363		1	LC	8		890		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1020		1	LC	8		2500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.816		1	LC	8		2.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	10		1	LC	8		25		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06242

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup

Common Measures:

Measure 1 = 245g: 1 serving 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06244

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.90		1	MC	9		217.81		
Energy....kcal	45		1	LC	8		110		
Energy....kJ	188		1	LC	8		460		
Protein....g	2.45		1	LC	8		6.00		
Total lipid (fat)....g	1.22		1	LC	8		3.00		
Ash....g	1.30		0	NR	4		3.19		
Carbohydrate, by difference....g	5.71		1	LC	8		14.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	322		1	LC	8		790		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1224		1	LC	8		3000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	10		1	LC	8		25		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06244

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve

Common Measures:

Measure 1 = 245g: 1 serving 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06245

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	87.80		1	MC	9		215.11		
Energy ... kcal	57		1	LC	8		140		
Energy ... kJ									
Protein ... g	2.86		1	LC	8		7.00		
Total lipid (fat) ... g	1.63		1	LC	8		4.00		
Ash ... g	0.70		0	NR	4		1.72		
Carbohydrate, by difference ... g	7.35		1	LC	8		18.00		
Fiber, total dietary ... g	0.4		1	LC	8		1.0		
Sugars, total ... g	2.04		1	LC	8		5.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	16		1	LC	8		40		
Iron, Fe ... mg	0.15		1	LC	8		0.36		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	318		1	LC	8		780		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	163		1	LC	8		400		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.816		1	LC	8		1.999		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	6		1	LC	8		15		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06245

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve

Common Measures:

Measure 1 = 245g: 1 serving 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06247

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken with Vegetables and Pasta Soup, ready-t serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.70		1	MC	9		217.32		
Energy....kcal	45		1	LC	8		110		
Energy....kJ	188		1	LC	8		460		
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	1.02		1	LC	8		2.50		
Ash....g	1.71		0	NR	4		4.19		
Carbohydrate, by difference....g	5.71		1	LC	8		14.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	0.82		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	347		1	LC	8		850		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1020		1	LC	8		2500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 06247

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken with Vegetables and Pasta Soup, ready-t serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 245g: 1 serving 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06250

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.20		1	MC	9		206.29		
Energy....kcal	82		1	LC	8		200		
Energy....kJ	342		1	LC	8		837		
Protein....g	2.45		1	LC	8		6.00		
Total lipid (fat)....g	4.90		1	LC	8		12.00		
Ash....g	1.11		0	NR	4		2.72		
Carbohydrate, by difference....g	6.94		1	LC	8		17.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	0.41		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	33		1	LC	8		80		
Iron, Fe....mg	0.73		1	LC	8		1.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	355		1	LC	8		870		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.020		1	LC	8		2.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06250

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve

Common Measures:

Measure 1 = 245g: 1 serving 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06251

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.00		1	MC	9		218.05		
Energy....kcal	41		1	LC	8		100		
Energy....kJ									
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	0.61		1	LC	8		1.50		
Ash....g	1.41		0	NR	4		3.45		
Carbohydrate, by difference....g	5.71		1	LC	8		14.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	1.63		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	359		1	LC	8		880		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1224		1	LC	8		3000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06251

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve

Common Measures:

Measure 1 = 245g: 1 serving 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06252

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.30		1	MC	9		208.99		
Energy....kcal	57		1	LC	8		140		
Energy....kJ									
Protein....g	3.27		1	LC	8		8.00		
Total lipid (fat)....g	1.43		1	LC	8		3.50		
Ash....g	2.40		0	NR	4		5.88		
Carbohydrate, by difference....g	7.35		1	LC	8		18.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	1.63		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	327		1	LC	8		800		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1020		1	LC	8		2500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.612		1	LC	8		1.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 06252

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 245g: 1 serving 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06386

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, BBQ Seasoned Pork Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.30		1	MC	9		204.09	204.09	
Energy....kcal	68		1	NC	4		168	168	
Energy....kJ	286		0	NC	4		701	701	
Protein....g	4.90		1	LC	8		12.00	12.00	
Total lipid (fat)....g	1.43		1	LC	8		3.50	3.50	
Ash....g	1.39		0	NR	4		3.41	3.41	
Carbohydrate, by difference....g	8.98		1	LC	8		22.00	22.00	
Fiber, total dietary....g	2.0		1	LC	8		5.0	5.0	
Sugars, total....g	2.04		1	LC	8		5.00	5.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40	40	
Iron, Fe....mg	0.44		1	LC	8		1.08	1.08	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	376		1	LC	8		920	920	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	204		1	LC	8		500	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.612		1	LC	8		1.500	1.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	6		1	LC	8		15	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06386

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, BBQ Seasoned Pork Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06383

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.80		1	MC	9		205.31		
Energy....kcal	78		1	LC	8		190		
Energy....kJ									
Protein....g	2.04		1	LC	8		5.00		
Total lipid (fat)....g	3.67		1	LC	8		9.00		
Ash....g	1.50		0	NR	4		3.68		
Carbohydrate, by difference....g	9.39		1	LC	8		23.01		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.25		1	LC	8		3.06		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	322		1	LC	8		790		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	41		1	LC	8		100		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.224		1	LC	8		2.999		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06383

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06384

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.30		1	MC	9		201.64		
Energy....kcal	82		1	LC	8		200		
Energy....kJ									
Protein....g	3.27		1	LC	8		8.00		
Total lipid (fat)....g	4.08		1	LC	8		10.00		
Ash....g	1.37		0	NR	4		3.36		
Carbohydrate, by difference....g	8.57		1	LC	8		21.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.59		1	LC	8		1.44		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	343		1	LC	8		840		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.020		1	LC	8		2.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06384

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06385

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Barbeque Seasoned Burger Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.70		1	MC	9		197.71	197.71	
Energy....kcal	84		1	NC	4		206	206	
Energy....kJ	352		0	NC	4		862	862	
Protein....g	4.08		1	LC	8		10.00	10.00	
Total lipid (fat)....g	2.45		1	LC	8		6.00	6.00	
Ash....g	1.34		0	NR	4		3.28	3.28	
Carbohydrate, by difference....g	11.43		1	LC	8		28.00	28.00	
Fiber, total dietary....g	2.0		1	LC	8		5.0	5.0	
Sugars, total....g	4.08		1	LC	8		10.00	10.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		1	LC	8		60	60	
Iron, Fe....mg	0.59		1	LC	8		1.44	1.44	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	367		1	LC	8		900	900	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	122		1	LC	8		300	300	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.020		1	LC	8		2.500	2.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	6		1	LC	8		15	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06385

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Barbeque Seasoned Burger Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06387

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.70		1	MC	9		214.86		
Energy....kcal	44		1	NC	4		109		
Energy....kJ	186		0	NC	4		456		
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	0.41		1	LC	8		1.00		
Ash....g	1.69		0	NR	4		4.14		
Carbohydrate, by difference....g	6.94		1	LC	8		17.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	2.45		1	LC	8		6.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	363		1	LC	8		890		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	918		1	LC	8		2250		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06387

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27004

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef Stew - Fully Loaded

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.20		1	MC	9		206.29		
Energy....kcal	69		1	LC	8		170		
Energy....kJ									
Protein....g	4.08		1	LC	8		10.00		
Total lipid (fat)....g	2.04		1	LC	8		5.00		
Ash....g	1.92		0	NR	4		4.70		
Carbohydrate, by difference....g	8.16		1	LC	8		20.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	2.04		1	LC	8		5.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.59		1	LC	8		1.44		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	331		1	LC	8		810		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	510		1	LC	8		1250		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.816		1	LC	8		2.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		20		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27004

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef Stew - Fully Loaded

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27005

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef Stroganof - Fully Loaded

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.00		1	MC	9		198.45	198.45	
Energy....kcal	102		1	LC	8		250	250	
Energy....kJ	427		1	LC	8		1046	1046	
Protein....g	4.90		1	LC	8		12.00	12.00	
Total lipid (fat)....g	5.71		1	LC	8		14.00	14.00	
Ash....g	1.04		0	NR	4		2.55	2.55	
Carbohydrate, by difference....g	7.35		1	LC	8		18.00	18.00	
Fiber, total dietary....g	1.6		1	LC	8		4.0	4.0	
Sugars, total....g	1.22		1	LC	8		3.00	3.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40	40	
Iron, Fe....mg	0.59		1	LC	8		1.44	1.44	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	331		1	LC	8		810	810	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.633		1	LC	8		4.000	4.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	16		1	LC	8		40	40	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27005

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef Stroganof - Fully Loaded

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06388

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.30		1	MC	9		208.99		
Energy....kcal	53		1	LC	8		130		
Energy....kJ									
Protein....g	3.27		1	LC	8		8.00		
Total lipid (fat)....g	1.22		1	LC	8		3.00		
Ash....g	2.60		0	NR	4		6.37		
Carbohydrate, by difference....g	7.35		1	LC	8		18.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	1.63		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.59		1	LC	8		1.44		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	376		1	LC	8		920		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	2449		1	LC	8		6000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06388

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06389

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.30		1	MC	9		206.54		
Energy....kcal	57		1	LC	8		140		
Energy....kJ									
Protein....g	3.27		1	LC	8		8.00		
Total lipid (fat)....g	0.61		1	LC	8		1.50		
Ash....g	1.62		0	NR	4		3.97		
Carbohydrate, by difference....g	9.80		1	LC	8		24.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	2.04		1	LC	8		5.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	363		1	LC	8		890		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1020		1	LC	8		2500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06389

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06392

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.22		1	MC	9		203.89		
Energy....kcal	86		1	LC	8		210		
Energy....kJ									
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	4.49		1	LC	8		11.00		
Ash....g	1.24		0	NR	4		3.04		
Carbohydrate, by difference....g	8.16		1	LC	8		20.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	2.45		1	LC	8		6.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	359		1	LC	8		880		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	204		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.633		1	LC	8		4.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		20		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06392

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06393

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.80		1	MC	9		205.31		
Energy....kcal	82		1	LC	8		200		
Energy....kJ									
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	4.08		1	LC	8		10.00		
Ash....g	1.10		0	NR	4		2.70		
Carbohydrate, by difference....g	8.16		1	LC	8		20.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	351		1	LC	8		860		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	816		1	LC	8		2000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.224		1	LC	8		2.999		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06393

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06394

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Chicken Mushroom Chowder

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.20		1	MC	9		203.84	203.84	
Energy....kcal	78		1	LC	8		190	190	
Energy....kJ	324		0	LC	8		795	795	
Protein....g	3.27		1	LC	8		8.01	8.01	
Total lipid (fat)....g	3.67		1	LC	8		8.99	8.99	
Ash....g	2.10		0	NR	4		5.15	5.15	
Carbohydrate, by difference....g	7.76		1	LC	8		19.00	19.00	
Fiber, total dietary....g	1.2		1	LC	8		3.0	3.0	
Sugars, total....g	1.63		1	LC	8		4.00	4.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20	20	
Iron, Fe....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	347		1	LC	8		850	850	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	510		1	LC	8		1250	1250	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.612		1	LC	8		1.500	1.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	10		1	LC	8		25	25	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06394

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Chicken Mushroom Chowder

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06391

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Chicken and Dumplings Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.70		1	MC	9		207.51		
Energy....kcal	74		0	LC	8		180		
Energy....kJ	308		0	LC	8		753		
Protein....g	3.27		1	LC	8		8.00		
Total lipid (fat)....g	3.27		1	LC	8		8.00		
Ash....g	1.01		0	NR	4		2.47		
Carbohydrate, by difference....g	7.76		1	LC	8		19.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	4.90		1	LC	8		12.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	363		1	LC	8		890		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	612		1	LC	8		1500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.816		1	LC	8		2.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	12		1	LC	8		30		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06391

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Chicken and Dumplings Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06395

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Classic Chicken Noodle Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.90	0.432	6	A	1		216.03	467.62	
Energy....kcal	47		0	NC	4		114	247	
Energy....kJ	196		0	NC	4		476	1031	
Protein....g	3.41	0.162	6	A	1		8.28	17.92	
Total lipid (fat)....g	1.30	0.054	6	A	1		3.15	6.82	
Ash....g	0.98	0.010	6	A	1		2.39	5.17	
Carbohydrate, by difference....g	5.41		0	NC	4		13.15	28.47	
Fiber, total dietary....g	1.0	0.033	3	A	1		2.3	5.1	
Sugars, total....g	0.41	0.007	3	A	1		0.99	2.14	
Sucrose....g	0.41	0.007	3	A	1		0.99	2.14	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	4.00	0.153	3	A	1		9.72	21.04	
Minerals:									
Calcium, Ca....mg	11	0.444	6	A	1		26	56	
Iron, Fe....mg	0.34	0.019	6	A	1		0.83	1.80	
Magnesium, Mg....mg	7	0.088	6	A	1		18	39	
Phosphorus, P....mg	35	1.445	6	A	1		85	183	
Potassium, K....mg	90	4.407	6	A	1		220	475	
Sodium, Na....mg	325	4.937	6	A	1		789	1708	
Zinc, Zn....mg	0.18	0.005	6	A	1		0.43	0.92	
Copper, Cu....mg	0.025	0.000	6	A	1		0.061	0.132	
Manganese, Mn....mg	0.058	0.003	6	A	1		0.141	0.304	
Selenium, Se....µg	5.7	0.333	3	A	1		13.9	30.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg	0.017	0.001	6	A	1		0.042	0.091	
Riboflavin....mg	0.023	0.003	6	A	1		0.056	0.122	
Niacin....mg	1.352	0.064	6	A	1		3.285	7.110	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1020		1	LC	8		2480	5367	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		0.992	2.147	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	

NDB No. 06395

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Classic Chicken Noodle Soup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	8		1	LC	8		20	43	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 526g: 1 can

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06396

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.90		1	MC	9		205.56		
Energy....kcal	53		1	LC	8		130		
Energy....kJ									
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	0.61		1	LC	8		1.50		
Ash....g	2.90		0	NR	4		7.11		
Carbohydrate, by difference....g	9.39		1	LC	8		23.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	2.86		1	LC	8		7.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	347		1	LC	8		850		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1224		1	LC	8		3000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06396

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06398

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.70		1	MC	9		192.81		
Energy....kcal	95		1	NC	4		232		
Energy....kJ	396		0	NC	4		971		
Protein....g	6.12		1	LC	8		15.00		
Total lipid (fat)....g	3.27		1	LC	8		8.00		
Ash....g	1.71		0	NR	4		4.19		
Carbohydrate, by difference....g	10.20		1	LC	8		25.00		
Fiber, total dietary....g	2.4		1	LC	8		6.0		
Sugars, total....g	2.86		1	LC	8		7.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.73		1	LC	8		1.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	355		1	LC	8		870		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	204		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.429		1	LC	8		3.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.204		1	LC	8		0.500		
Cholesterol....mg	10		1	LC	8		25		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06398

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06399

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.60		1	MC	9		209.72		
Energy....kcal	57		1	NC	4		139		
Energy....kJ	237		0	NC	4		579		
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	1.22		1	LC	8		3.00		
Ash....g	1.54		0	NR	4		3.77		
Carbohydrate, by difference....g	8.57		1	LC	8		21.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.63		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	347		1	LC	8		850		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	163		1	LC	8		400		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.612		1	LC	8		1.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		20		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06399

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06400

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.80		1	MC	9		217.56		
Energy....kcal	41		1	LC	8		100		
Energy....kJ	171		0	LC	8		418		
Protein....g	2.45		1	LC	8		6.00		
Total lipid (fat)....g	1.02		1	LC	8		2.50		
Ash....g	1.90		0	NR	4		4.66		
Carbohydrate, by difference....g	5.71		1	LC	8		14.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	0.82		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	359		1	LC	8		880		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1224		1	LC	8		3000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06400

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06403

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.00		1	MC	9		213.15		
Energy....kcal	53		1	LC	8		130		
Energy....kJ									
Protein....g	3.27		1	LC	8		8.00		
Total lipid (fat)....g	0.82		1	LC	8		2.00		
Ash....g	1.16		0	NR	4		2.84		
Carbohydrate, by difference....g	7.76		1	LC	8		19.00		
Fiber, total dietary....g	1.6		1	LC	8		4.0		
Sugars, total....g	6.12		1	LC	8		15.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	363		1	LC	8		890		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1224		1	LC	8		3000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06403

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27006

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Beef Barley Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.60		1	MC	9		202.37	202.37	
Energy....kcal	57		1	LC	8		140	140	
Energy....kJ	238		1	LC	8		583	583	
Protein....g	3.67		1	LC	8		9.00	9.00	
Total lipid (fat)....g	0.82		1	LC	8		2.00	2.00	
Ash....g	4.34		0	NR	4		10.63	10.63	
Carbohydrate, by difference....g	8.57		1	LC	8		21.00	21.00	
Fiber, total dietary....g	2.0		1	LC	8		5.0	5.0	
Sugars, total....g	1.22		1	LC	8		3.00	3.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20	20	
Iron, Fe....mg	0.44		1	LC	8		1.08	1.08	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	327		1	LC	8		800	800	
Sodium, Na....mg	196		1	LC	8		480	480	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	306		1	LC	8		750	750	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000	1.000	
Fatty acids, total monounsaturated....g	0.204		1	LC	8		0.500	0.500	
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	6		1	LC	8		15	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27006

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Beef Barley Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06405

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Chicken Noodle Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.50		1	MC	9		214.38		
Energy....kcal	49		1	LC	8		120		
Energy....kJ	205		0	LC	8		502		
Protein....g	3.27		1	LC	8		8.00		
Total lipid (fat)....g	1.02		1	LC	8		2.50		
Ash....g	1.30		0	NR	4		3.19		
Carbohydrate, by difference....g	6.94		1	LC	8		17.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	167		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		2.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	408		1	LC	8		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06405

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Chicken Noodle Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27007

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	88.50		1	MC	9		216.83		
Energy ... kcal	49		1	LC	8		120		
Energy ... kJ									
Protein ... g	2.86		1	LC	8		7.00		
Total lipid (fat) ... g	1.02		0	LC	8		2.50		
Ash ... g	0.70		0	NR	4		1.72		
Carbohydrate, by difference ... g	6.94		1	LC	8		17.00		
Fiber, total dietary ... g	0.4		1	LC	8		1.0		
Sugars, total ... g	0.41		1	LC	8		1.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		1	LC	8		20		
Iron, Fe ... mg	0.29		1	LC	8		0.72		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	286		1	LC	8		700		
Sodium, Na ... mg	167		1	LC	8		410		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		1	LC	8		2.4		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	408		1	LC	8		1000		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated ... g	0.408		1	LC	8		1.000		
Fatty acids, total polyunsaturated ... g	0.204		1	LC	8		0.500		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	6		1	LC	8		15		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27007

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup

Common Measures:

Measure 1 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27008

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.80		1	MC	9		212.66		
Energy....kcal	53		1	LC	8		130		
Energy....kJ	222		1	LC	8		544		
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	1.22		1	LC	8		3.00		
Ash....g	1.75		0	NR	4		4.29		
Carbohydrate, by difference....g	7.35		1	LC	8		18.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.63		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	249		1	LC	8		610		
Sodium, Na....mg	167		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.4		1	LC	8		6.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	306		1	LC	8		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.612		1	LC	8		1.500		
Fatty acids, total polyunsaturated....g	0.204		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 27008

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27009

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.10		1	MC	9		198.69		
Energy....kcal	53		1	LC	8		130		
Energy....kJ									
Protein....g	2.04		1	LC	8		5.00		
Total lipid (fat)....g	1.22		1	LC	8		3.00		
Ash....g	7.47		0	NR	4		18.30		
Carbohydrate, by difference....g	8.16		1	LC	8		20.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	0.82		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	41		1	LC	8		100		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	408		1	LC	8		1000		
Sodium, Na....mg	167		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.408		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	0.408		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27009

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06408

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.70		1	MC	9		214.86		
Energy....kcal	49		1	LC	8		120		
Energy....kJ									
Protein....g	1.63		1	LC	8		4.00		
Total lipid (fat)....g	0.41		1	LC	8		1.00		
Ash....g	0.67		0	NR	4		1.64		
Carbohydrate, by difference....g	9.80		1	LC	8		24.00		
Fiber, total dietary....g	1.6		1	LC	8		4.0		
Sugars, total....g	3.27		1	LC	8		8.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		1	LC	8		60		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	167		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1633		1	LC	8		4000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06408

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06414

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.60		1	MC	9		199.92		
Energy....kcal	74		1	NC	4		182		
Energy....kJ	311		0	NC	4		761		
Protein....g	4.49		1	LC	8		11.00		
Total lipid (fat)....g	0.82		1	LC	8		2.00		
Ash....g	0.85		0	NR	4		2.08		
Carbohydrate, by difference....g	12.24		1	LC	8		30.00		
Fiber, total dietary....g	3.3		1	LC	8		8.0		
Sugars, total....g	2.04		1	LC	8		5.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		1	LC	8		60		
Iron, Fe....mg	0.73		1	LC	8		1.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	318		1	LC	8		780		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1020		1	LC	8		2500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06414

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06415

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.60		1	MC	9		202.37		
Energy....kcal	65		1	LC	8		160		
Energy....kJ									
Protein....g	3.67		1	LC	8		9.00		
Total lipid (fat)....g	0.82		1	LC	8		2.00		
Ash....g	2.00		0	NR	4		4.90		
Carbohydrate, by difference....g	10.61		1	LC	8		26.00		
Fiber, total dietary....g	1.6		1	LC	8		4.0		
Sugars, total....g	2.04		1	LC	8		5.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	322		1	LC	8		790		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	612		1	LC	8		1500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06415

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06418

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.60		1	MC	9		217.07		
Energy....kcal	45		1	LC	8		110		
Energy....kJ									
Protein....g	2.45		1	LC	8		6.00		
Total lipid (fat)....g	0.82		1	LC	8		2.00		
Ash....g	1.52		0	NR	4		3.72		
Carbohydrate, by difference....g	6.94		1	LC	8		17.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	290		1	LC	8		710		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1224		1	LC	8		3000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06418

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup

Common Measures:

Measure 1 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06420

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Hearty Vegetable with Pasta Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.70		1	MC	9		212.41		
Energy....kcal	51		1	NC	4		126		
Energy....kJ	215		0	NC	4		527		
Protein....g	1.63		1	LC	8		4.00		
Total lipid (fat)....g	0.82		1	LC	8		2.00		
Ash....g	1.46		0	NR	4		3.58		
Carbohydrate, by difference....g	9.39		1	LC	8		23.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	3.67		1	LC	8		9.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	380		1	LC	8		930		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		2.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1224		1	LC	8		3000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	2		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06420

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Hearty Vegetable with Pasta Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06421

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Herb Roasted Chicken with Potatoes & Garlic Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.20		1	MC	9		213.64	213.64	
Energy....kcal	46		1	NC	4		114	114	
Energy....kJ	194		0	NC	4		475	475	
Protein....g	3.27		1	LC	8		8.00	8.00	
Total lipid (fat)....g	0.61		1	LC	8		1.50	1.50	
Ash....g	1.98		0	NR	4		4.85	4.85	
Carbohydrate, by difference....g	6.94		1	LC	8		17.00	17.00	
Fiber, total dietary....g	1.2		1	LC	8		3.0	3.0	
Sugars, total....g	1.63		1	LC	8		4.00	4.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20	20	
Iron, Fe....mg	0.29		1	LC	8		0.72	0.72	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	355		1	LC	8		870	870	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1837		1	LC	8		4500	4500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000	1.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	6		1	LC	8		15	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06421

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Herb Roasted Chicken with Potatoes & Garlic Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06424

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Honey Roasted Ham with Potatoes Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.10		1	MC	9		210.94	210.94	
Energy....kcal	55		1	NC	4		135	135	
Energy....kJ	230		0	NC	4		563	563	
Protein....g	3.27		1	LC	8		8.00	8.00	
Total lipid (fat)....g	1.02		1	LC	8		2.50	2.50	
Ash....g	1.45		0	NR	4		3.55	3.55	
Carbohydrate, by difference....g	8.16		1	LC	8		20.00	20.00	
Fiber, total dietary....g	1.2		1	LC	8		3.0	3.0	
Sugars, total....g	2.86		1	LC	8		7.00	7.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40	40	
Iron, Fe....mg	0.29		1	LC	8		0.72	0.72	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	331		1	LC	8		810	810	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2	1.2	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1224		1	LC	8		3000	3000	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000	1.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	6		1	LC	8		15	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06424

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Honey Roasted Ham with Potatoes Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06427

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Italian Sausage & Peppers Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.00		1	MC	9		210.70	210.70	
Energy....kcal	62		1	NC	4		153	153	
Energy....kJ	261		0	NC	4		640	640	
Protein....g	2.86		1	LC	8		7.00	7.00	
Total lipid (fat)....g	2.04		1	LC	8		5.00	5.00	
Ash....g	0.94		0	NR	4		2.30	2.30	
Carbohydrate, by difference....g	8.16		1	LC	8		20.00	20.00	
Fiber, total dietary....g	1.2		1	LC	8		3.0	3.0	
Sugars, total....g	3.27		1	LC	8		8.00	8.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20	20	
Iron, Fe....mg	0.44		1	LC	8		1.08	1.08	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	327		1	LC	8		800	800	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		2.4	2.4	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	204		1	LC	8		500	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.612		1	LC	8		1.500	1.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	8		1	LC	8		20	20	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06427

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Italian Sausage & Peppers Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06429

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.90		1	MC	9		215.36		
Energy....kcal	52		1	NC	4		128		
Energy....kJ	218		0	NC	4		533		
Protein....g	2.04		1	LC	8		5.00		
Total lipid (fat)....g	1.43		1	LC	8		3.50		
Ash....g	0.88		0	NR	4		2.16		
Carbohydrate, by difference....g	7.76		1	LC	8		19.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	1.63		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	339		1	LC	8		830		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1633		1	LC	8		4000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	2		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06429

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06431

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, New England Clam Chowder

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.52	0.246	6	A	1		209.63	433.46	
Energy....kcal	81		0	NC	4		202	418	
Energy....kJ	337		0	NC	4		846	1749	
Protein....g	2.46	0.026	6	A	1		6.17	12.76	
Total lipid (fat)....g	3.85	0.360	6	A	1		9.67	20.00	
Ash....g	1.16	0.013	6	A	1		2.92	6.04	
Carbohydrate, by difference....g	9.01		0	NC	4		22.61	46.74	
Fiber, total dietary....g	1.2	0.033	3	A	1		2.9	6.1	
Sugars, total....g	0.00	0.000	3	A	1		0.00	0.00	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	7.87	0.085	4	A	1		19.77	40.87	
Minerals:									
Calcium, Ca....mg	12	0.526	6	A	1		30	62	
Iron, Fe....mg	0.55	0.033	6	A	1		1.38	2.86	
Magnesium, Mg....mg	11	0.375	6	A	1		28	57	
Phosphorus, P....mg	40	0.976	6	A	1		102	210	
Potassium, K....mg	115	4.270	6	A	1		289	597	
Sodium, Na....mg	353	7.672	6	A	1		886	1832	
Zinc, Zn....mg	0.27	0.006	6	A	1		0.67	1.39	
Copper, Cu....mg	0.033	0.003	6	A	1		0.083	0.172	
Manganese, Mn....mg	0.069	0.004	6	A	1		0.172	0.356	
Selenium, Se....µg	3.0	0.050	6	A	1		7.7	15.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.015	0.000	6	A	1		0.037	0.077	
Riboflavin....mg	0.015	0.000	6	A	1		0.037	0.077	
Niacin....mg	0.470	0.045	6	A	1		1.180	2.439	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg	6.4		0	AS	1		15.9	33.0	
Betaine....mg	38.2		1	A	1		95.9	198.4	
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	6		0	AS	1		14	29	
Lycopene....µg	0		1	A	1		0	0	
Lutein + zeaxanthin....µg	18		1	A	1		45	93	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.025	2.119	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	

NDB No. 06431

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, New England Clam Chowder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	4		1	LC	8		10	21	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 519g: 1 can

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06433

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	83.80		1	MC	9		205.31		
Energy ... kcal	78		1	NC	4		191		
Energy ... kJ	326		0	NC	4		799		
Protein ... g	2.45		1	LC	8		6.00		
Total lipid (fat) ... g	4.49		1	LC	8		11.00		
Ash ... g	2.32		0	NR	4		5.68		
Carbohydrate, by difference ... g	6.94		1	LC	8		17.00		
Fiber, total dietary ... g	1.2		1	LC	8		3.0		
Sugars, total ... g	0.41		1	LC	8		1.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		1	LC	8		20		
Iron, Fe ... mg	0.15		1	LC	8		0.36		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	327		1	LC	8		800		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		1	LC	8		2.4		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	0		1	LC	8		0		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.633		1	LC	8		4.000		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	8		1	LC	8		20		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06433

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06434

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.06	0.299	5	A	1		217.50	465.83	
Energy....kcal	49		0	NC	4		120	257	
Energy....kJ	204		0	NC	4		504	1079	
Protein....g	3.16	0.106	5	A	1		7.81	16.73	
Total lipid (fat)....g	1.23	0.059	5	A	1		3.03	6.50	
Ash....g	1.31	0.027	5	A	1		3.23	6.92	
Carbohydrate, by difference....g	6.24		0	NC	4		15.42	33.03	
Fiber, total dietary....g	1.3	0.033	3	A	1		3.1	6.7	
Sugars, total....g	1.15	0.043	3	A	1		2.83	6.07	
Sucrose....g	0.51	0.060	3	A	1		1.26	2.70	
Glucose (dextrose)....g	0.31	0.021	3	A	1		0.77	1.64	
Fructose....g	0.33	0.009	3	A	1		0.81	1.73	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	3.00		2	A	1		7.41	15.87	
Minerals:									
Calcium, Ca....mg	17	0.488	5	A	1		43	92	
Iron, Fe....mg	0.54	0.026	5	A	1		1.35	2.88	
Magnesium, Mg....mg	10	0.197	5	A	1		24	52	
Phosphorus, P....mg	48	1.321	5	A	1		120	256	
Potassium, K....mg	163	4.587	5	A	1		402	861	
Sodium, Na....mg	346	5.975	5	A	1		855	1830	
Zinc, Zn....mg	0.59	0.018	5	A	1		1.45	3.11	
Copper, Cu....mg	0.027	0.001	5	A	1		0.066	0.142	
Manganese, Mn....mg	0.070	0.001	5	A	1		0.172	0.369	
Selenium, Se....µg	3.0	0.033	3	A	1		7.3	15.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg	0.015	0.000	5	A	1		0.036	0.078	
Riboflavin....mg	0.016	0.001	5	A	1		0.039	0.084	
Niacin....mg	1.002	0.039	5	A	1		2.475	5.301	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg	12.0		0	AS	1		29.8	63.7	
Betaine....mg	0.7		1	A	1		1.8	3.9	
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	2595		0	AS	1		6409	13726	
Lycopene....µg	675		1	A	1		1668	3573	
Lutein + zeaxanthin....µg	137		1	A	1		339	725	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.008	2.159	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	

NDB No. 06434

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	6		1	LC	8		15	32	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 529g: 1 can

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06435

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Pepper Steak Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.10		1	MC	9		215.84	215.84	
Energy....kcal	48		1	NC	4		118	118	
Energy....kJ	201		0	NC	4		492	492	
Protein....g	3.27		1	LC	8		8.00	8.00	
Total lipid (fat)....g	0.61		1	LC	8		1.50	1.50	
Ash....g	0.68		0	NR	4		1.67	1.67	
Carbohydrate, by difference....g	7.35		1	LC	8		18.00	18.00	
Fiber, total dietary....g	1.2		1	LC	8		3.0	3.0	
Sugars, total....g	1.63		1	LC	8		4.00	4.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20	20	
Iron, Fe....mg	0.44		1	LC	8		1.08	1.08	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	327		1	LC	8		800	800	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2	1.2	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	510		1	LC	8		1250	1250	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	6		1	LC	8		15	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06435

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Pepper Steak Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06436

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Pork Roast with Carrots & Potatoes Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.60		1	MC	9		209.72	209.72	
Energy....kcal	50		1	NC	4		123	123	
Energy....kJ	210		0	NC	4		515	515	
Protein....g	3.27		1	LC	8		8.00	8.00	
Total lipid (fat)....g	1.22		1	LC	8		3.00	3.00	
Ash....g	3.38		0	NR	4		8.28	8.28	
Carbohydrate, by difference....g	6.53		1	LC	8		16.00	16.00	
Fiber, total dietary....g	1.2		1	LC	8		3.0	3.0	
Sugars, total....g	1.22		1	LC	8		3.00	3.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20	20	
Iron, Fe....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	363		1	LC	8		890	890	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1224		1	LC	8		3000	3000	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.612		1	LC	8		1.500	1.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	6		1	LC	8		15	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06436

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Pork Roast with Carrots & Potatoes Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27010

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Rigatoni & Meatballs - Fully Loaded

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.30		1	MC	9		196.74		
Energy....kcal	86		1	LC	8		210		
Energy....kJ									
Protein....g	4.49		1	LC	8		11.00		
Total lipid (fat)....g	2.86		1	LC	8		7.00		
Ash....g	1.80		0	NR	4		4.41		
Carbohydrate, by difference....g	10.20		1	LC	8		24.99		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	3.27		1	LC	8		8.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	33		1	LC	8		80		
Iron, Fe....mg	0.73		1	LC	8		1.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	327		1	LC	8		800		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	82		1	LC	8		200		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.224		1	LC	8		2.999		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		20		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27010

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Rigatoni & Meatballs - Fully Loaded

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06437

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.70		1	MC	9		192.81		
Energy....kcal	95		1	NC	4		232		
Energy....kJ	396		0	NC	4		971		
Protein....g	6.12		1	LC	8		15.00		
Total lipid (fat)....g	3.27		1	LC	8		8.00		
Ash....g	1.71		0	NR	4		4.19		
Carbohydrate, by difference....g	10.20		1	LC	8		25.00		
Fiber, total dietary....g	2.4		1	LC	8		6.0		
Sugars, total....g	2.86		1	LC	8		7.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.73		1	LC	8		1.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	359		1	LC	8		880		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	204		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.429		1	LC	8		3.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.204		1	LC	8		0.500		
Cholesterol....mg	10		1	LC	8		25		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06437

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06438

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.20		1	MC	9		208.74		
Energy....kcal	57		1	LC	8		140		
Energy....kJ									
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	1.84		1	LC	8		4.50		
Ash....g	1.90		0	NR	4		4.66		
Carbohydrate, by difference....g	7.76		1	LC	8		19.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	2.45		1	LC	8		6.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	327		1	LC	8		800		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1020		1	LC	8		2500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.020		1	LC	8		2.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06438

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup

Common Measures:

Measure 1 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06439

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.00		1	MC	9		215.60		
Energy....kcal	45		1	LC	8		110		
Energy....kJ									
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	0.82		1	LC	8		2.00		
Ash....g	0.98		0	NR	4		2.40		
Carbohydrate, by difference....g	7.35		1	LC	8		18.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	0.41		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	331		1	LC	8		810		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1020		1	LC	8		2500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06439

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06441

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.30		1	MC	9		213.89		
Energy....kcal	49		1	LC	8		120		
Energy....kJ									
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	0.41		1	LC	8		1.00		
Ash....g	1.48		0	NR	4		3.63		
Carbohydrate, by difference....g	8.16		1	LC	8		20.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.63		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	322		1	LC	8		790		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1429		1	LC	8		3500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06441

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06447

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.20		1	MC	9		216.09		
Energy....kcal	44		1	NC	4		109		
Energy....kJ	186		0	NC	4		456		
Protein....g	1.22		1	LC	8		3.00		
Total lipid (fat)....g	0.41		1	LC	8		1.00		
Ash....g	1.19		0	NR	4		2.92		
Carbohydrate, by difference....g	8.98		1	LC	8		22.00		
Fiber, total dietary....g	1.6		1	LC	8		4.0		
Sugars, total....g	2.45		1	LC	8		6.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	314		1	LC	8		770		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1633		1	LC	8		4000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06447

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06454

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Sizzlin' Steak- Grilled Steak Chili with Beans

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.00		1	MC	9		196.00	196.00	
Energy....kcal	81		1	NC	4		199	199	
Energy....kJ	340		0	NC	4		833	833	
Protein....g	6.53		1	LC	8		16.00	16.00	
Total lipid (fat)....g	1.22		1	LC	8		3.00	3.00	
Ash....g	1.22		0	NR	4		2.99	2.99	
Carbohydrate, by difference....g	11.02		1	LC	8		27.00	27.00	
Fiber, total dietary....g	2.9		1	LC	8		7.0	7.0	
Sugars, total....g	3.67		1	LC	8		9.00	9.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40	40	
Iron, Fe....mg	0.73		1	LC	8		1.80	1.80	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	355		1	LC	8		870	870	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2	1.2	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	306		1	LC	8		750	750	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000	1.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	6		1	LC	8		15	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06454

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Sizzlin' Steak- Grilled Steak Chili with Beans

Common Measures:

Measure 1 = 245g: 1 serving

Measure 2 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06457

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.10		1	MC	9		213.39		
Energy....kcal	48		1	NC	4		118		
Energy....kJ	201		0	NC	4		492		
Protein....g	3.27		1	LC	8		8.00		
Total lipid (fat)....g	0.61		1	LC	8		1.50		
Ash....g	1.68		0	NR	4		4.12		
Carbohydrate, by difference....g	7.35		1	LC	8		18.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	2.04		1	LC	8		5.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	339		1	LC	8		830		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1224		1	LC	8		3000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06457

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06458

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Smoked Chicken with Roasted Corn Chowder

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.20		1	MC	9		201.39	201.39	
Energy....kcal	84		1	NC	4		206	206	
Energy....kJ	352		0	NC	4		862	862	
Protein....g	4.08		1	LC	8		10.00	10.00	
Total lipid (fat)....g	4.08		1	LC	8		10.00	10.00	
Ash....g	1.88		0	NR	4		4.61	4.61	
Carbohydrate, by difference....g	7.76		1	LC	8		19.00	19.00	
Fiber, total dietary....g	2.0		1	LC	8		5.0	5.0	
Sugars, total....g	1.22		1	LC	8		3.00	3.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20	20	
Iron, Fe....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	363		1	LC	8		890	890	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	510		1	LC	8		1250	1250	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.816		1	LC	8		2.000	2.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	6		1	LC	8		15	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06458

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Smoked Chicken with Roasted Corn Chowder

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06459

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	81.00		1	MC	9		198.45		
Energy ... kcal	78		1	LC	8		190		
Energy ... kJ									
Protein ... g	4.90		1	LC	8		12.00		
Total lipid (fat) ... g	1.02		1	LC	8		2.50		
Ash ... g	1.16		0	NR	4		2.84		
Carbohydrate, by difference ... g	12.24		1	LC	8		29.99		
Fiber, total dietary ... g	2.0		1	LC	8		5.0		
Sugars, total ... g	2.04		1	LC	8		5.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		1	LC	8		20		
Iron, Fe ... mg	0.59		1	LC	8		1.44		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	318		1	LC	8		780		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		1	LC	8		2.4		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	1020		1	LC	8		2500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	4		1	LC	8		10		
Phytosterols ... mg									

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NDB No. 06459

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06462

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.50		1	MC	9		211.93		
Energy....kcal	49		1	LC	8		120		
Energy....kJ									
Protein....g	3.27		1	LC	8		8.00		
Total lipid (fat)....g	0.82		1	LC	8		2.00		
Ash....g	2.00		0	NR	4		4.90		
Carbohydrate, by difference....g	7.35		1	LC	8		18.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	0.41		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	376		1	LC	8		920		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06462

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06464

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Tantalizin' Turkey - Turkey Chili with Beans Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.60		1	MC	9		197.47		
Energy....kcal	78		1	NC	4		191		
Energy....kJ	325		0	NC	4		797		
Protein....g	6.12		1	LC	8		15.00		
Total lipid (fat)....g	1.02		1	LC	8		2.50		
Ash....g	1.24		0	NR	4		3.04		
Carbohydrate, by difference....g	11.02		1	LC	8		27.00		
Fiber, total dietary....g	3.3		1	LC	8		8.0		
Sugars, total....g	3.67		1	LC	8		9.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		1	LC	8		60		
Iron, Fe....mg	0.73		1	LC	8		1.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	359		1	LC	8		880		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		2.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	408		1	LC	8		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06464

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Tantalizin' Turkey - Turkey Chili with Beans Soup

Common Measures:

Measure 1 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27011

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Turkey Pot Pie - Fully Loaded

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	82.00		1	MC	9		200.90		
Energy ... kcal	82		1	LC	8		200		
Energy ... kJ	343		1	LC	8		840		
Protein ... g	4.49		1	LC	8		11.00		
Total lipid (fat) ... g	3.27		1	LC	8		8.00		
Ash ... g	1.67		0	NR	4		4.09		
Carbohydrate, by difference ... g	8.57		1	LC	8		21.00		
Fiber, total dietary ... g	1.6		1	LC	8		4.0		
Sugars, total ... g	1.63		1	LC	8		4.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		1	LC	8		20		
Iron, Fe ... mg	0.44		1	LC	8		1.08		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	327		1	LC	8		800		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	1020		1	LC	8		2500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.612		1	LC	8		1.500		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	14		1	LC	8		35		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27011

CAMPBELL Soup Company, CAMPBELL'S CHUNKY Soups, Turkey Pot Pie - Fully Loaded

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06999

CAMPBELL Soup Company, CAMPBELL'S Chicken Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.30		1	MC	9		52.10		
Energy....kcal	68		0	LC	8		40		
Energy....kJ	284		0	LC	8		167		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	5.08		1	LC	8		3.00		
Ash....g	1.53		0	NR	4		0.90		
Carbohydrate, by difference....g	5.08		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	1.69		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	441		1	LC	8		260		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	339		1	LC	8		200		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.695		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06999

CAMPBELL Soup Company, CAMPBELL'S Chicken Gravy

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06318

CAMPBELL Soup Company, CAMPBELL'S Country Style Cream Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.80		1	MC	9		51.21		
Energy....kcal	76		1	LC	8		45		
Energy....kJ	319		0	LC	8		188		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	5.08		1	LC	8		3.00		
Ash....g	1.34		0	NR	4		0.79		
Carbohydrate, by difference....g	5.08		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	1.69		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	322		1	LC	8		190		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.695		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06318

CAMPBELL Soup Company, CAMPBELL'S Country Style Cream Gravy

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06319

CAMPBELL Soup Company, CAMPBELL'S Country Style Sausage Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	78.30		1	MC	9		46.20		
Energy ... kcal	119		1	LC	8		70		
Energy ... kJ	496		0	LC	8		293		
Protein ... g	3.39		1	LC	8		2.00		
Total lipid (fat) ... g	10.17		1	LC	8		6.00		
Ash ... g	3.06		0	NR	4		1.81		
Carbohydrate, by difference ... g	5.08		1	LC	8		3.00		
Fiber, total dietary ... g	0.0		1	LC	8		0.0		
Sugars, total ... g	1.69		1	LC	8		1.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	0		1	LC	8		0		
Iron, Fe ... mg	0.00		1	LC	8		0.00		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	458		1	LC	8		270		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	0		1	LC	8		0		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.542		1	LC	8		1.500		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	17		1	LC	8		10		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06319

CAMPBELL Soup Company, CAMPBELL'S Country Style Sausage Gravy

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06317

CAMPBELL Soup Company, CAMPBELL'S Fat Free Beef Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.10		1	MC	9		53.75		
Energy....kcal	25		0	LC	8		15		
Energy....kJ	106		0	LC	8		63		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	2.20		0	NR	4		1.30		
Carbohydrate, by difference....g	5.08		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	508		1	LC	8		300		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06320

CAMPBELL Soup Company, CAMPBELL'S Fat Free Chicken Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.70		1	MC	9		54.10		
Energy....kcal	25		0	LC	8		15		
Energy....kJ	106		0	LC	8		63		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	1.52		0	NR	4		0.90		
Carbohydrate, by difference....g	5.08		1	LC	8		3.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	525		1	LC	8		310		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06323

CAMPBELL Soup Company, CAMPBELL'S Fat Free Turkey Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.60		1	MC	9		54.36		
Energy....kcal	33		1	LC	8		20		
Energy....kJ	139		0	LC	8		84		
Protein....g	1.67		1	LC	8		1.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	1.07		0	NR	4		0.64		
Carbohydrate, by difference....g	6.67		1	LC	8		4.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	483		1	LC	8		290		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06321

CAMPBELL Soup Company, CAMPBELL'S Golden Pork Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.40		1	MC	9		51.57		
Energy....kcal	76		1	LC	8		45		
Energy....kJ	319		0	LC	8		188		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	5.08		1	LC	8		3.00		
Ash....g	0.74		0	NR	4		0.44		
Carbohydrate, by difference....g	5.08		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	1.69		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	525		1	LC	8		310		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.542		1	LC	8		1.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06321

CAMPBELL Soup Company, CAMPBELL'S Golden Pork Gravy

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06324

CAMPBELL Soup Company, CAMPBELL'S Microwavable Beef Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.00		1	MC	9		53.10		
Energy....kcal	42		1	LC	8		25		
Energy....kJ	177		0	LC	8		105		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	1.69		1	LC	8		1.00		
Ash....g	1.53		0	NR	4		0.90		
Carbohydrate, by difference....g	5.08		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	1.69		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	475		1	LC	8		280		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.847		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06324

CAMPBELL Soup Company, CAMPBELL'S Microwavable Beef Gravy

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06325

CAMPBELL Soup Company, CAMPBELL'S Microwavable Chicken Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.50		1	MC	9		53.10		
Energy....kcal	67		1	LC	8		40		
Energy....kJ	279		0	LC	8		167		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	5.00		1	LC	8		3.00		
Ash....g	1.50		0	NR	4		0.90		
Carbohydrate, by difference....g	5.00		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	1.67		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	433		1	LC	8		260		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	333		1	LC	8		200		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.667		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06325

CAMPBELL Soup Company, CAMPBELL'S Microwavable Chicken Gravy

Common Measures:

Measure 1 = 60g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06332

CAMPBELL Soup Company, CAMPBELL'S Microwavable Turkey Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.60		1	MC	9		53.76		
Energy....kcal	42		1	LC	8		25		
Energy....kJ	174		0	LC	8		105		
Protein....g	1.67		1	LC	8		1.00		
Total lipid (fat)....g	1.67		1	LC	8		1.00		
Ash....g	2.07		0	NR	4		1.24		
Carbohydrate, by difference....g	5.00		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	1.67		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	450		1	LC	8		270		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.833		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06332

CAMPBELL Soup Company, CAMPBELL'S Microwavable Turkey Gravy

Common Measures:

Measure 1 = 60g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06322

CAMPBELL Soup Company, CAMPBELL'S Mushroom Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.90		1	MC	9		54.22		
Energy....kcal	34		1	LC	8		20		
Energy....kJ	142		0	LC	8		84		
Protein....g	0.00		1	LC	8		0.00		
Total lipid (fat)....g	1.69		1	LC	8		1.00		
Ash....g	1.32		0	NR	4		0.78		
Carbohydrate, by difference....g	5.08		1	LC	8		3.00		
Fiber, total dietary....g									
Sugars, total....g	1.69		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	475		1	LC	8		280		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06497

CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.40		1	MC	9		226.38	226.38	
Energy....kcal	30		1	NC	4		74	74	
Energy....kJ	126		0	NC	4		310	310	
Protein....g	1.63		1	LC	8		4.00	4.00	
Total lipid (fat)....g	0.82		1	LC	8		2.00	2.00	
Ash....g	1.07		0	NR	4		2.62	2.62	
Carbohydrate, by difference....g	4.08		1	LC	8		10.00	10.00	
Fiber, total dietary....g	0.4		1	LC	8		1.0	1.0	
Sugars, total....g	0.00		1	LC	8		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.29		1	LC	8		0.72	0.72	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	355		1	LC	8		870	870	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	204		1	LC	8		500	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	6		1	LC	8		15	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06497

CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06502

CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.00		1	MC	9		225.40	225.40	
Energy....kcal	30		1	NC	4		73	73	
Energy....kJ	125		0	NC	4		305	305	
Protein....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat)....g	0.41		1	LC	8		1.00	1.00	
Ash....g	1.06		0	NR	4		2.60	2.60	
Carbohydrate, by difference....g	5.71		1	LC	8		14.00	14.00	
Fiber, total dietary....g	0.4		1	LC	8		1.0	1.0	
Sugars, total....g	0.41		1	LC	8		1.00	1.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20	20	
Iron, Fe....mg	0.29		1	LC	8		0.72	0.72	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	327		1	LC	8		800	800	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	204		1	LC	8		500	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	2		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06502

CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06503

CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.70		1	MC	9		207.51	207.51	
Energy....kcal	64		1	NC	4		157	157	
Energy....kJ	268		0	NC	4		657	657	
Protein....g	1.22		1	LC	8		3.00	3.00	
Total lipid (fat)....g	2.04		1	LC	8		5.00	5.00	
Ash....g	1.83		0	NR	4		4.48	4.48	
Carbohydrate, by difference....g	10.20		1	LC	8		25.00	25.00	
Fiber, total dietary....g	1.2		1	LC	8		3.0	3.0	
Sugars, total....g	6.53		1	LC	8		16.00	16.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40	40	
Iron, Fe....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	306		1	LC	8		750	750	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.4		1	LC	8		6.0	6.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	204		1	LC	8		500	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000	1.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	2		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06503

CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06504

CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.40		1	MC	9		214.13	214.13	
Energy....kcal	44		1	NC	4		108	108	
Energy....kJ	184		0	NC	4		452	452	
Protein....g	1.22		1	LC	8		3.00	3.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	1.58		0	NR	4		3.87	3.87	
Carbohydrate, by difference....g	9.80		1	LC	8		24.00	24.00	
Fiber, total dietary....g	1.2		1	LC	8		3.0	3.0	
Sugars, total....g	7.35		1	LC	8		18.00	18.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20	20	
Iron, Fe....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	322		1	LC	8		790	790	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.4		1	LC	8		6.0	6.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	163		1	LC	8		400	400	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06504

CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06505

CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.60		1	MC	9		221.97	221.97	
Energy....kcal	34		1	NC	4		85	85	
Energy....kJ	144		0	NC	4		354	354	
Protein....g	2.04		1	LC	8		5.00	5.00	
Total lipid (fat)....g	0.20		1	LC	8		0.50	0.50	
Ash....g	1.03		0	NR	4		2.52	2.52	
Carbohydrate, by difference....g	6.12		1	LC	8		15.00	15.00	
Fiber, total dietary....g	1.2		1	LC	8		3.0	3.0	
Sugars, total....g	0.82		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	359		1	LC	8		880	880	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	408		1	LC	8		1000	1000	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	4		1	LC	8		10	10	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06505

CAMPBELL Soup Company, CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06212

CAMPBELL Soup Company, CAMPBELL'S Red and White, 25% Less Sodium Chicken Noodle Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	87.80		1	MC	9		110.63		
Energy ... kcal	48		1	LC	8		60		
Energy ... kJ	199		0	LC	8		251		
Protein ... g	2.38		1	LC	8		3.00		
Total lipid (fat) ... g	1.59		1	LC	8		2.00		
Ash ... g	1.88		0	NR	4		2.37		
Carbohydrate, by difference ... g	6.35		1	LC	8		8.00		
Fiber, total dietary ... g	0.8		1	LC	8		1.0		
Sugars, total ... g	0.79		1	LC	8		1.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	0.29		1	LC	8		0.36		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	71		1	LC	8		90		
Sodium, Na ... mg	524		1	LC	8		660		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	159		1	LC	8		200		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated ... g	0.794		1	LC	8		1.000		
Fatty acids, total polyunsaturated ... g	0.397		1	LC	8		0.500		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	12		1	LC	8		15		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06212

CAMPBELL Soup Company, CAMPBELL'S Red and White, 25% Less Sodium Chicken Noodle Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06214

CAMPBELL Soup Company, CAMPBELL'S Red and White, 25% Less Sodium Cream of Mushroom Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.20		0	MC	9		104.41		
Energy....kcal	89		1	LC	8		110		
Energy....kJ	371		0	LC	8		460		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	6.45		1	LC	8		8.00		
Ash....g	1.30		0	NR	4		1.61		
Carbohydrate, by difference....g	6.45		1	LC	8		8.00		
Fiber, total dietary....g	1.6		1	LC	8		2.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	105		1	LC	8		130		
Sodium, Na....mg	524		1	LC	8		650		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.806		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	2.419		1	LC	8		3.000		
Fatty acids, total polyunsaturated....g	3.226		1	LC	8		4.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06213

CAMPBELL Soup Company, CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.60		1	MC	9		99.94		
Energy	kcal	73		1	LC	8		90		
Energy	kJ	304		0	LC	8		377		
Protein	g	1.61		1	LC	8		2.00		
Total lipid (fat)	g	0.00		1	LC	8		0.00		
Ash	g	1.66		0	NR	4		2.06		
Carbohydrate, by difference	g	16.13		1	LC	8		20.00		
Fiber, total dietary	g	0.8		1	LC	8		1.0		
Sugars, total	g	9.68		1	LC	8		12.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1	LC	8		0		
Iron, Fe	mg	0.29		1	LC	8		0.36		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	290		1	LC	8		360		
Sodium, Na	mg	387		1	LC	8		480		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8		1	LC	8		6.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	403		1	LC	8		500		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g	0.000		1	LC	8		0.000		
Fatty acids, total trans	g	0.000		1	LC	8		0.000		
Cholesterol	mg									
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06213

CAMPBELL Soup Company, CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06215

CAMPBELL Soup Company, CAMPBELL'S Red and White, 98% Fat Free Broccoli Cheese Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.60		1	MC	9		107.38		
Energy	kcal	56		1	LC	8		70		
Energy	kJ	236		0	LC	8		293		
Protein	g	1.61		1	LC	8		2.00		
Total lipid (fat)	g	1.21		1	LC	8		1.50		
Ash	g	0.63		0	NR	4		0.78		
Carbohydrate, by difference	g	9.68		1	LC	8		12.00		
Fiber, total dietary	g	0.8		1	LC	8		1.0		
Sugars, total	g	2.42		1	LC	8		3.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		1	LC	8		40		
Iron, Fe	mg	0.00		1	LC	8		0.00		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	573		1	LC	8		710		
Sodium, Na	mg	387		1	LC	8		480		
Zinc, Zn	mg	8.47		1	LC	8		10.50		
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	806		1	LC	8		1000		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.806		1	LC	8		1.000		
Fatty acids, total monounsaturated	g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated	g	0.000		1	LC	8		0.000		
Fatty acids, total trans	g	0.000		1	LC	8		0.000		
Cholesterol	mg	4		1	LC	8		5		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06215

CAMPBELL Soup Company, CAMPBELL'S Red and White, 98% Fat Free Broccoli Cheese Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06209

CAMPBELL Soup Company, CAMPBELL'S Red and White, 98% Fat Free Cream of Broccoli Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.60		1	MC	9		107.38		
Energy....kcal	56		1	LC	8		70		
Energy....kJ	236		1	LC	8		293		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	1.61		1	LC	8		2.00		
Ash....g	2.11		0	NR	4		2.62		
Carbohydrate, by difference....g	8.06		1	LC	8		10.00		
Fiber, total dietary....g	1.6		1	LC	8		2.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	565		1	LC	8		700		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	81		1	LC	8		100		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.403		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06209

CAMPBELL Soup Company, CAMPBELL'S Red and White, 98% Fat Free Cream of Broccoli Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06218

CAMPBELL Soup Company, CAMPBELL'S Red and White, 98% Fat Free Cream of Celery Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.90		1	MC	9		106.52		
Energy....kcal	56		1	LC	8		70		
Energy....kJ	236		0	LC	8		293		
Protein....g	0.81		1	LC	8		1.00		
Total lipid (fat)....g	2.42		1	LC	8		3.00		
Ash....g	3.62		0	NR	4		4.49		
Carbohydrate, by difference....g	7.26		1	LC	8		9.00		
Fiber, total dietary....g	1.6		1	LC	8		2.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	484		1	LC	8		600		
Sodium, Na....mg	387		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.806		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.403		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	1.210		1	LC	8		1.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06219

CAMPBELL Soup Company, CAMPBELL'S Red and White, 98% Fat Free Cream of Chicken Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.90		1	MC	9		106.52		
Energy....kcal	56		1	LC	8		70		
Energy....kJ	236		0	LC	8		293		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	2.02		1	LC	8		2.50		
Ash....g	2.41		0	NR	4		2.99		
Carbohydrate, by difference....g	8.06		1	LC	8		10.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	444		1	LC	8		550		
Sodium, Na....mg	387		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.806		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.806		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	0.403		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27034

CAMPBELL Soup Company, CAMPBELL'S Red and White, 98% Fat Free Cream of Mushroom Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.60		1	MC	9		108.62		
Energy	kcal	48		1	LC	8		60		
Energy	kJ	202		0	LC	8		251		
Protein	g	0.81		1	LC	8		1.00		
Total lipid (fat)	g	2.02		1	LC	8		2.50		
Ash	g	2.32		0	NR	4		2.88		
Carbohydrate, by difference	g	7.26		1	LC	8		9.00		
Fiber, total dietary	g	0.8		1	LC	8		1.0		
Sugars, total	g	0.00		1	LC	8		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1	LC	8		20		
Iron, Fe	mg	0.00		1	LC	8		0.00		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	444		1	LC	8		550		
Sodium, Na	mg	387		1	LC	8		480		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.403		1	LC	8		0.500		
Fatty acids, total monounsaturated	g	0.403		1	LC	8		0.500		
Fatty acids, total polyunsaturated	g	1.210		1	LC	8		1.500		
Fatty acids, total trans	g	0.000		1	LC	8		0.000		
Cholesterol	mg	4		1	LC	8		5		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27034

CAMPBELL Soup Company, CAMPBELL'S Red and White, 98% Fat Free Cream of Mushroom Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06105

CAMPBELL Soup Company, CAMPBELL'S Red and White, BATMAN Fun Shapes Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.70		1	MC	9		107.98		
Energy....kcal	56		1	LC	8		70		
Energy....kJ	232		1	LC	8		293		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	1.59		1	LC	8		2.00		
Ash....g	2.40		0	NR	4		3.02		
Carbohydrate, by difference....g	7.94		1	LC	8		10.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	460		1	LC	8		580		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06105

CAMPBELL Soup Company, CAMPBELL'S Red and White, BATMAN Fun Shapes Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06117

CAMPBELL Soup Company, CAMPBELL'S Red and White, Bean with Bacon Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.20		1	MC	9		89.86		
Energy....kcal	125		1	LC	8		160		
Energy....kJ	523		0	LC	8		669		
Protein....g	6.25		1	LC	8		8.00		
Total lipid (fat)....g	2.34		1	LC	8		3.00		
Ash....g	1.40		0	NR	4		1.79		
Carbohydrate, by difference....g	19.53		1	LC	8		25.00		
Fiber, total dietary....g	6.3		1	LC	8		8.0		
Sugars, total....g	3.13		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	47		1	LC	8		60		
Iron, Fe....mg	1.41		1	LC	8		1.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	375		1	LC	8		480		
Sodium, Na....mg	672		1	LC	8		860		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8		1	LC	8		3.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	391		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.172		1	LC	8		1.500		
Fatty acids, total monounsaturated....g	0.781		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	0.391		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06117

CAMPBELL Soup Company, CAMPBELL'S Red and White, Bean with Bacon Soup, condensed

Common Measures:

Measure 1 = 128g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06091

CAMPBELL Soup Company, CAMPBELL'S Red and White, Beef Broth, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	94.90		1	MC	9		117.68		
Energy....kcal	12		1	LC	8		15		
Energy....kJ	51		0	LC	8		63		
Protein....g	2.42		1	LC	8		3.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	1.87		0	NR	4		2.32		
Carbohydrate, by difference....g	0.81		1	LC	8		1.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	32		1	LC	8		40		
Sodium, Na....mg	694		1	LC	8		860		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06097

CAMPBELL Soup Company, CAMPBELL'S Red and White, Beef Consomme, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.50		1	MC	9		115.94		
Energy....kcal	16		1	LC	8		20		
Energy....kJ	67		0	LC	8		84		
Protein....g	3.23		1	LC	8		4.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	2.40		0	NR	4		2.98		
Carbohydrate, by difference....g	0.81		1	LC	8		1.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	32		1	LC	8		40		
Sodium, Na....mg	653		1	LC	8		810		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06145

CAMPBELL Soup Company, CAMPBELL'S Red and White, Beef Noodle Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.20		1	MC	9		107.35		
Energy....kcal	56		1	LC	8		70		
Energy....kJ	232		0	LC	8		293		
Protein....g	3.17		1	LC	8		4.00		
Total lipid (fat)....g	1.59		1	LC	8		2.00		
Ash....g	3.69		0	NR	4		4.65		
Carbohydrate, by difference....g	6.35		1	LC	8		8.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	63		1	LC	8		80		
Sodium, Na....mg	651		1	LC	8		820		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.794		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06145

CAMPBELL Soup Company, CAMPBELL'S Red and White, Beef Noodle Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06146

CAMPBELL Soup Company, CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.60		1	MC	9		101.56		
Energy....kcal	71		1	LC	8		90		
Energy....kJ	299		0	LC	8		377		
Protein....g	3.97		1	LC	8		5.00		
Total lipid (fat)....g	1.19		1	LC	8		1.50		
Ash....g	2.34		0	O	4		2.95		
Carbohydrate, by difference....g	11.90		1	LC	8		15.00		
Fiber, total dietary....g	2.4		1	LC	8		3.0		
Sugars, total....g	1.59		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	119		1	LC	8		150		
Sodium, Na....mg	706		1	LC	8		890		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	992		1	LC	8		1250		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.794		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06146

CAMPBELL Soup Company, CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06003

CAMPBELL Soup Company, CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.00		0	NR	4		110.88		
Energy....kcal	40		1	LC	8		50		
Energy....kJ	166		0	LC	8		209		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	1.59		1	LC	8		2.00		
Ash....g	3.27		0	NR	4		4.12		
Carbohydrate, by difference....g	4.76		1	LC	8		6.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	48		1	LC	8		60		
Sodium, Na....mg	706		1	LC	8		890		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.794		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06003

CAMPBELL Soup Company, CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06014

CAMPBELL Soup Company, CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.10		1	MC	9		103.04		
Energy....kcal	81		1	LC	8		100		
Energy....kJ	337		0	LC	8		418		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	3.63		1	LC	8		4.50		
Ash....g	1.98		0	NR	4		2.46		
Carbohydrate, by difference....g	9.68		1	LC	8		12.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	2.42		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		1	LC	8		40		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	234		1	LC	8		290		
Sodium, Na....mg	661		1	LC	8		820		
Zinc, Zn....mg	8.47		1	LC	8		10.50		
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	806		1	LC	8		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.613		1	LC	8		2.000		
Fatty acids, total monounsaturated....g	2.016		1	LC	8		2.500		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06014

CAMPBELL Soup Company, CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06038

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cheddar Cheese Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.20		1	MC	9		103.17		
Energy....kcal	81		1	LC	8		100		
Energy....kJ	337		0	LC	8		418		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	4.03		1	LC	8		5.00		
Ash....g	2.28		0	NR	4		2.83		
Carbohydrate, by difference....g	8.87		1	LC	8		11.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	1.61		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		1	LC	8		40		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	452		1	LC	8		560		
Sodium, Na....mg	524		1	LC	8		650		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	403		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.613		1	LC	8		2.000		
Fatty acids, total monounsaturated....g	0.806		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	1.210		1	LC	8		1.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06038

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cheddar Cheese Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06054

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.40		1	MC	9		106.34		
Energy....kcal	56		1	LC	8		70		
Energy....kJ	232		0	LC	8		293		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	1.19		1	LC	8		1.50		
Ash....g	2.50		0	NR	4		3.15		
Carbohydrate, by difference....g	9.52		1	LC	8		12.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	659		1	LC	8		830		
Sodium, Na....mg	381		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	595		1	LC	8		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06054

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27013

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.80		1	MC	9		103.07	103.07	
Energy....kcal	71		1	LC	8		90	90	
Energy....kJ	297		1	LC	8		374	374	
Protein....g	3.17		1	LC	8		4.00	4.00	
Total lipid (fat)....g	1.19		1	LC	8		1.50	1.50	
Ash....g	1.14		0	NR	4		1.44	1.44	
Carbohydrate, by difference....g	12.70		1	LC	8		16.00	16.00	
Fiber, total dietary....g	2.4		1	LC	8		3.0	3.0	
Sugars, total....g	1.59		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	571		1	LC	8		720	720	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	238		1	LC	8		300	300	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	4		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27013

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed

Common Measures:

Measure 1 = 126g: .5 cup

Measure 2 = 126g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06057

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Broth, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	95.90		1	MC	9		118.92		
Energy....kcal	16		1	LC	8		20		
Energy....kJ	67		1	LC	8		84		
Protein....g	0.81		1	LC	8		1.00		
Total lipid (fat)....g	0.81		1	LC	8		1.00		
Ash....g	0.62		0	NR	4		0.77		
Carbohydrate, by difference....g	0.81		1	LC	8		1.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	621		1	LC	8		770		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06057

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Broth, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06058

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.40		1	MC	9		108.86		
Energy....kcal	48		1	LC	8		60		
Energy....kJ	199		1	LC	8		251		
Protein....g	1.59		1	LC	8		2.00		
Total lipid (fat)....g	0.79		1	LC	8		1.00		
Ash....g	3.28		0	NR	4		4.13		
Carbohydrate, by difference....g	7.94		1	LC	8		10.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	1.59		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	690		1	LC	8		870		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	79		1	LC	8		100		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06058

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06082

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.00		1	MC	9		104.58		
Energy....kcal	71		1	LC	8		90		
Energy....kJ	299		0	LC	8		377		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	1.98		1	LC	8		2.50		
Ash....g	0.73		0	NR	4		0.92		
Carbohydrate, by difference....g	11.90		1	LC	8		15.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	1.59		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	429		1	LC	8		540		
Sodium, Na....mg	381		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.794		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.794		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	16		1	LC	8		20		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06082

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06062

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Noodle Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.70		1	MC	9		110.50		
Energy	kcal	48		1	LC	8		60		
Energy	kJ	199		0	LC	8		251		
Protein	g	2.38		1	LC	8		3.00		
Total lipid (fat)	g	1.59		1	LC	8		2.00		
Ash	g	1.98		0	NR	4		2.49		
Carbohydrate, by difference	g	6.35		1	LC	8		8.00		
Fiber, total dietary	g	0.8		1	LC	8		1.0		
Sugars, total	g	0.79		1	LC	8		1.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1	LC	8		0		
Iron, Fe	mg	0.29		1	LC	8		0.36		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	40		1	LC	8		50		
Sodium, Na	mg	706		1	LC	8		890		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	159		1	LC	8		200		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated	g	0.397		1	LC	8		0.500		
Fatty acids, total polyunsaturated	g	0.000		1	LC	8		0.000		
Fatty acids, total trans	g	0.000		1	LC	8		0.000		
Cholesterol	mg	12		1	LC	8		15		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06062

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Noodle Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06084

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	83.20		1	MC	9		104.83		
Energy ... kcal	63		1	LC	8		80		
Energy ... kJ	266		0	LC	8		335		
Protein ... g	2.38		1	LC	8		3.00		
Total lipid (fat) ... g	0.79		1	LC	8		1.00		
Ash ... g	1.72		0	NR	4		2.17		
Carbohydrate, by difference ... g	11.90		1	LC	8		15.00		
Fiber, total dietary ... g	1.6		1	LC	8		2.0		
Sugars, total ... g	2.38		1	LC	8		3.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	16		1	LC	8		20		
Iron, Fe ... mg	0.29		1	LC	8		0.36		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	127		1	LC	8		160		
Sodium, Na ... mg	706		1	LC	8		890		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	1984		1	LC	8		2500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated ... g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated ... g	0.000		1	LC	8		0.000		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	4		1	LC	8		5		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06084

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06311

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.10		1	MC	9		112.27		
Energy....kcal	40		1	LC	8		50		
Energy....kJ	166		0	LC	8		209		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	0.79		1	LC	8		1.00		
Ash....g	1.38		0	NR	4		1.74		
Carbohydrate, by difference....g	6.35		1	LC	8		8.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	56		1	LC	8		70		
Sodium, Na....mg	690		1	LC	8		870		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	79		1	LC	8		100		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06311

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06041

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.40		1	MC	9		108.86		
Energy....kcal	56		1	LC	8		70		
Energy....kJ	232		1	LC	8		293		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	1.98		1	LC	8		2.50		
Ash....g	1.30		0	NR	4		1.64		
Carbohydrate, by difference....g	7.94		1	LC	8		10.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	603		1	LC	8		760		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.794		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06041

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06047

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken and Stars Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.00		1	MC	9		108.36		
Energy....kcal	56		1	LC	8		70		
Energy....kJ	232		0	LC	8		293		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	1.59		1	LC	8		2.00		
Ash....g	1.30		0	NR	4		1.64		
Carbohydrate, by difference....g	8.73		1	LC	8		11.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	444		1	LC	8		560		
Sodium, Na....mg	381		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.794		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06047

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken and Stars Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06309

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken with Rice Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	84.80		1	MC	9		106.85		
Energy ... kcal	56		1	LC	8		70		
Energy ... kJ	232		0	LC	8		293		
Protein ... g	1.59		1	LC	8		2.00		
Total lipid (fat) ... g	1.19		1	LC	8		1.50		
Ash ... g	2.10		0	NR	4		2.65		
Carbohydrate, by difference ... g	10.32		1	LC	8		13.00		
Fiber, total dietary ... g	0.8		1	LC	8		1.0		
Sugars, total ... g	0.79		1	LC	8		1.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	0		1	LC	8		0		
Iron, Fe ... mg									
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	341		1	LC	8		430		
Sodium, Na ... mg	484		1	LC	8		610		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	397		1	LC	8		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated ... g	0.397		1	LC	8		0.500		
Fatty acids, total polyunsaturated ... g	0.000		1	LC	8		0.000		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	4		1	LC	8		5		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06309

CAMPBELL Soup Company, CAMPBELL'S Red and White, Chicken with Rice Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06312

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.90		1	MC	9		104.04		
Energy....kcal	89		1	LC	8		110		
Energy....kJ	371		0	LC	8		460		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	5.65		1	LC	8		7.00		
Ash....g	1.58		0	NR	4		1.96		
Carbohydrate, by difference....g	7.26		1	LC	8		9.00		
Fiber, total dietary....g	2.4		1	LC	8		3.0		
Sugars, total....g	1.61		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	56		1	LC	8		70		
Sodium, Na....mg	669		1	LC	8		830		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	161		1	LC	8		200		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.613		1	LC	8		2.000		
Fatty acids, total monounsaturated....g	0.806		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	3.226		1	LC	8		4.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06312

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06333

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.80		1	MC	9		105.15		
Energy....kcal	73		1	LC	8		90		
Energy....kJ	304		0	LC	8		377		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	4.03		1	LC	8		5.00		
Ash....g	0.30		0	NR	4		0.37		
Carbohydrate, by difference....g	9.68		1	LC	8		12.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	2.42		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	77		1	LC	8		95		
Sodium, Na....mg	605		1	LC	8		750		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE	0		1	LC	8		0		
Vitamin A, IU....IU	242		1	LC	8		300		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.210		1	LC	8		1.500		
Fatty acids, total monounsaturated....g	0.806		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	2.016		1	LC	8		2.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06333

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06334

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Celery Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.40		1	MC	9		104.66		
Energy....kcal	73		1	LC	8		90		
Energy....kJ	304		0	LC	8		377		
Protein....g	0.81		1	LC	8		1.00		
Total lipid (fat)....g	4.84		1	LC	8		6.00		
Ash....g	2.70		0	NR	4		3.35		
Carbohydrate, by difference....g	7.26		1	LC	8		9.00		
Fiber, total dietary....g	2.4		1	LC	8		3.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	460		1	LC	8		570		
Sodium, Na....mg	516		1	LC	8		640		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	242		1	LC	8		300		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.806		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	2.823		1	LC	8		3.500		
Fatty acids, total polyunsaturated....g	1.210		1	LC	8		1.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06334

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Celery Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06336

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Chicken Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	83.80		1	MC	9		103.91		
Energy ... kcal	97		1	LC	8		120		
Energy ... kJ	405		0	LC	8		502		
Protein ... g	1.61		1	LC	8		2.00		
Total lipid (fat) ... g	6.45		1	LC	8		8.00		
Ash ... g	0.70		0	NR	4		0.87		
Carbohydrate, by difference ... g	8.06		1	LC	8		10.00		
Fiber, total dietary ... g	1.6		1	LC	8		2.0		
Sugars, total ... g	0.81		1	LC	8		1.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	0		1	LC	8		0		
Iron, Fe ... mg	0.29		1	LC	8		0.36		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	48		1	LC	8		60		
Sodium, Na ... mg	702		1	LC	8		870		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	242		1	LC	8		300		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.016		1	LC	8		2.500		
Fatty acids, total monounsaturated ... g	2.823		1	LC	8		3.500		
Fatty acids, total polyunsaturated ... g	1.210		1	LC	8		1.500		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	8		1	LC	8		10		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06336

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Chicken Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06337

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Chicken with Herbs Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.30		1	MC	9		104.53		
Energy....kcal	65		1	LC	8		80		
Energy....kJ	270		0	LC	8		335		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	3.23		1	LC	8		4.00		
Ash....g	3.60		0	NR	4		4.46		
Carbohydrate, by difference....g	7.26		1	LC	8		9.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	645		1	LC	8		800		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	403		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.210		1	LC	8		1.500		
Fatty acids, total monounsaturated....g	1.210		1	LC	8		1.500		
Fatty acids, total polyunsaturated....g	0.806		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06337

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Chicken with Herbs Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06338

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Mushroom Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.00		1	MC	9		104.16		
Energy....kcal	81		1	LC	8		100		
Energy....kJ	337		0	LC	8		418		
Protein....g	0.81		1	LC	8		1.00		
Total lipid (fat)....g	4.84		1	LC	8		6.00		
Ash....g	3.10		0	NR	4		3.84		
Carbohydrate, by difference....g	7.26		1	LC	8		9.00		
Fiber, total dietary....g	1.6		1	LC	8		2.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	48		1	LC	8		60		
Sodium, Na....mg	702		1	LC	8		870		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.210		1	LC	8		1.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06338

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Mushroom Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06339

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Mushroom with Roasted Garlic Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.20		1	MC	9		106.89		
Energy....kcal	56		1	LC	8		70		
Energy....kJ	236		0	LC	8		293		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	2.02		1	LC	8		2.50		
Ash....g	2.11		0	NR	4		2.62		
Carbohydrate, by difference....g	8.06		1	LC	8		10.00		
Fiber, total dietary....g	1.6		1	LC	8		2.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	484		1	LC	8		600		
Sodium, Na....mg	387		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.806		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.403		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.806		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06339

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Mushroom with Roasted Garlic Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06340

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Onion Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.20		1	MC	9		101.93		
Energy....kcal	81		1	LC	8		100		
Energy....kJ	337		0	LC	8		418		
Protein....g	0.81		1	LC	8		1.00		
Total lipid (fat)....g	4.84		1	LC	8		6.00		
Ash....g	4.09		0	NR	4		5.07		
Carbohydrate, by difference....g	8.06		1	LC	8		10.00		
Fiber, total dietary....g	2.4		1	LC	8		3.0		
Sugars, total....g	3.23		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	48		1	LC	8		60		
Sodium, Na....mg	645		1	LC	8		800		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	161		1	LC	8		200		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.210		1	LC	8		1.500		
Fatty acids, total monounsaturated....g	1.210		1	LC	8		1.500		
Fatty acids, total polyunsaturated....g	2.419		1	LC	8		3.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06340

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Onion Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06341

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Potato Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.00		1	MC	9		102.92		
Energy....kcal	73		1	LC	8		90		
Energy....kJ	304		0	LC	8		377		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	1.61		1	LC	8		2.00		
Ash....g	1.68		0	NR	4		2.08		
Carbohydrate, by difference....g	12.10		1	LC	8		15.00		
Fiber, total dietary....g	1.6		1	LC	8		2.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	548		1	LC	8		680		
Sodium, Na....mg	484		1	LC	8		600		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.806		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.403		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.403		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06341

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Potato Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06342

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.80		1	MC	9		106.39		
Energy....kcal	81		1	LC	8		100		
Energy....kJ	337		0	LC	8		418		
Protein....g	2.42		1	LC	8		3.00		
Total lipid (fat)....g	4.84		1	LC	8		6.00		
Ash....g	0.50		0	NR	4		0.62		
Carbohydrate, by difference....g	6.45		1	LC	8		8.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.00		1	LC	8		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	24		1	LC	8		30		
Sodium, Na....mg	694		1	LC	8		860		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.613		1	LC	8		2.000		
Fatty acids, total monounsaturated....g	0.806		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	2.419		1	LC	8		3.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	16		1	LC	8		20		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06342

CAMPBELL Soup Company, CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06343

CAMPBELL Soup Company, CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.10		1	MC	9		98.08		
Energy....kcal	97		1	LC	8		120		
Energy....kJ	405		0	LC	8		502		
Protein....g	3.23		1	LC	8		4.00		
Total lipid (fat)....g	5.65		1	LC	8		7.00		
Ash....g	3.16		0	NR	4		3.92		
Carbohydrate, by difference....g	8.87		1	LC	8		11.00		
Fiber, total dietary....g	3.2		1	LC	8		4.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	56		1	LC	8		70		
Sodium, Na....mg	702		1	LC	8		870		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	806		1	LC	8		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.210		1	LC	8		1.500		
Fatty acids, total monounsaturated....g	1.210		1	LC	8		1.500		
Fatty acids, total polyunsaturated....g	2.419		1	LC	8		3.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	12		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06343

CAMPBELL Soup Company, CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06344

CAMPBELL Soup Company, CAMPBELL'S Red and White, Creamy Chicken Verde Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.20		1	LC	8		101.93		
Energy....kcal	89		1	LC	8		110		
Energy....kJ	371		1	LC	8		460		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	5.65		1	LC	8		7.00		
Ash....g	2.48		0	NR	4		3.08		
Carbohydrate, by difference....g	8.06		1	LC	8		10.00		
Fiber, total dietary....g	2.4		1	LC	8		3.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	629		1	LC	8		780		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.016		1	LC	8		2.500		
Fatty acids, total monounsaturated....g	2.016		1	LC	8		2.500		
Fatty acids, total polyunsaturated....g	1.613		1	LC	8		2.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06344

CAMPBELL Soup Company, CAMPBELL'S Red and White, Creamy Chicken Verde Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06346

CAMPBELL Soup Company, CAMPBELL'S Red and White, Curly Noodle Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.40		1	MC	9		107.60		
Energy....kcal	63		1	LC	8		80		
Energy....kJ	266		1	LC	8		335		
Protein....g	3.17		1	LC	8		4.00		
Total lipid (fat)....g	1.59		1	LC	8		2.00		
Ash....g	1.11		0	NR	4		1.40		
Carbohydrate, by difference....g	8.73		1	LC	8		11.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	381		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	595		1	LC	8		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	12		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06346

CAMPBELL Soup Company, CAMPBELL'S Red and White, Curly Noodle Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06347

CAMPBELL Soup Company, CAMPBELL'S Red and White, DANNY PHANTOM shaped pasta with Chicken in Chicken Broth, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.70		1	MC	9		107.98		
Energy....kcal	56		1	LC	8		70		
Energy....kJ	232		1	LC	8		293		
Protein....g	3.17		1	LC	8		4.00		
Total lipid (fat)....g	1.59		1	LC	8		2.00		
Ash....g	1.60		0	NR	4		2.02		
Carbohydrate, by difference....g	7.94		1	LC	8		10.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	444		1	LC	8		560		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 06347

CAMPBELL Soup Company, CAMPBELL'S Red and White, DANNY PHANTOM shaped pasta with Chicken in Chicken Broth, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06349

CAMPBELL Soup Company, CAMPBELL'S Red and White, DORA THE EXPLORER Kidshapes Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.70		1	MC	9		107.98		
Energy....kcal	63		1	LC	8		80		
Energy....kJ	266		0	LC	8		335		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	1.59		1	LC	8		2.00		
Ash....g	0.50		0	NR	4		0.63		
Carbohydrate, by difference....g	10.32		1	LC	8		13.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	2.38		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	381		1	LC	8		480		
Sodium, Na....mg	381		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06349

CAMPBELL Soup Company, CAMPBELL'S Red and White, DORA THE EXPLORER Kidshapes Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06350

CAMPBELL Soup Company, CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.50		1	MC	9		100.17		
Energy....kcal	87		1	LC	8		110		
Energy....kJ	365		0	LC	8		460		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	1.59		1	LC	8		2.00		
Ash....g	0.66		0	NR	4		0.83		
Carbohydrate, by difference....g	15.87		1	LC	8		20.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	667		1	LC	8		840		
Sodium, Na....mg	381		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.794		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06350

CAMPBELL Soup Company, CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06353

CAMPBELL Soup Company, CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	80.30		1	MC	9		99.57		
Energy ... kcal	97		1	LC	8		120		
Energy ... kJ	405		0	LC	8		502		
Protein ... g	2.42		1	LC	8		3.00		
Total lipid (fat) ... g	6.45		1	LC	8		8.00		
Ash ... g	2.76		0	NR	4		3.42		
Carbohydrate, by difference ... g	8.06		1	LC	8		10.00		
Fiber, total dietary ... g	0.8		1	LC	8		1.0		
Sugars, total ... g	1.61		1	LC	8		2.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	65		1	LC	8		80		
Iron, Fe ... mg	0.00		1	LC	8		0.00		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	81		1	LC	8		100		
Sodium, Na ... mg	637		1	LC	8		790		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	403		1	LC	8		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.419		1	LC	8		3.000		
Fatty acids, total monounsaturated ... g	1.613		1	LC	8		2.000		
Fatty acids, total polyunsaturated ... g	1.613		1	LC	8		2.000		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	8		1	LC	8		10		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06353

CAMPBELL Soup Company, CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06354

CAMPBELL Soup Company, CAMPBELL'S Red and White, French Onion Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.00		1	MC	9		114.66		
Energy....kcal	36		1	LC	8		45		
Energy....kJ	149		0	LC	8		188		
Protein....g	1.59		1	LC	8		2.00		
Total lipid (fat)....g	1.19		1	LC	8		1.50		
Ash....g	1.46		0	NR	4		1.84		
Carbohydrate, by difference....g	4.76		1	LC	8		6.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	3.17		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	444		1	LC	8		560		
Sodium, Na....mg	516		1	LC	8		650		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.794		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06354

CAMPBELL Soup Company, CAMPBELL'S Red and White, French Onion Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06357

CAMPBELL Soup Company, CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	85.70		1	MC	9		107.98		
Energy ... kcal	63		1	LC	8		80		
Energy ... kJ	266		0	LC	8		335		
Protein ... g	2.38		1	LC	8		3.00		
Total lipid (fat) ... g	1.59		1	LC	8		2.00		
Ash ... g	0.80		0	NR	4		1.01		
Carbohydrate, by difference ... g	9.52		1	LC	8		12.00		
Fiber, total dietary ... g	0.8		1	LC	8		1.0		
Sugars, total ... g	0.79		1	LC	8		1.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg									
Iron, Fe ... mg	0.29		1	LC	8		0.36		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	429		1	LC	8		540		
Sodium, Na ... mg	381		1	LC	8		480		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	397		1	LC	8		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated ... g	0.794		1	LC	8		1.000		
Fatty acids, total polyunsaturated ... g	0.397		1	LC	8		0.500		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	4		1	LC	8		5		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06357

CAMPBELL Soup Company, CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06360

CAMPBELL Soup Company, CAMPBELL'S Red and White, GOLDFISH Pasta with Meatballs in Chicken Broth Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.00		1	MC	9		105.84		
Energy....kcal	71		1	LC	8		90		
Energy....kJ	299		0	LC	8		377		
Protein....g	3.17		1	LC	8		4.00		
Total lipid (fat)....g	2.38		1	LC	8		3.00		
Ash....g	1.71		0	NR	4		2.15		
Carbohydrate, by difference....g	8.73		1	LC	8		11.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	381		1	LC	8		480		
Sodium, Na....mg	381		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.794		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.794		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06360

CAMPBELL Soup Company, CAMPBELL'S Red and White, GOLDFISH Pasta with Meatballs in Chicken Broth Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06355

CAMPBELL Soup Company, CAMPBELL'S Red and White, Golden Mushroom Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.20		1	MC	9		108.13		
Energy....kcal	65		1	LC	8		80		
Energy....kJ	270		0	LC	8		335		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	2.82		1	LC	8		3.50		
Ash....g	0.72		0	NR	4		0.89		
Carbohydrate, by difference....g	8.06		1	LC	8		10.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	548		1	LC	8		680		
Sodium, Na....mg	524		1	LC	8		650		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	403		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.806		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.403		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	1.210		1	LC	8		1.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06355

CAMPBELL Soup Company, CAMPBELL'S Red and White, Golden Mushroom Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06361

CAMPBELL Soup Company, CAMPBELL'S Red and White, Green Pea Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.80		1	MC	9		85.50		
Energy....kcal	141		1	LC	8		180		
Energy....kJ	588		0	LC	8		753		
Protein....g	7.03		1	LC	8		9.00		
Total lipid (fat)....g	2.34		1	LC	8		3.00		
Ash....g	1.95		0	NR	4		2.50		
Carbohydrate, by difference....g	21.88		1	LC	8		28.00		
Fiber, total dietary....g	3.1		1	LC	8		4.0		
Sugars, total....g	4.69		1	LC	8		6.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	1.13		1	LC	8		1.44		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	305		1	LC	8		390		
Sodium, Na....mg	680		1	LC	8		870		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	156		1	LC	8		200		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.781		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.391		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.781		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06361

CAMPBELL Soup Company, CAMPBELL'S Red and White, Green Pea Soup, condensed

Common Measures:

Measure 1 = 128g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06362

CAMPBELL Soup Company, CAMPBELL'S Red and White, Hearty Vegetable with Pasta Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.50		1	MC	9		101.43		
Energy....kcal	71		1	LC	8		90		
Energy....kJ	299		1	LC	8		377		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	0.40		1	LC	8		0.50		
Ash....g	1.64		0	NR	4		2.07		
Carbohydrate, by difference....g	15.08		1	LC	8		19.00		
Fiber, total dietary....g	1.6		1	LC	8		2.0		
Sugars, total....g	6.35		1	LC	8		8.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	706		1	LC	8		890		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1984		1	LC	8		2500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06362

CAMPBELL Soup Company, CAMPBELL'S Red and White, Hearty Vegetable with Pasta Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06363

CAMPBELL Soup Company, CAMPBELL'S Red and White, Homestyle Chicken Noodle Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	86.60		1	MC	9		109.12		
Energy ... kcal	56		1	LC	8		70		
Energy ... kJ	232		0	LC	8		293		
Protein ... g	3.17		1	LC	8		4.00		
Total lipid (fat) ... g	1.59		1	LC	8		2.00		
Ash ... g	0.70		0	NR	4		0.88		
Carbohydrate, by difference ... g	7.94		1	LC	8		10.00		
Fiber, total dietary ... g	0.8		1	LC	8		1.0		
Sugars, total ... g	0.79		1	LC	8		1.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	0		1	LC	8		0		
Iron, Fe ... mg	0.29		1	LC	8		0.36		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	508		1	LC	8		640		
Sodium, Na ... mg	516		1	LC	8		650		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	397		1	LC	8		500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated ... g	0.794		1	LC	8		1.000		
Fatty acids, total polyunsaturated ... g	0.397		1	LC	8		0.500		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	8		1	LC	8		10		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06363

CAMPBELL Soup Company, CAMPBELL'S Red and White, Homestyle Chicken Noodle Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27014

CAMPBELL Soup Company, CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.20		1	MC	9		104.83	104.83	
Energy....kcal	71		1	LC	8		90	90	
Energy....kJ	297		1	LC	8		374	374	
Protein....g	3.17		1	LC	8		4.00	4.00	
Total lipid (fat)....g	1.98		1	LC	8		2.50	2.50	
Ash....g	2.12		0	NR	4		2.67	2.67	
Carbohydrate, by difference....g	9.52		1	LC	8		12.00	12.00	
Fiber, total dietary....g	2.4		1	LC	8		3.0	3.0	
Sugars, total....g	1.59		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	32		1	LC	8		40	40	
Iron, Fe....mg	0.57		1	LC	8		0.72	0.72	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	643		1	LC	8		810	810	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.794		1	LC	8		1.000	1.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	8		1	LC	8		10	10	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27014

CAMPBELL Soup Company, CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed

Common Measures:

Measure 1 = 126g: .5 cup

Measure 2 = 126g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27032

CAMPBELL Soup Company, CAMPBELL'S Red and White, Lentil Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.20		1	MC	9		89.71	89.71	
Energy....kcal	111		1	LC	8		140	140	
Energy....kJ	465		0	LC	8		586	586	
Protein....g	6.35		1	LC	8		8.00	8.00	
Total lipid (fat)....g	0.79		1	LC	8		1.00	1.00	
Ash....g	2.61		0	NR	4		3.29	3.29	
Carbohydrate, by difference....g	19.05		1	LC	8		24.00	24.00	
Fiber, total dietary....g	4.0		1	LC	8		5.0	5.0	
Sugars, total....g	1.59		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	32		1	LC	8		40	40	
Iron, Fe....mg	2.14		1	LC	8		2.70	2.70	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	270		1	LC	8		340	340	
Sodium, Na....mg	635		1	LC	8		800	800	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	595		1	LC	8		750	750	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500	0.500	
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27032

CAMPBELL Soup Company, CAMPBELL'S Red and White, Lentil Soup, condensed

Common Measures:

Measure 1 = 126g: .5 cup

Measure 2 = 126g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06364

CAMPBELL Soup Company, CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.40		1	MC	9		108.86		
Energy....kcal	48		1	LC	8		60		
Energy....kJ	199		0	LC	8		251		
Protein....g	1.59		1	LC	8		2.00		
Total lipid (fat)....g	0.40		1	LC	8		0.50		
Ash....g	2.09		0	NR	4		2.63		
Carbohydrate, by difference....g	9.52		1	LC	8		12.00		
Fiber, total dietary....g	1.6		1	LC	8		2.0		
Sugars, total....g	1.59		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	198		1	LC	8		250		
Sodium, Na....mg	698		1	LC	8		880		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	794		1	LC	8		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06364

CAMPBELL Soup Company, CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06365

CAMPBELL Soup Company, CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.80		1	MC	9		104.33		
Energy....kcal	71		1	LC	8		90		
Energy....kJ	299		0	LC	8		377		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	1.59		1	LC	8		2.00		
Ash....g	1.33		0	NR	4		1.68		
Carbohydrate, by difference....g	11.90		1	LC	8		15.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	437		1	LC	8		550		
Sodium, Na....mg	381		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	595		1	LC	8		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.794		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	12		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06365

CAMPBELL Soup Company, CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06366

CAMPBELL Soup Company, CAMPBELL'S Red and White, Minestrone Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.70		1	MC	9		100.42		
Energy....kcal	71		1	LC	8		90		
Energy....kJ	299		0	LC	8		377		
Protein....g	3.17		1	LC	8		4.00		
Total lipid (fat)....g	0.79		1	LC	8		1.00		
Ash....g	2.84		0	NR	4		3.58		
Carbohydrate, by difference....g	13.49		1	LC	8		17.00		
Fiber, total dietary....g	2.4		1	LC	8		3.0		
Sugars, total....g	2.38		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.86		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	833		1	LC	8		1050		
Sodium, Na....mg	516		1	LC	8		650		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	794		1	LC	8		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06366

CAMPBELL Soup Company, CAMPBELL'S Red and White, Minestrone Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06367

CAMPBELL Soup Company, CAMPBELL'S Red and White, New England Clam Chowder, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.30		1	MC	9		104.96		
Energy....kcal	71		1	LC	8		90		
Energy....kJ	299		0	LC	8		377		
Protein....g	3.17		1	LC	8		4.00		
Total lipid (fat)....g	1.98		1	LC	8		2.50		
Ash....g	1.22		0	NR	4		1.54		
Carbohydrate, by difference....g	10.32		1	LC	8		13.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	516		1	LC	8		650		
Sodium, Na....mg	516		1	LC	8		650		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	1.190		1	LC	8		1.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06367

CAMPBELL Soup Company, CAMPBELL'S Red and White, New England Clam Chowder, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06351

CAMPBELL Soup Company, CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.50		1	MC	9		93.87		
Energy	kcal	87		1	LC	8		110		
Energy	kJ	365		0	LC	8		460		
Protein	g	0.79		1	LC	8		1.00		
Total lipid (fat)	g	1.59		1	LC	8		2.00		
Ash	g	4.87		0	NR	4		6.14		
Carbohydrate, by difference	g	18.25		1	LC	8		23.00		
Fiber, total dietary	g	0.8		1	LC	8		1.0		
Sugars, total	g	7.94		1	LC	8		10.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		1	LC	8		0		
Iron, Fe	mg	0.29		1	LC	8		0.36		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	119		1	LC	8		150		
Sodium, Na	mg	611		1	LC	8		770		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		1	LC	8		2.4		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	397		1	LC	8		500		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated	g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated	g	0.397		1	LC	8		0.500		
Fatty acids, total trans	g	0.000		1	LC	8		0.000		
Cholesterol	mg	0		1	LC	8		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06351

CAMPBELL Soup Company, CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06369

CAMPBELL Soup Company, CAMPBELL'S Red and White, Oyster Stew, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.60		1	MC	9		112.90		
Energy....kcal	63		1	LC	8		80		
Energy....kJ	266		0	LC	8		335		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	4.76		1	LC	8		6.00		
Ash....g	0.72		0	NR	4		0.91		
Carbohydrate, by difference....g	2.38		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.00		1	LC	8		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	1.43		1	LC	8		1.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	20		1	LC	8		25		
Sodium, Na....mg	722		1	LC	8		910		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.381		1	LC	8		3.000		
Fatty acids, total monounsaturated....g	0.794		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	0.794		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	16		1	LC	8		20		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06369

CAMPBELL Soup Company, CAMPBELL'S Red and White, Oyster Stew, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06370

CAMPBELL Soup Company, CAMPBELL'S Red and White, Pepper Pot Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.00		1	MC	9		104.58		
Energy....kcal	71		1	LC	8		90		
Energy....kJ	299		1	LC	8		377		
Protein....g	3.97		1	LC	8		5.00		
Total lipid (fat)....g	3.17		1	LC	8		4.00		
Ash....g	2.71		0	NR	4		3.41		
Carbohydrate, by difference....g	7.14		1	LC	8		9.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	778		1	LC	8		980		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	595		1	LC	8		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.190		1	LC	8		1.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	20		1	LC	8		25		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06370

CAMPBELL Soup Company, CAMPBELL'S Red and White, Pepper Pot Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27015

CAMPBELL Soup Company, CAMPBELL'S Red and White, SHREK shaped pasta with Chicken in Chicken Broth Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.70		1	MC	9		107.98	107.98	
Energy....kcal	63		1	LC	8		80	80	
Energy....kJ	266		0	LC	8		335	335	
Protein....g	2.38		1	LC	8		3.00	3.00	
Total lipid (fat)....g	1.59		1	LC	8		2.00	2.00	
Ash....g	0.81		0	NR	4		1.02	1.02	
Carbohydrate, by difference....g	9.52		0	NR	4		12.00	12.00	
Fiber, total dietary....g	0.8		1	LC	8		1.0	1.0	
Sugars, total....g	0.79		1	LC	8		1.00	1.00	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.29		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	444		1	LC	8		560	560	
Sodium, Na....mg	381		1	LC	8		480	480	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g	0.794		1	LC	8		1.000	1.000	
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500	0.500	
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	4		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup

Measure 2 = 126g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06371

CAMPBELL Soup Company, CAMPBELL'S Red and White, Scotch Broth, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.80		1	MC	9		107.63		
Energy....kcal	48		1	LC	8		60		
Energy....kJ									
Protein....g	2.42		1	LC	8		3.00		
Total lipid (fat)....g	0.81		1	LC	8		1.00		
Ash....g	1.91		0	NR	4		2.37		
Carbohydrate, by difference....g	8.06		1	LC	8		10.00		
Fiber, total dietary....g	1.6		1	LC	8		2.0		
Sugars, total....g	0.81		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	694		1	LC	8		860		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1613		1	LC	8		2000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06371

CAMPBELL Soup Company, CAMPBELL'S Red and White, Scotch Broth, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06372

CAMPBELL Soup Company, CAMPBELL'S Red and White, Southwest Style Pepper Jack Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.30		1	MC	9		99.57		
Energy....kcal	89		1	LC	8		110		
Energy....kJ	371		1	LC	8		460		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	4.84		1	LC	8		6.00		
Ash....g	2.76		0	NR	4		3.42		
Carbohydrate, by difference....g	10.48		1	LC	8		13.00		
Fiber, total dietary....g	3.2		1	LC	8		4.0		
Sugars, total....g	2.42		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	710		1	LC	8		880		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	81		1	LC	8		100		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.613		1	LC	8		2.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06372

CAMPBELL Soup Company, CAMPBELL'S Red and White, Southwest Style Pepper Jack Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06381

CAMPBELL Soup Company, CAMPBELL'S Red and White, Southwestern-Style Chicken Vegetable Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.00		1	MC	9		95.76		
Energy....kcal	87		1	LC	8		110		
Energy....kJ	365		1	LC	8		460		
Protein....g	3.97		1	LC	8		5.00		
Total lipid (fat)....g	0.79		1	LC	8		1.00		
Ash....g	2.57		0	NR	4		3.24		
Carbohydrate, by difference....g	16.67		1	LC	8		21.00		
Fiber, total dietary....g	3.2		1	LC	8		4.0		
Sugars, total....g	2.38		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		1	LC	8		40		
Iron, Fe....mg	0.86		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	659		1	LC	8		830		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06381

CAMPBELL Soup Company, CAMPBELL'S Red and White, Southwestern-Style Chicken Vegetable Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06380

CAMPBELL Soup Company, CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.00		1	MC	9		84.48		
Energy....kcal	141		1	LC	8		180		
Energy....kJ	588		0	LC	8		753		
Protein....g	7.81		1	LC	8		10.00		
Total lipid (fat)....g	1.56		1	LC	8		2.00		
Ash....g	1.19		0	NR	4		1.52		
Carbohydrate, by difference....g	23.44		1	LC	8		30.00		
Fiber, total dietary....g	3.1		1	LC	8		4.0		
Sugars, total....g	3.13		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	1.13		1	LC	8		1.44		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	352		1	LC	8		450		
Sodium, Na....mg	664		1	LC	8		850		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	234		1	LC	8		300		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.391		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.781		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	0.391		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06380

CAMPBELL Soup Company, CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed

Common Measures:

Measure 1 = 128g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06379

CAMPBELL Soup Company, CAMPBELL'S Red and White, Tomato Bisque, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.40		1	MC	9		95.00		
Energy....kcal	103		1	LC	8		130		
Energy....kJ	432		0	LC	8		544		
Protein....g	1.59		1	LC	8		2.00		
Total lipid (fat)....g	2.78		1	LC	8		3.50		
Ash....g	1.98		0	NR	4		2.49		
Carbohydrate, by difference....g	18.25		1	LC	8		23.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	11.90		1	LC	8		15.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		1	LC	8		40		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	698		1	LC	8		880		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.8		1	LC	8		6.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	238		1	LC	8		300		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.190		1	LC	8		1.500		
Fatty acids, total monounsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.794		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06379

CAMPBELL Soup Company, CAMPBELL'S Red and White, Tomato Bisque, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06377

CAMPBELL Soup Company, CAMPBELL'S Red and White, Tomato Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.79	0.108	6	A	1		119.57	237.52	
Energy....kcal	71		0	NC	4		105	208	
Energy....kJ	296		0	NC	4		438	870	
Protein....g	1.46	0.026	6	A	1		2.16	4.29	
Total lipid (fat)....g	0.44	0.018	6	A	1		0.65	1.29	
Ash....g	2.09	0.023	6	A	1		3.10	6.15	
Carbohydrate, by difference....g	15.22		0	NC	4		22.53	44.75	
Fiber, total dietary....g	1.1	0.058	3	A	1		1.6	3.2	
Sugars, total....g	8.23	0.081	6	A	1		12.18	24.20	
Sucrose....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose)....g	3.55	0.037	6	A	1		5.26	10.45	
Fructose....g	4.67	0.049	6	A	1		6.92	13.74	
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	
Starch....g	4.00	0.058	3	A	1		5.92	11.76	
Minerals:									
Calcium, Ca....mg	13	0.417	6	A	1		19	37	
Iron, Fe....mg	0.59	0.035	6	A	1		0.88	1.74	
Magnesium, Mg....mg	14	0.289	6	A	1		21	42	
Phosphorus, P....mg	31	0.644	6	A	1		46	92	
Potassium, K....mg	562	11.177	6	A	1		832	1652	
Sodium, Na....mg	377	3.483	6	A	1		558	1108	
Zinc, Zn....mg	0.18	0.005	6	A	1		0.27	0.54	
Copper, Cu....mg	0.050	0.002	6	A	1		0.074	0.147	
Manganese, Mn....mg	0.138	0.002	6	A	1		0.204	0.405	
Selenium, Se....µg	3.0	0.000	3	A	1		4.4	8.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.8		1	LC	8		7.2	14.2	
Thiamin....mg	0.042	0.007	6	A	1		0.062	0.122	
Riboflavin....mg	0.015	0.000	6	A	1		0.022	0.043	
Niacin....mg	0.858	0.013	6	A	1		1.270	2.523	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	323		1	LC	8		477	948	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	

NDB No. 06377

CAMPBELL Soup Company, CAMPBELL'S Red and White, Tomato Soup, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 148g: 1 cup

Measure 2 = 294g: 1 can

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06375

CAMPBELL Soup Company, CAMPBELL'S Red and White, Vegetable Beef Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	81.60		1	MC	9		102.82		
Energy ... kcal	71		1	LC	8		90		
Energy ... kJ	299		0	LC	8		377		
Protein ... g	3.97		1	LC	8		5.00		
Total lipid (fat) ... g	0.79		1	LC	8		1.00		
Ash ... g	1.73		0	NR	4		2.18		
Carbohydrate, by difference ... g	11.90		1	LC	8		15.00		
Fiber, total dietary ... g	2.4		1	LC	8		3.0		
Sugars, total ... g	1.59		1	LC	8		2.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	16		1	LC	8		20		
Iron, Fe ... mg	0.57		1	LC	8		0.72		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	206		1	LC	8		260		
Sodium, Na ... mg	706		1	LC	8		890		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		1	LC	8		1.2		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	595		1	LC	8		750		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated ... g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated ... g	0.000		1	LC	8		0.000		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	4		1	LC	8		5		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06375

CAMPBELL Soup Company, CAMPBELL'S Red and White, Vegetable Beef Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06374

CAMPBELL Soup Company, CAMPBELL'S Red and White, Vegetable Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.70		1	MC	9		99.16		
Energy....kcal	79		1	LC	8		100		
Energy....kJ	332		0	LC	8		418		
Protein....g	3.17		1	LC	8		4.00		
Total lipid (fat)....g	0.40		1	LC	8		0.50		
Ash....g	1.06		0	NR	4		1.34		
Carbohydrate, by difference....g	16.67		1	LC	8		21.00		
Fiber, total dietary....g	2.4		1	LC	8		3.0		
Sugars, total....g	5.56		1	LC	8		7.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	579		1	LC	8		730		
Sodium, Na....mg	516		1	LC	8		650		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06373

CAMPBELL Soup Company, CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.60		1	MC	9		102.82		
Energy	kcal	71		1	LC	8		90		
Energy	kJ	299		0	LC	8		377		
Protein	g	2.38		1	LC	8		3.00		
Total lipid (fat)	g	0.40		1	LC	8		0.50		
Ash	g	1.34		0	NR	4		1.69		
Carbohydrate, by difference	g	14.29		1	LC	8		18.00		
Fiber, total dietary	g	1.6		1	LC	8		2.0		
Sugars, total	g	4.76		1	LC	8		6.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1	LC	8		20		
Iron, Fe	mg	0.57		1	LC	8		0.72		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	698		1	LC	8		880		
Sodium, Na	mg	381		1	LC	8		480		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	1984		1	LC	8		2500		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated	g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated	g	0.000		1	LC	8		0.000		
Fatty acids, total trans	g	0.000		1	LC	8		0.000		
Cholesterol	mg	0		1	LC	8		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06373

CAMPBELL Soup Company, CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06507

CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Blended Red Pepper Black Bean Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.30		1	MC	9		213.89	213.89	
Energy....kcal	49		1	LC	8		120	120	
Energy....kJ	205		0	LC	8		502	502	
Protein....g	1.22		1	LC	8		3.00	3.00	
Total lipid (fat)....g	0.61		1	LC	8		1.50	1.50	
Ash....g	1.47		0	NR	4		3.60	3.60	
Carbohydrate, by difference....g	9.39		1	LC	8		23.01	23.01	
Fiber, total dietary....g	1.6		1	LC	8		4.0	4.0	
Sugars, total....g	4.08		1	LC	8		10.00	10.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40	40	
Iron, Fe....mg	0.29		1	LC	8		0.72	0.72	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	335		1	LC	8		820	820	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.5		1	LC	8		3.6	3.6	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	306		1	LC	8		750	750	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000	1.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	2		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06507

CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Blended Red Pepper Black Bean Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06508

CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Creamy Portobello Mushroom Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.10		1	MC	9		220.74	220.74	
Energy....kcal	42		1	NC	4		104	104	
Energy....kJ	178		0	NC	4		435	435	
Protein....g	1.22		1	LC	8		3.00	3.00	
Total lipid (fat)....g	1.63		1	LC	8		4.00	4.00	
Ash....g	1.33		0	NR	4		3.26	3.26	
Carbohydrate, by difference....g	5.71		1	LC	8		14.00	14.00	
Fiber, total dietary....g	0.8		1	LC	8		2.0	2.0	
Sugars, total....g	0.82		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20	20	
Iron, Fe....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	322		1	LC	8		790	790	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	41		1	LC	8		100	100	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.224		1	LC	8		3.000	3.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	4		1	LC	8		10	10	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06508

CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Creamy Portobello Mushroom Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27024

CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Creamy Tomato Parmesan

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.60		1	MC	9		202.37	202.37	
Energy....kcal	82		1	LC	8		200	200	
Energy....kJ	343		1	LC	8		840	840	
Protein....g	2.04		1	LC	8		5.00	5.00	
Total lipid (fat)....g	3.67		1	LC	8		9.00	9.00	
Ash....g	1.48		0	NR	4		3.63	3.63	
Carbohydrate, by difference....g	10.20		1	LC	8		25.00	25.00	
Fiber, total dietary....g	1.6		1	LC	8		4.0	4.0	
Sugars, total....g	6.12		1	LC	8		15.00	15.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	41		1	LC	8		100	100	
Iron, Fe....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	363		1	LC	8		890	890	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	204		1	LC	8		500	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.449		1	LC	8		6.000	6.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	10		1	LC	8		25	25	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27024

CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Creamy Tomato Parmesan

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06509

CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Golden Butternut Squash Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.80		1	MC	9		220.01	220.01	
Energy....kcal	37		1	LC	8		90	90	
Energy....kJ	154		0	LC	8		377	377	
Protein....g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat)....g	0.61		1	LC	8		1.50	1.50	
Ash....g	1.42		0	NR	4		3.48	3.48	
Carbohydrate, by difference....g	7.35		1	LC	8		18.01	18.01	
Fiber, total dietary....g	1.2		1	LC	8		3.0	3.0	
Sugars, total....g	3.27		1	LC	8		8.00	8.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40	40	
Iron, Fe....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	331		1	LC	8		810	810	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	612		1	LC	8		1500	1500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000	1.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	2		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06509

CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Golden Butternut Squash Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27025

CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Italian Tomato & Basil Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.30		1	MC	9		218.79	218.79	
Energy....kcal	37		1	LC	8		90	90	
Energy....kJ	155		1	LC	8		380	380	
Protein....g	1.22		1	LC	8		3.00	3.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	1.72		0	NR	4		4.21	4.21	
Carbohydrate, by difference....g	7.76		1	LC	8		19.00	19.00	
Fiber, total dietary....g	1.2		1	LC	8		3.0	3.0	
Sugars, total....g	5.71		1	LC	8		14.00	14.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40	40	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	314		1	LC	8		770	770	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		1	LC	8		4.8	4.8	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	918		1	LC	8		2250	2250	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27025

CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Italian Tomato & Basil Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27026

CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Southwestern Corn Chowder

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.90		1	MC	9		208.01	208.01	
Energy....kcal	61		1	LC	8		150	150	
Energy....kJ	255		1	LC	8		625	625	
Protein....g	1.22		1	LC	8		3.00	3.00	
Total lipid (fat)....g	1.22		1	LC	8		3.00	3.00	
Ash....g	2.04		0	NR	4		5.00	5.00	
Carbohydrate, by difference....g	10.61		1	LC	8		26.00	26.00	
Fiber, total dietary....g	0.8		1	LC	8		2.0	2.0	
Sugars, total....g	2.86		1	LC	8		7.00	7.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20	20	
Iron, Fe....mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	90		1	LC	8		220	220	
Sodium, Na....mg	253		1	LC	8		620	620	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2	1.2	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	122		1	LC	8		300	300	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g	0.408		1	LC	8		1.000	1.000	
Fatty acids, total polyunsaturated....g	0.612		1	LC	8		1.500	1.500	
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27026

CAMPBELL Soup Company, CAMPBELL'S SELECT Gold Label Soups, Southwestern Corn Chowder

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06513

CAMPBELL Soup Company, CAMPBELL'S SELECT HARVEST Microwaveable Bowls, 98% Fat Free New England Clam Chowder

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.90		1	MC	9		217.81		
Energy....kcal	45		1	LC	8		110		
Energy....kJ									
Protein....g	2.45		1	LC	8		6.00		
Total lipid (fat)....g	1.02		1	LC	8		2.50		
Ash....g	0.70		0	NR	4		1.72		
Carbohydrate, by difference....g	6.94		1	LC	8		17.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	0.41		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.204		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.408		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06513

CAMPBELL Soup Company, CAMPBELL'S SELECT HARVEST Microwaveable Bowls, 98% Fat Free New England Clam Chowder

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06514

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, Chicken with Egg Noodles Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.80		1	MC	9		220.01		
Energy....kcal	49		1	LC	8		120		
Energy....kJ									
Protein....g	3.27		1	LC	8		8.00		
Total lipid (fat)....g	1.63		1	LC	8		4.00		
Ash....g	0.40		0	NR	4		0.98		
Carbohydrate, by difference....g	4.90		1	LC	8		12.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	0.82		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1020		1	LC	8		2500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.816		1	LC	8		1.999		
Fatty acids, total polyunsaturated....g	0.408		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	10		1	LC	8		25		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06514

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, Chicken with Egg Noodles Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27017

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.60		1	MC	9		214.62		
Energy	kcal	49		1	LC	8		120		
Energy	kJ	205		1	LC	8		502		
Protein	g	2.45		1	LC	8		6.00		
Total lipid (fat)	g	1.22		1	LC	8		3.00		
Ash	g	1.80		0	NR	4		4.41		
Carbohydrate, by difference	g	7.35		1	LC	8		18.00		
Fiber, total dietary	g	0.8		1	LC	8		2.0		
Sugars, total	g	1.22		1	LC	8		3.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1	LC	8		40		
Iron, Fe	mg	0.44		1	LC	8		1.08		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	286		1	LC	8		700		
Sodium, Na	mg	167		1	LC	8		410		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	408		1	LC	8		1000		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated	g	0.408		1	LC	8		1.000		
Fatty acids, total polyunsaturated	g	0.000		1	LC	8		0.000		
Fatty acids, total trans	g	0.000		1	LC	8		0.000		
Cholesterol	mg	4		1	LC	8		10		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27017

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27018

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla

Campbell Soup Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.70		1	MC	9		214.86		
Energy	kcal	53		1	LC	8		130		
Energy	kJ	222		1	LC	8		544		
Protein	g	3.27		1	LC	8		8.00		
Total lipid (fat)	g	0.82		1	LC	8		2.00		
Ash	g	0.49		0	NR	4		1.20		
Carbohydrate, by difference	g	8.16		1	LC	8		20.00		
Fiber, total dietary	g	0.8		1	LC	8		2.0		
Sugars, total	g	1.22		1	LC	8		3.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1	LC	8		40		
Iron, Fe	mg	0.29		1	LC	8		0.72		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	314		1	LC	8		770		
Sodium, Na	mg	167		1	LC	8		410		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	LC	8		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	204		1	LC	8		500		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated	g	0.204		1	LC	8		0.500		
Fatty acids, total polyunsaturated	g	0.204		1	LC	8		0.500		
Fatty acids, total trans	g	0.000		1	LC	8		0.000		
Cholesterol	mg	4		1	LC	8		10		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27018

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06516

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, Italian Sausage Pasta & Pepperoni Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.50		1	MC	9		214.38	214.38	
Energy....kcal	53		1	LC	8		130	130	
Energy....kJ	222		0	LC	8		544	544	
Protein....g	2.86		1	LC	8		7.00	7.00	
Total lipid (fat)....g	2.45		1	LC	8		6.00	6.00	
Ash....g	1.07		0	NR	4		2.62	2.62	
Carbohydrate, by difference....g	6.12		1	LC	8		15.00	15.00	
Fiber, total dietary....g	0.8		1	LC	8		2.0	2.0	
Sugars, total....g	2.04		1	LC	8		5.00	5.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40	40	
Iron, Fe....mg	0.44		1	LC	8		1.08	1.08	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	355		1	LC	8		870	870	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	122		1	LC	8		300	300	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.020		1	LC	8		2.500	2.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	6		1	LC	8		15	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06516

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, Italian Sausage Pasta & Pepperoni Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06517

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, Italian-Style Wedding Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.10		1	MC	9		218.29		
Energy....kcal	53		0	NR	4		130		
Energy....kJ	222		0	NR	4		544		
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	1.63		1	LC	8		4.00		
Ash....g	0.90		0	NR	4		2.21		
Carbohydrate, by difference....g	6.53		1	LC	8		16.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.22		1	LC	8		2.99		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	306		1	LC	8		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.020		1	LC	8		2.499		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06517

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, Italian-Style Wedding Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06519

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, Mexican Style Chicken Tortilla Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.90		1	MC	9		212.91		
Energy....kcal	52		1	NC	4		127		
Energy....kJ	216		0	NC	4		529		
Protein....g	3.27		1	LC	8		8.00		
Total lipid (fat)....g	1.02		1	LC	8		2.50		
Ash....g	1.47		0	NR	4		3.60		
Carbohydrate, by difference....g	7.76		1	LC	8		19.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		1	LC	8		60		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	122		1	LC	8		300		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		20		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06519

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, Mexican Style Chicken Tortilla Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06521

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, Minestrone Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.70		1	MC	9		217.31		
Energy....kcal	39		1	NC	4		96		
Energy....kJ	165		0	NC	4		404		
Protein....g	1.63		1	LC	8		4.00		
Total lipid (fat)....g	0.41		1	LC	8		1.00		
Ash....g	1.71		0	NR	4		4.19		
Carbohydrate, by difference....g	7.76		1	LC	8		19.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	2.04		1	LC	8		5.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	612		1	LC	8		1500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	2		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06521

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, Minestrone Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06525

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, Savory Chicken and Long Grain Rice Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.40		1	MC	9		219.03		
Energy....kcal	45		1	LC	8		110		
Energy....kJ									
Protein....g	2.45		1	LC	8		6.00		
Total lipid (fat)....g	0.41		1	LC	8		1.00		
Ash....g	1.42		0	NR	4		3.48		
Carbohydrate, by difference....g	6.12		1	LC	8		15.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06525

CAMPBELL Soup Company, CAMPBELL'S SELECT Microwaveable Bowls, Savory Chicken and Long Grain Rice Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06529

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, 98% Fat Free New England Clam Chowder

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.70		1	MC	9		217.31		
Energy....kcal	45		1	LC	8		110		
Energy....kJ									
Protein....g	2.45		1	LC	8		6.00		
Total lipid (fat)....g	1.02		1	LC	8		2.50		
Ash....g	1.30		0	NR	4		3.19		
Carbohydrate, by difference....g	6.94		1	LC	8		17.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	0.41		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06529

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, 98% Fat Free New England Clam Chowder

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06531

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Beef with Roasted Barley Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.60		1	MC	9		209.72		
Energy....kcal	54		1	NC	4		133		
Energy....kJ	227		0	NC	4		556		
Protein....g	3.67		1	LC	8		9.00		
Total lipid (fat)....g	0.41		1	LC	8		1.00		
Ash....g	1.34		0	NR	4		3.28		
Carbohydrate, by difference....g	8.57		1	LC	8		21.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.63		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06531

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Beef with Roasted Barley Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06532

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Chicken & Pasta with Roasted Garlic Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.10		1	MC	9		215.84	215.84	
Energy....kcal	46		1	NC	4		113	113	
Energy....kJ	193		0	NC	4		473	473	
Protein....g	3.27		1	LC	8		8.00	8.00	
Total lipid (fat)....g	0.41		1	LC	8		1.00	1.00	
Ash....g	0.88		0	NR	4		2.16	2.16	
Carbohydrate, by difference....g	7.35		1	LC	8		18.00	18.00	
Fiber, total dietary....g	0.8		1	LC	8		2.0	2.0	
Sugars, total....g	0.82		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	335		1	LC	8		820	820	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	612		1	LC	8		1500	1500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	6		1	LC	8		15	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06532

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Chicken & Pasta with Roasted Garlic Soup

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 245g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06533

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Chicken Vegetable Medley Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.00		1	MC	9		215.60		
Energy....kcal	49		1	LC	8		120		
Energy....kJ									
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	0.41		1	LC	8		1.00		
Ash....g	1.18		0	NR	4		2.89		
Carbohydrate, by difference....g	7.76		1	LC	8		19.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	1.63		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	714		1	LC	8		1750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		20		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06533

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Chicken Vegetable Medley Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06535

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Creamy Chicken Alfredo Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	83.00		1	MC	9		203.35		
Energy ... kcal	90		1	LC	8		220		
Energy ... kJ									
Protein ... g	4.08		1	LC	8		10.00		
Total lipid (fat) ... g	5.31		1	LC	8		13.00		
Ash ... g	1.50		0	NR	4		3.68		
Carbohydrate, by difference ... g	6.12		1	LC	8		15.00		
Fiber, total dietary ... g	0.4		1	LC	8		1.0		
Sugars, total ... g	0.41		1	LC	8		1.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	16		1	LC	8		40		
Iron, Fe ... mg	0.29		1	LC	8		0.72		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	196		1	LC	8		480		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	510		1	LC	8		1250		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.632		1	LC	8		3.998		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	8		1	LC	8		20		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06535

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Creamy Chicken Alfredo Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06617

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, HEALTHY REQUEST Itallian-Style Wedding Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.40		0	MC	9		219.03		
Energy....kcal	45		1	NC	4		111		
Energy....kJ	189		0	NC	4		462		
Protein....g	2.45		1	LC	8		6.00		
Total lipid (fat)....g	1.02		1	LC	8		2.50		
Ash....g	0.60		0	NR	4		1.47		
Carbohydrate, by difference....g	6.53		1	LC	8		16.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	0.41		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	167		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	204		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06617

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, HEALTHY REQUEST Itallian-Style Wedding Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06537

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, HEALTHY REQUEST Mexican Style Chicken Tortilla

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.00		1	MC	9		213.15		
Energy....kcal	57		1	LC	8		140		
Energy....kJ									
Protein....g	3.27		1	LC	8		8.00		
Total lipid (fat)....g	0.82		1	LC	8		2.00		
Ash....g	0.30		0	NR	4		0.74		
Carbohydrate, by difference....g	8.98		1	LC	8		22.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	0.82		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	167		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	163		1	LC	8		400		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06537

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, HEALTHY REQUEST Mexican Style Chicken Tortilla

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27019

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Harvest Tomato with Basil Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.90		1	MC	9		215.36		
Energy....kcal	41		1	LC	8		100		
Energy....kJ									
Protein....g	1.22		1	LC	8		3.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	2.20		0	NR	4		5.39		
Carbohydrate, by difference....g	8.98		1	LC	8		22.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	4.90		1	LC	8		12.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		1	LC	8		4.8		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	204		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27019

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Harvest Tomato with Basil Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06540

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Italian Sausage with Pasta & Pepperoni Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.20		1	MC	9		211.19		
Energy....kcal	65		1	LC	8		160		
Energy....kJ									
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	2.86		1	LC	8		7.00		
Ash....g	1.15		0	NR	4		2.82		
Carbohydrate, by difference....g	7.35		1	LC	8		18.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	122		1	LC	8		300		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.020		1	LC	8		2.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06540

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Italian Sausage with Pasta & Pepperoni Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06541

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Italian-Style Wedding Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.20		1	MC	9		218.54		
Energy....kcal	53		1	LC	8		130		
Energy....kJ									
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	2.04		1	LC	8		5.00		
Ash....g	0.60		0	NR	4		1.47		
Carbohydrate, by difference....g	5.31		1	LC	8		13.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.59		1	LC	8		1.44		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	306		1	LC	8		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.225		1	LC	8		3.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06541

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Italian-Style Wedding Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06542

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Mediterranean Meatball w/Bowtie Pasta Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.80		1	MC	9		217.56		
Energy....kcal	49		1	LC	8		120		
Energy....kJ									
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	1.63		1	LC	8		4.00		
Ash....g	0.60		0	NR	4		1.47		
Carbohydrate, by difference....g	6.12		1	LC	8		15.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	408		1	LC	8		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.612		1	LC	8		1.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		20		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06542

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Mediterranean Meatball w/Bowtie Pasta Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06543

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Mexican Style Chicken Tortilla Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.50		1	MC	9		216.83		
Energy....kcal	45		1	LC	8		110		
Energy....kJ									
Protein....g	2.86		1	LC	8		7.00		
Total lipid (fat)....g	0.82		1	LC	8		2.00		
Ash....g	1.36		0	NR	4		3.33		
Carbohydrate, by difference....g	6.12		1	LC	8		15.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	163		1	LC	8		400		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06543

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Mexican Style Chicken Tortilla Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06544

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Minestrone Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.30		1	MC	9		216.34		
Energy....kcal	41		1	LC	8		100		
Energy....kJ									
Protein....g	2.04		1	LC	8		5.00		
Total lipid (fat)....g	0.20		1	LC	8		0.50		
Ash....g	1.29		0	NR	4		3.16		
Carbohydrate, by difference....g	8.16		1	LC	8		20.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	2.04		1	LC	8		5.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.44		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	612		1	LC	8		1500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06544

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Minestrone Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06545

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, New England Clam Chowder

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.53	0.156	4	A	1		221.52	449.10	
Energy....kcal	70		0	NC	4		179	364	
Energy....kJ	293		0	NC	4		750	1521	
Protein....g	2.33	0.074	4	A	1		5.96	12.08	
Total lipid (fat)....g	4.23	0.096	4	A	1		10.82	21.94	
Ash....g	1.23	0.039	4	A	1		3.16	6.40	
Carbohydrate, by difference....g	5.68		0	NC	4		14.54	29.48	
Fiber, total dietary....g	0.8		1	A	1		2.0	4.2	
Sugars, total....g	0.00	0.000	3	A	1		0.00	0.00	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	4.10	0.058	3	A	1		10.50	21.28	
Minerals:									
Calcium, Ca....mg	14	0.572	4	A	1		35	71	
Iron, Fe....mg	0.56	0.031	4	A	1		1.44	2.93	
Magnesium, Mg....mg	13	0.206	4	A	1		33	67	
Phosphorus, P....mg	31	0.515	4	A	1		79	160	
Potassium, K....mg	337	8.606	4	A	1		862	1748	
Sodium, Na....mg	194	2.179	4	A	1		495	1004	
Zinc, Zn....mg	0.27	0.008	4	A	1		0.69	1.40	
Copper, Cu....mg	0.025	0.000	4	A	1		0.064	0.130	
Manganese, Mn....mg	0.076	0.001	4	A	1		0.195	0.394	
Selenium, Se....µg	4.3	0.433	4	A	1		10.9	22.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg	0.015	0.000	4	A	1		0.038	0.077	
Riboflavin....mg	0.015	0.000	4	A	1		0.038	0.077	
Niacin....mg	0.422	0.040	4	A	1		1.082	2.193	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.816		1	LC	8		2.090	4.237	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	

NDB No. 06545

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, New England Clam Chowder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	4		1	LC	8		10	21	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 519g: 1 can

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06546

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Potato Broccoli Cheese Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.20		1	MC	9		218.54		
Energy....kcal	61		1	LC	8		150		
Energy....kJ									
Protein....g	1.22		1	LC	8		3.00		
Total lipid (fat)....g	3.67		1	LC	8		9.00		
Ash....g	0.20		0	NR	4		0.49		
Carbohydrate, by difference....g	6.12		1	LC	8		15.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		2.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	2		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06546

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Potato Broccoli Cheese Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06548

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Roasted Chicken with Long Grain & Wild Rice Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.70		1	MC	9		217.31		
Energy....kcal	45		1	LC	8		110		
Energy....kJ									
Protein....g	2.45		1	LC	8		6.00		
Total lipid (fat)....g	0.20		1	LC	8		0.50		
Ash....g	0.89		0	NR	4		2.18		
Carbohydrate, by difference....g	8.16		1	LC	8		20.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	0.82		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	LC	8		20		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	612		1	LC	8		1500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06548

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Roasted Chicken with Long Grain & Wild Rice Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06550

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Roasted Chicken with Rotini & Penne Pasta Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	88.70		1	MC	9		217.31		
Energy ... kcal	37		1	LC	8		90		
Energy ... kJ									
Protein ... g	3.27		1	LC	8		8.00		
Total lipid (fat) ... g	0.41		1	LC	8		1.00		
Ash ... g	2.00		0	NR	4		4.90		
Carbohydrate, by difference ... g	5.31		1	LC	8		13.00		
Fiber, total dietary ... g	0.4		1	LC	8		1.0		
Sugars, total ... g	0.82		1	LC	8		2.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	8		1	LC	8		20		
Iron, Fe ... mg	0.00		1	LC	8		0.00		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg									
Sodium, Na ... mg	196		1	LC	8		480		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	612		1	LC	8		1500		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	4		1	LC	8		10		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06550

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Roasted Chicken with Rotini & Penne Pasta Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06553

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Savory White Bean with Roasted Ham Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.10		1	MC	9		203.59		
Energy....kcal	69		1	LC	8		170		
Energy....kJ									
Protein....g	3.67		1	LC	8		9.00		
Total lipid (fat)....g	0.61		1	LC	8		1.50		
Ash....g	0.57		0	NR	4		1.40		
Carbohydrate, by difference....g	12.24		1	LC	8		30.00		
Fiber, total dietary....g	2.9		1	LC	8		7.0		
Sugars, total....g	1.63		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	24		1	LC	8		60		
Iron, Fe....mg	0.73		1	LC	8		1.80		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	714		1	LC	8		1750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	2		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06553

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Savory White Bean with Roasted Ham Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06554

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Slow Roasted Beef and Vegetables Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.15	0.151	3	A	1		221.08	467.13	
Energy....kcal	43		0	NC	4		106	224	
Energy....kJ	179		0	NC	4		444	938	
Protein....g	3.25	0.062	3	A	1		8.06	17.03	
Total lipid (fat)....g	0.87	0.036	3	A	1		2.16	4.56	
Ash....g	1.27	0.055	3	A	1		3.15	6.65	
Carbohydrate, by difference....g	5.46		0	NC	4		13.55	28.63	
Fiber, total dietary....g	0.9		1	A	1		2.2	4.7	
Sugars, total....g	0.95		1	A	1		2.35	4.97	
Sucrose....g	0.58		1	A	1		1.44	3.04	
Glucose (dextrose)....g	0.18		1	A	1		0.46	0.97	
Fructose....g	0.18		1	A	1		0.46	0.97	
Lactose....g	0.00		1	A	1		0.00	0.00	
Maltose....g	0.00		1	A	1		0.00	0.00	
Galactose....g	0.00		1	A	1		0.00	0.00	
Starch....g	2.75		2	A	1		6.82	14.41	
Minerals:									
Calcium, Ca....mg	15	0.145	3	A	1		37	77	
Iron, Fe....mg	0.56	0.051	3	A	1		1.40	2.96	
Magnesium, Mg....mg	10	0.174	3	A	1		25	53	
Phosphorus, P....mg	47	0.674	3	A	1		116	245	
Potassium, K....mg	388	8.110	3	A	1		961	2031	
Sodium, Na....mg	181	5.132	3	A	1		449	948	
Zinc, Zn....mg	0.45	0.014	3	A	1		1.11	2.34	
Copper, Cu....mg	0.025	0.000	3	A	1		0.062	0.131	
Manganese, Mn....mg	0.052	0.001	3	A	1		0.129	0.272	
Selenium, Se....µg	3.0		1	A	1		7.4	15.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		1	LC	8		1.2	2.6	
Thiamin....mg	0.015	0.000	3	A	1		0.037	0.077	
Riboflavin....mg	0.015	0.000	3	A	1		0.037	0.077	
Niacin....mg	1.103	0.019	3	A	1		2.736	5.781	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	2041		1	LC	8		5061	10694	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.506	1.069	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	

NDB No. 06554

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Slow Roasted Beef and Vegetables Soup

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	4		1	LC	8		10	21	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 524g: 1 can

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06556

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Split Pea with Roasted Ham Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.80		1	MC	9		202.86		
Energy....kcal	61		1	LC	8		150		
Energy....kJ									
Protein....g	3.67		1	LC	8		9.00		
Total lipid (fat)....g	0.41		1	LC	8		1.00		
Ash....g	0.87		0	NR	4		2.13		
Carbohydrate, by difference....g	11.84		1	LC	8		29.00		
Fiber, total dietary....g	2.0		1	LC	8		5.0		
Sugars, total....g	2.04		1	LC	8		5.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.59		1	LC	8		1.44		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	612		1	LC	8		1500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	2		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06556

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Split Pea with Roasted Ham Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06578

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Tomato Garden Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.60		1	MC	9		217.07		
Energy....kcal	41		1	NC	4		101		
Energy....kJ	172		0	NC	4		420		
Protein....g	1.22		1	LC	8		3.00		
Total lipid (fat)....g	0.20		1	LC	8		0.50		
Ash....g	1.40		0	NR	4		3.43		
Carbohydrate, by difference....g	8.57		1	LC	8		21.00		
Fiber, total dietary....g	0.8		1	LC	8		2.0		
Sugars, total....g	4.08		1	LC	8		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1224		1	LC	8		3000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.204		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	2		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06578

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Tomato Garden Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06580

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Vegetable Medley Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.90		1	MC	9		217.81		
Energy....kcal	33		1	LC	8		80		
Energy....kJ									
Protein....g	1.22		1	LC	8		3.00		
Total lipid (fat)....g	0.20		1	LC	8		0.50		
Ash....g	2.90		0	NR	4		7.11		
Carbohydrate, by difference....g	6.53		1	LC	8		16.00		
Fiber, total dietary....g	1.2		1	LC	8		3.0		
Sugars, total....g	2.45		1	LC	8		6.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.29		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1429		1	LC	8		3500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06580

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Vegetable Medley Soup

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27020

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Zesty Azteca Meatballs & Rice

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.20		1	MC	9		213.64		
Energy....kcal	53		1	LC	8		130		
Energy....kJ									
Protein....g	2.04		1	LC	8		5.00		
Total lipid (fat)....g	2.04		1	LC	8		5.00		
Ash....g	1.60		0	NR	4		3.92		
Carbohydrate, by difference....g	7.35		1	LC	8		18.00		
Fiber, total dietary....g	0.4		1	LC	8		1.0		
Sugars, total....g	1.22		1	LC	8		3.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		40		
Iron, Fe....mg	0.15		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	196		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	612		1	LC	8		1500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.816		1	LC	8		2.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	6		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27020

CAMPBELL Soup Company, CAMPBELL'S SELECT Soup, Zesty Azteca Meatballs & Rice

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27021

CAMPBELL Soup Company, CAMPBELL'S SELECT Soups, HEALTHY REQUEST Chicken with Egg Noodles

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	89.84	0.162	6	A	1		221.01	448.31	
Energy ... kcal	44		0	NC	4		107	217	
Energy ... kJ	182		0	NC	4		448	908	
Protein ... g	3.80	0.093	6	A	1		9.35	18.97	
Total lipid (fat) ... g	1.60	0.054	6	A	1		3.93	7.98	
Ash ... g	1.26	0.029	6	A	1		3.11	6.30	
Carbohydrate, by difference ... g	3.49		0	NC	4		8.60	17.44	
Fiber, total dietary ... g	0.7	0.058	3	A	1		1.7	3.5	
Sugars, total ... g	0.32	0.003	3	A	1		0.80	1.61	
Sucrose ... g	0.32	0.003	3	A	1		0.80	1.61	
Glucose (dextrose) ... g	0.00	0.000	3	A	1		0.00	0.00	
Fructose ... g	0.00	0.000	3	A	1		0.00	0.00	
Lactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Maltose ... g	0.00	0.000	3	A	1		0.00	0.00	
Galactose ... g	0.00	0.000	3	A	1		0.00	0.00	
Starch ... g	3.40	0.721	3	A	1		8.36	16.97	
Minerals:									
Calcium, Ca ... mg	11	0.210	6	A	1		26	53	
Iron, Fe ... mg	0.31	0.019	6	A	1		0.77	1.56	
Magnesium, Mg ... mg	9	0.231	6	A	1		22	44	
Phosphorus, P ... mg	45	1.017	6	A	1		110	223	
Potassium, K ... mg	359	6.700	6	A	1		883	1791	
Sodium, Na ... mg	195	3.836	6	A	1		479	971	
Zinc, Zn ... mg	0.20	0.007	6	A	1		0.50	1.02	
Copper, Cu ... mg	0.025	0.000	6	A	1		0.062	0.125	
Manganese, Mn ... mg	0.054	0.002	6	A	1		0.133	0.269	
Selenium, Se ... µg	5.0	0.115	3	A	1		12.3	24.9	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0	0.0	
Thiamin ... mg	0.015	0.000	6	A	1		0.036	0.074	
Riboflavin ... mg	0.019	0.002	6	A	1		0.047	0.095	
Niacin ... mg	1.820	0.059	6	A	1		4.477	9.082	
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	408		1	LC	8		1004	2037	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.408		1	LC	8		1.004	2.037	
Fatty acids, total monounsaturated ... g	0.408		1	LC	8		1.004	2.037	
Fatty acids, total polyunsaturated ... g	0.204		1	LC	8		0.502	1.018	
Fatty acids, total trans ... g	0.000		1	LC	8		0.000	0.000	

NDB No. 27021

CAMPBELL Soup Company, CAMPBELL'S SELECT Soups, HEALTHY REQUEST Chicken with Egg Noodles

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	6		1	LC	8		15	31	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 499g: 1 can

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27022

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, 25% Less Sodium Chicken with Mini Noodles Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.50		1	MC	9		285.18	285.18	
Energy....kcal	26		1	LC	8		80	80	
Energy....kJ	109		1	LC	8		332	332	
Protein....g	1.31		1	LC	8		4.00	4.00	
Total lipid (fat)....g	0.66		1	LC	8		2.00	2.00	
Ash....g	0.93		0	NR	4		2.84	2.84	
Carbohydrate, by difference....g	3.61		1	LC	8		11.00	11.00	
Fiber, total dietary....g	0.7		1	LC	8		2.0	2.0	
Sugars, total....g	0.66		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	239		1	LC	8		730	730	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	LC	8		2.4	2.4	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	492		1	LC	8		1500	1500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.164		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	3		1	LC	8		10	10	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27022

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, 25% Less Sodium Chicken with Mini Noodles Soup

Common Measures:

Measure 1 = 305g: 1 serving

Measure 2 = 305g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27023

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, 25% Less Sodium Classic Tomato

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.00		1	MC	9		271.45	271.45	
Energy....kcal	39		1	LC	8		120	120	
Energy....kJ	163		1	LC	8		497	497	
Protein....g	0.98		1	LC	8		3.00	3.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	1.16		0	NR	4		3.54	3.54	
Carbohydrate, by difference....g	8.85		1	LC	8		27.00	27.00	
Fiber, total dietary....g	0.7		1	LC	8		2.0	2.0	
Sugars, total....g	4.92		1	LC	8		15.00	15.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	LC	8		20	20	
Iron, Fe....mg	0.24		1	LC	8		0.72	0.72	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	216		1	LC	8		660	660	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	11.8		1	LC	8		36.0	36.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	164		1	LC	8		500	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27023

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, 25% Less Sodium Classic Tomato

Common Measures:

Measure 1 = 305g: 1 serving

Measure 2 = 305g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06585

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Blended Vegetable Medley Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.10		1	MC	9		277.85	277.85	
Energy....kcal	33		1	NC	4		102	102	
Energy....kJ	139		0	NC	4		425	425	
Protein....g	0.98		1	LC	8		3.00	3.00	
Total lipid (fat)....g	0.49		1	LC	8		1.50	1.50	
Ash....g	1.20		0	NR	4		3.66	3.66	
Carbohydrate, by difference....g	6.23		1	LC	8		19.00	19.00	
Fiber, total dietary....g	1.3		1	LC	8		4.0	4.0	
Sugars, total....g	2.95		1	LC	8		9.00	9.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	LC	8		20	20	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	292		1	LC	8		890	890	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.8		1	LC	8		30.0	30.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	1475		1	LC	8		4500	4500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.164		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	2		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06585

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Blended Vegetable Medley Soup

Common Measures:

Measure 1 = 305g: 1 serving

Measure 2 = 305g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06586

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Chicken & Stars Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	94.00		1	MC	9		286.70	286.70	
Energy....kcal	21		1	NC	4		66	66	
Energy....kJ	90		0	NC	4		274	274	
Protein....g	0.98		1	LC	8		3.00	3.00	
Total lipid (fat)....g	0.49		1	LC	8		1.50	1.50	
Ash....g	1.25		0	NR	4		3.81	3.81	
Carbohydrate, by difference....g	3.28		1	LC	8		10.00	10.00	
Fiber, total dietary....g	0.7		1	LC	8		2.0	2.0	
Sugars, total....g	0.33		1	LC	8		1.00	1.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.12		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	292		1	LC	8		890	890	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	328		1	LC	8		1000	1000	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.164		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	2		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06586

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Chicken & Stars Soup

Common Measures:

Measure 1 = 305g: 1 serving

Measure 2 = 305g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06587

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Chicken with Mini Noodles Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.50		1	MC	9		285.18	285.18	
Energy....kcal	26		1	NC	4		78	78	
Energy....kJ	107		0	NC	4		326	326	
Protein....g	1.31		1	LC	8		4.00	4.00	
Total lipid (fat)....g	0.66		1	LC	8		2.00	2.00	
Ash....g	0.93		0	NR	4		2.84	2.84	
Carbohydrate, by difference....g	3.61		1	LC	8		11.00	11.00	
Fiber, total dietary....g	0.7		1	LC	8		2.0	2.0	
Sugars, total....g	0.66		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	321		1	LC	8		980	980	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	LC	8		2.4	2.4	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	492		1	LC	8		1500	1500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.164		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	3		1	LC	8		10	10	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06587

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Chicken with Mini Noodles Soup

Common Measures:

Measure 1 = 305g: 1 serving

Measure 2 = 305g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06589

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Cream of Broccoli Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.20		1	MC	9		275.11	275.11	
Energy....kcal	47		1	NC	4		143	143	
Energy....kJ	196		0	NC	4		598	598	
Protein....g	0.98		1	LC	8		3.00	3.00	
Total lipid (fat)....g	2.30		1	LC	8		7.00	7.00	
Ash....g	0.95		0	NR	4		2.90	2.90	
Carbohydrate, by difference....g	5.57		1	LC	8		17.00	17.00	
Fiber, total dietary....g	2.3		1	LC	8		7.0	7.0	
Sugars, total....g	0.98		1	LC	8		3.00	3.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	LC	8		20	20	
Iron, Fe....mg	0.24		1	LC	8		0.72	0.72	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	292		1	LC	8		890	890	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	33		1	LC	8		100	100	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.656		1	LC	8		2.000	2.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	2		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06589

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Cream of Broccoli Soup

Common Measures:

Measure 1 = 305g: 1 serving

Measure 2 = 305g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06590

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Creamy Chicken Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.50		1	MC	9		276.03	276.03	
Energy....kcal	43		1	LC	8		130	130	
Energy....kJ	178		0	LC	8		544	544	
Protein....g	1.31		1	LC	8		4.00	4.00	
Total lipid (fat)....g	2.95		1	LC	8		9.00	9.00	
Ash....g	0.98		0	NR	4		2.99	2.99	
Carbohydrate, by difference....g	4.26		1	LC	8		13.00	13.00	
Fiber, total dietary....g	1.3		1	LC	8		4.0	4.0	
Sugars, total....g	0.33		1	LC	8		1.00	1.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.24		1	LC	8		0.72	0.72	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	292		1	LC	8		890	890	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	492		1	LC	8		1500	1500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.492		1	LC	8		1.500	1.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	2		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06590

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Creamy Chicken Soup

Common Measures:

Measure 1 = 305g: 1 serving

Measure 2 = 305g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06592

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Creamy Tomato Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.80		1	MC	9		258.64	258.64	
Energy....kcal	62		1	NC	4		188	188	
Energy....kJ	258		0	NC	4		787	787	
Protein....g	1.31		1	LC	8		4.00	4.00	
Total lipid (fat)....g	1.31		1	LC	8		4.00	4.00	
Ash....g	1.43		0	NR	4		4.36	4.36	
Carbohydrate, by difference....g	11.15		1	LC	8		34.00	34.00	
Fiber, total dietary....g	1.3		1	LC	8		4.0	4.0	
Sugars, total....g	7.54		1	LC	8		23.00	23.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1	LC	8		60	60	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	308		1	LC	8		940	940	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.9		1	LC	8		24.0	24.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	131		1	LC	8		400	400	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.328		1	LC	8		1.000	1.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	2		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06592

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Creamy Tomato Soup

Common Measures:

Measure 1 = 305g: 1 serving

Measure 2 = 305g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06593

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Italian Style Wedding Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.40		1	MC	9		284.87	284.87	
Energy....kcal	24		1	NC	4		75	75	
Energy....kJ	102		0	NC	4		312	312	
Protein....g	0.98		1	LC	8		3.00	3.00	
Total lipid (fat)....g	0.82		1	LC	8		2.50	2.50	
Ash....g	1.52		0	NR	4		4.64	4.64	
Carbohydrate, by difference....g	3.28		1	LC	8		10.00	10.00	
Fiber, total dietary....g	0.3		1	LC	8		1.0	1.0	
Sugars, total....g	0.98		1	LC	8		3.00	3.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	LC	8		20	20	
Iron, Fe....mg	0.12		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	282		1	LC	8		860	860	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	LC	8		1.2	1.2	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	328		1	LC	8		1000	1000	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.328		1	LC	8		1.000	1.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	3		1	LC	8		10	10	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06593

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Italian Style Wedding Soup

Common Measures:

Measure 1 = 305g: 1 serving

Measure 2 = 305g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06594

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, New England Clam Chowder

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.60		1	MC	9		279.38	279.38	
Energy....kcal	40		1	NC	4		122	122	
Energy....kJ	167		0	NC	4		510	510	
Protein....g	1.31		1	LC	8		4.00	4.00	
Total lipid (fat)....g	1.97		1	LC	8		6.00	6.00	
Ash....g	0.86		0	NR	4		2.62	2.62	
Carbohydrate, by difference....g	4.26		1	LC	8		13.00	13.00	
Fiber, total dietary....g	1.3		1	LC	8		4.0	4.0	
Sugars, total....g	0.00		1	LC	8		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	LC	8		20	20	
Iron, Fe....mg	0.35		1	LC	8		1.08	1.08	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	292		1	LC	8		890	890	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.328		1	LC	8		1.000	1.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	2		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06594

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, New England Clam Chowder

Common Measures:

Measure 1 = 305g: 1 serving

Measure 2 = 305g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06595

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Vegetable Beef Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	94.00		1	MC	9		286.70	286.70	
Energy....kcal	20		1	NC	4		61	61	
Energy....kJ	84		0	NC	4		255	255	
Protein....g	0.98		1	LC	8		3.00	3.00	
Total lipid (fat)....g	0.33		1	LC	8		1.00	1.00	
Ash....g	1.41		0	NR	4		4.30	4.30	
Carbohydrate, by difference....g	3.28		1	LC	8		10.00	10.00	
Fiber, total dietary....g	0.3		1	LC	8		1.0	1.0	
Sugars, total....g	1.64		1	LC	8		5.00	5.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	LC	8		20	20	
Iron, Fe....mg	0.12		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	305		1	LC	8		930	930	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	131		1	LC	8		400	400	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.164		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	2		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06595

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Vegetable Beef Soup

Common Measures:

Measure 1 = 305g: 1 serving

Measure 2 = 305g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06596

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Velvety Potato Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.30		1	MC	9		272.37	272.37	
Energy....kcal	51		1	NC	4		155	155	
Energy....kJ	213		0	NC	4		649	649	
Protein....g	0.66		1	LC	8		2.00	2.00	
Total lipid (fat)....g	2.30		1	LC	8		7.00	7.00	
Ash....g	0.86		0	NR	4		2.62	2.62	
Carbohydrate, by difference....g	6.89		1	LC	8		21.00	21.00	
Fiber, total dietary....g	1.3		1	LC	8		4.0	4.0	
Sugars, total....g	1.64		1	LC	8		5.00	5.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	LC	8		20	20	
Iron, Fe....mg	0.12		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	285		1	LC	8		870	870	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.328		1	LC	8		1.000	1.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	2		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06596

CAMPBELL Soup Company, CAMPBELL'S SOUP AT HAND, Velvety Potato Soup

Common Measures:

Measure 1 = 305g: 1 serving

Measure 2 = 305g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06326

CAMPBELL Soup Company, CAMPBELL'S Turkey Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.80		1	MC	9		52.98		
Energy....kcal	42		1	LC	8		25		
Energy....kJ	177		0	LC	8		105		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	1.69		1	LC	8		1.00		
Ash....g	1.73		0	NR	4		1.02		
Carbohydrate, by difference....g	5.08		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	1.69		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	458		1	LC	8		270		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.847		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06326

CAMPBELL Soup Company, CAMPBELL'S Turkey Gravy

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27016

CAMPBELL Soup Company, CAMPBELL's Red and White, Souper Shapes Soup - Cars, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.70		1	MC	9		107.98	107.98	
Energy....kcal	63		1	LC	8		80	80	
Energy....kJ	266		0	LC	8		335	335	
Protein....g	3.17		1	LC	8		4.00	4.00	
Total lipid (fat)....g	1.59		1	LC	8		2.00	2.00	
Ash....g	0.81		0	NR	4		1.02	1.02	
Carbohydrate, by difference....g	8.73		1	LC	8		11.00	11.00	
Fiber, total dietary....g	0.8		1	LC	8		1.0	1.0	
Sugars, total....g	0.79		1	LC	8		1.00	1.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.29		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	444		1	LC	8		560	560	
Sodium, Na....mg	381		1	LC	8		480	480	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500	0.500	
Fatty acids, total monounsaturated....g	0.794		1	LC	8		1.000	1.000	
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500	0.500	
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	4		1	LC	8		5	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27016

CAMPBELL Soup Company, CAMPBELL's Red and White, Souper Shapes Soup - Cars, condensed

Common Measures:

Measure 1 = 126g: .5 cup

Measure 2 = 126g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06327

CAMPBELL Soup Company, FRANCO-AMERICAN Fat Free Slow Roast Beef Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.60		1	MC	9		52.86		
Energy....kcal	34		1	LC	8		20		
Energy....kJ	142		0	LC	8		84		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	3.62		0	NR	4		2.14		
Carbohydrate, by difference....g	5.08		1	LC	8		3.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	508		1	LC	8		300		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06328

CAMPBELL Soup Company, FRANCO-AMERICAN Fat Free Slow Roast Chicken Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.20		1	MC	9		53.81		
Energy....kcal	34		1	LC	8		20		
Energy....kJ	142		1	LC	8		84		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	0.00		1	LC	8		0.00		
Ash....g	0.33		0	NR	4		0.19		
Carbohydrate, by difference....g	6.78		1	LC	8		4.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	424		1	LC	8		250		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06329

CAMPBELL Soup Company, FRANCO-AMERICAN Slow Roast Beef Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.50		1	MC	9		52.81		
Energy....kcal	42		1	LC	8		25		
Energy....kJ	177		0	LC	8		105		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	0.85		1	LC	8		0.50		
Ash....g	2.87		0	NR	4		1.69		
Carbohydrate, by difference....g	5.08		1	LC	8		3.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.00		1	LC	8		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	525		1	LC	8		310		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	LC	8		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06329

CAMPBELL Soup Company, FRANCO-AMERICAN Slow Roast Beef Gravy

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06330

CAMPBELL Soup Company, FRANCO-AMERICAN Slow Roast Chicken Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.50		1	MC	9		53.40		
Energy....kcal	34		1	LC	8		20		
Energy....kJ	142		0	LC	8		84		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	0.85		1	LC	8		0.50		
Ash....g	1.87		0	NR	4		1.10		
Carbohydrate, by difference....g	5.08		1	LC	8		3.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	407		1	LC	8		240		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06331

CAMPBELL Soup Company, FRANCO-AMERICAN Slow Roast Turkey Gravy

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.60		1	MC	9		52.27		
Energy....kcal	42		1	LC	8		25		
Energy....kJ	177		0	LC	8		105		
Protein....g	1.69		1	LC	8		1.00		
Total lipid (fat)....g	0.85		1	LC	8		0.50		
Ash....g	2.08		0	NR	4		1.23		
Carbohydrate, by difference....g	6.78		1	LC	8		4.00		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	542		1	LC	8		320		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	8		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06986

CAMPBELL Soup Company, HEALTHY REQUEST, Chicken Noodle Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.20		1	MC	9		111.13		
Energy....kcal	48		1	LC	8		60		
Energy....kJ	199		0	LC	8		251		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	1.59		1	LC	8		2.00		
Ash....g	1.48		0	NR	4		1.86		
Carbohydrate, by difference....g	6.35		1	LC	8		8.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	357		1	LC	8		450		
Sodium, Na....mg	325		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06986

CAMPBELL Soup Company, HEALTHY REQUEST, Chicken Noodle Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06029

CAMPBELL Soup Company, HEALTHY REQUEST, Chicken with Rice, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	88.80		1	MC	9		111.89		
Energy ... kcal	56		1	LC	8		70		
Energy ... kJ	232		0	LC	8		293		
Protein (N x 6.25) ... g	1.59		1	LC	8		2.00		
Total lipid (fat) ... g	1.19		1	LC	8		1.50		
Ash ... g	1.23		0	FLC	4		1.55		
Carbohydrate, by difference ... g	7.19		1	LC	8		9.06		
Fiber, total dietary ... g	0.8		1	LC	8		1.0		
Sugars, total ... g	0.79		1	LC	8		1.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	0		1	LC	8		0		
Iron, Fe ... mg	0.00		1	LC	8		0.00		
Magnesium, Mg ... mg	4		0	FLC	4		5		
Phosphorus, P ... mg	33		0	FLC	4		41		
Potassium, K ... mg	484		1	LC	8		610		
Sodium, Na ... mg	325		1	LC	8		410		
Zinc, Zn ... mg	0.20		0	FLC	4		0.25		
Copper, Cu ... mg	0.054		0	FLC	4		0.068		
Manganese, Mn ... mg	0.182		0	FLC	4		0.230		
Selenium, Se ... µg	1.7		0	FLC	4		2.2		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		1	LC	8		1.2		
Thiamin ... mg	0.010		0	FLC	4		0.013		
Riboflavin ... mg	0.025		0	FLC	4		0.032		
Niacin ... mg	1.059		0	FLC	4		1.335		
Pantothenic acid ... mg	0.111		0	FLC	4		0.140		
Vitamin B-6 ... mg	0.037		0	FLC	4		0.046		
Folate, total ... µg	3		0	FLC	4		4		
Folic acid ... µg	0		0	FLC	4		0		
Folate, food ... µg	3		0	FLC	4		4		
Folate, DFE ... mcg_DFE	3		0	NC	4		4		
Choline, total ... mg	9.8		0	NR	4		12.3		
Betaine ... mg	0.0		0	FLC	4		0.0		
Vitamin B-12 ... µg	0.07		0	FLC	4		0.09		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... mcg_RAE	30		0	NC	4		38		
Retinol ... µg	0		0	FLC	4		0		
Carotene, beta ... µg	293		0	FLC	4		370		
Carotene, alpha ... µg	123		0	FLC	4		155		
Cryptoxanthin, beta ... µg	4		0	FLC	4		6		
Vitamin A, IU ... IU	595		0	NC	4		750		
Lycopene ... µg	0		0	FLC	4		0		
Lutein + zeaxanthin ... µg	10		0	FLC	4		13		
Vitamin E (alpha-tocopherol) ... mg	0.07		0	FLC	4		0.08		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg	0.00		0	FLC	4		0.00		
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	0.7		0	FLC	4		0.8		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 06029

CAMPBELL Soup Company, HEALTHY REQUEST, Chicken with Rice, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.001		0	FLC	4		0.001		
13:0....g									
14:0....g	0.016		0	FLC	4		0.020		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	0.294		0	FLC	4		0.371		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.075		0	FLC	4		0.095		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	0.397		1	LC	8		0.500		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated....g	0.048		0	FLC	4		0.061		
17:1....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated....g	0.333		0	FLC	4		0.420		
20:1....g	0.012		0	FLC	4		0.015		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
18:2 undifferentiated....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated....g	0.000		0	FLC	4		0.000		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06987

CAMPBELL Soup Company, HEALTHY REQUEST, Cream of Celery Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.50		1	MC	9		107.26		
Energy....kcal	56		1	LC	8		70		
Energy....kJ	236		0	LC	8		293		
Protein....g	0.81		1	LC	8		1.00		
Total lipid (fat)....g	1.61		1	LC	8		2.00		
Ash....g	1.40		0	NR	4		1.74		
Carbohydrate, by difference....g	9.68		1	LC	8		12.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	1.61		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	81		1	LC	8		100		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	484		1	LC	8		600		
Sodium, Na....mg	331		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	161		1	LC	8		200		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.403		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.403		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.806		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06987

CAMPBELL Soup Company, HEALTHY REQUEST, Cream of Celery Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06195

CAMPBELL Soup Company, HEALTHY REQUEST, Cream of Chicken Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.60		1	MC	9		106.14		
Energy....kcal	65		1	LC	8		80		
Energy....kJ	270		0	LC	8		335		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	2.02		1	LC	8		2.50		
Ash....g	1.09		0	NR	4		1.35		
Carbohydrate, by difference....g	9.68		1	LC	8		12.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	5.65		1	LC	8		7.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	605		1	LC	8		750		
Sodium, Na....mg	331		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	403		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.806		1	LC	8		1.000		
Fatty acids, total monounsaturated....g	0.403		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.806		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06195

CAMPBELL Soup Company, HEALTHY REQUEST, Cream of Chicken Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06988

CAMPBELL Soup Company, HEALTHY REQUEST, Cream of Mushroom Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.10		1	MC	9		108.00		
Energy....kcal	56		1	LC	8		70		
Energy....kJ	236		0	LC	8		293		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	1.61		1	LC	8		2.00		
Ash....g	1.61		0	NR	4		2.00		
Carbohydrate, by difference....g	8.06		1	LC	8		10.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	1.61		1	LC	8		2.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	81		1	LC	8		100		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	629		1	LC	8		780		
Sodium, Na....mg	331		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.403		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.403		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.806		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06988

CAMPBELL Soup Company, HEALTHY REQUEST, Cream of Mushroom Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06989

CAMPBELL Soup Company, HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.60		1	MC	9		111.64		
Energy....kcal	48		1	LC	8		60		
Energy....kJ	199		0	LC	8		251		
Protein....g	2.38		1	LC	8		3.00		
Total lipid (fat)....g	1.19		1	LC	8		1.50		
Ash....g	0.30		0	NR	4		0.38		
Carbohydrate, by difference....g	7.94		1	LC	8		10.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	0.79		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.29		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	349		1	LC	8		440		
Sodium, Na....mg	325		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	397		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.397		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	8		1	LC	8		10		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06989

CAMPBELL Soup Company, HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06990

CAMPBELL Soup Company, HEALTHY REQUEST, Minestrone Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	83.20		1	MC	9		99.84		
Energy ... kcal	63		1	LC	8		76		
Energy ... kJ	266		0	LC	8		319		
Protein ... g	2.38		1	LC	8		2.86		
Total lipid (fat) ... g	0.40		1	LC	8		0.48		
Ash ... g	1.72		0	NR	4		2.06		
Carbohydrate, by difference ... g	11.90		1	LC	8		14.29		
Fiber, total dietary ... g	2.4		1	LC	8		2.9		
Sugars, total ... g	3.17		1	LC	8		3.81		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	32		1	LC	8		38		
Iron, Fe ... mg	0.86		1	LC	8		1.03		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	659		1	LC	8		790		
Sodium, Na ... mg	325		1	LC	8		390		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	LC	8		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	794		1	LC	8		952		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated ... g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated ... g	0.000		1	LC	8		0.000		
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	0		1	LC	8		0		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06990

CAMPBELL Soup Company, HEALTHY REQUEST, Minestrone Soup, condensed

Common Measures:

Measure 1 = 120g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06991

CAMPBELL Soup Company, HEALTHY REQUEST, Tomato Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.80		1	MC	9		101.43		
Energy....kcal	73		1	LC	8		90		
Energy....kJ	304		0	LC	8		377		
Protein....g	1.61		1	LC	8		2.00		
Total lipid (fat)....g	1.21		1	LC	8		1.50		
Ash....g	1.67		0	NR	4		2.07		
Carbohydrate, by difference....g	13.71		1	LC	8		17.00		
Fiber, total dietary....g	0.8		1	LC	8		1.0		
Sugars, total....g	8.06		1	LC	8		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	565		1	LC	8		700		
Sodium, Na....mg	331		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.8		1	LC	8		6.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	323		1	LC	8		400		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.403		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.403		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06991

CAMPBELL Soup Company, HEALTHY REQUEST, Tomato Soup, condensed

Common Measures:

Measure 1 = 124g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06992

CAMPBELL Soup Company, HEALTHY REQUEST, Vegetable Soup, condensed

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.10		1	MC	9		99.67		
Energy....kcal	79		1	LC	8		100		
Energy....kJ	332		0	LC	8		418		
Protein....g	3.17		1	LC	8		4.00		
Total lipid (fat)....g	0.79		1	LC	8		1.00		
Ash....g	1.49		0	NR	4		1.88		
Carbohydrate, by difference....g	15.87		1	LC	8		20.00		
Fiber, total dietary....g	2.4		1	LC	8		3.0		
Sugars, total....g	3.97		1	LC	8		5.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.57		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	683		1	LC	8		860		
Sodium, Na....mg	325		1	LC	8		410		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.397		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06597

CAMPBELL Soup Company, PACE, Chipotle Chunky Salsa

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.60		1	MC	9		28.35	28.35	
Energy....kcal	25		1	NC	4		8	8	
Energy....kJ	105		0	NC	4		33	33	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	5.15		0	NR	4		1.65	1.65	
Carbohydrate, by difference....g	6.25		1	LC	8		2.00	2.00	
Fiber, total dietary....g	3.1		1	LC	8		1.0	1.0	
Sugars, total....g	6.25		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	719		1	LC	8		230	230	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	625		1	LC	8		200	200	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06597

CAMPBELL Soup Company, PACE, Chipotle Chunky Salsa

Common Measures:

Measure 1 = 32g: 1 serving

Measure 2 = 32g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06598

CAMPBELL Soup Company, PACE, Cilantro Chunky Salsa

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.60		1	MC	9		28.35	28.35	
Energy....kcal	25		1	NC	4		8	8	
Energy....kJ	105		0	NC	4		33	33	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	5.15		0	NR	4		1.65	1.65	
Carbohydrate, by difference....g	6.25		1	LC	8		2.00	2.00	
Fiber, total dietary....g	3.1		1	LC	8		1.0	1.0	
Sugars, total....g	6.25		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	844		1	LC	8		270	270	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	313		1	LC	8		100	100	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06598

CAMPBELL Soup Company, PACE, Cilantro Chunky Salsa

Common Measures:

Measure 1 = 32g: 1 serving

Measure 2 = 32g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06599

CAMPBELL Soup Company, PACE, Enchilada Sauce

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.10		1	MC	9		52.26	52.26	
Energy....kcal	40		1	NC	4		24	24	
Energy....kJ	167		0	NC	4		100	100	
Protein....g	1.67		1	LC	8		1.00	1.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	2.90		0	NR	4		1.74	1.74	
Carbohydrate, by difference....g	8.33		1	LC	8		5.00	5.00	
Fiber, total dietary....g	1.7		1	LC	8		1.0	1.0	
Sugars, total....g	6.67		1	LC	8		4.00	4.00	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.60		1	LC	8		0.36	0.36	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	867		1	LC	8		520	520	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		1	LC	8		1.2	1.2	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	667		1	LC	8		400	400	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06599

CAMPBELL Soup Company, PACE, Enchilada Sauce

Common Measures:

Measure 1 = 60g: .25 cup

Measure 2 = 60g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06600

CAMPBELL Soup Company, PACE, Green Taco Sauce

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.70		1	MC	9		14.51	14.51	
Energy....kcal	25		1	NC	4		4	4	
Energy....kJ	105		0	NC	4		17	17	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	3.05		0	NR	4		0.49	0.49	
Carbohydrate, by difference....g	6.25		1	LC	8		1.00	1.00	
Fiber, total dietary....g									
Sugars, total....g	6.25		1	LC	8		1.00	1.00	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	625		1	LC	8		100	100	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 serving

Measure 2 = 16g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06601

CAMPBELL Soup Company, PACE, Lime & Garlic Chunky Salsa

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.60		1	MC	9		27.71	27.71	
Energy....kcal	38		1	NC	4		12	12	
Energy....kJ	157		0	NC	4		50	50	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	4.03		0	NR	4		1.29	1.29	
Carbohydrate, by difference....g	9.38		1	LC	8		3.00	3.00	
Fiber, total dietary....g	3.1		1	LC	8		1.0	1.0	
Sugars, total....g	6.25		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	656		1	LC	8		210	210	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.6		1	LC	8		1.8	1.8	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	625		1	LC	8		200	200	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06601

CAMPBELL Soup Company, PACE, Lime & Garlic Chunky Salsa

Common Measures:

Measure 1 = 32g: 1 serving

Measure 2 = 32g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06602

CAMPBELL Soup Company, PACE, Organic Picante Sauce

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.30		1	MC	9		28.58	28.58	
Energy....kcal	25		1	NC	4		8	8	
Energy....kJ	105		0	NC	4		33	33	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	4.45		0	NR	4		1.42	1.42	
Carbohydrate, by difference....g	6.25		1	LC	8		2.00	2.00	
Fiber, total dietary....g	3.1		1	LC	8		1.0	1.0	
Sugars, total....g	6.25		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	688		1	LC	8		220	220	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 serving

Measure 2 = 32g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06603

CAMPBELL Soup Company, PACE, Picante Sauce

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.90		1	MC	9		28.77	28.77	
Energy....kcal	25		1	NC	4		8	8	
Energy....kJ	105		0	NC	4		33	33	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	3.85		0	NR	4		1.23	1.23	
Carbohydrate, by difference....g	6.25		1	LC	8		2.00	2.00	
Fiber, total dietary....g	3.1		1	LC	8		1.0	1.0	
Sugars, total....g	6.25		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	781		1	LC	8		250	250	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 serving

Measure 2 = 32g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27027

CAMPBELL Soup Company, PACE, Pico De Gallo

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.00		1	MC	9		28.16	28.16	
Energy....kcal	31		1	LC	8		10	10	
Energy....kJ	130		1	LC	8		42	42	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	2.62		0	NR	4		0.84	0.84	
Carbohydrate, by difference....g	9.38		1	LC	8		3.00	3.00	
Fiber, total dietary....g									
Sugars, total....g	6.25		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	469		1	LC	8		150	150	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8		1	LC	8		1.2	1.2	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	313		1	LC	8		100	100	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27027
CAMPBELL Soup Company, PACE, Pico De Gallo

Common Measures:

Measure 1 = 32g: 1 serving

Measure 2 = 32g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06604

CAMPBELL Soup Company, PACE, Red Taco Sauce

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.30		1	MC	9		13.65	13.65	
Energy....kcal	50		1	NC	4		8	8	
Energy....kJ	209		0	NC	4		33	33	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	2.20		0	NR	4		0.35	0.35	
Carbohydrate, by difference....g	12.50		1	LC	8		2.00	2.00	
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	
Sugars, total....g	6.25		1	LC	8		1.00	1.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	813		1	LC	8		130	130	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	625		1	LC	8		100	100	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06604

CAMPBELL Soup Company, PACE, Red Taco Sauce

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 16g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27028

CAMPBELL Soup Company, PACE, Salsa Verde

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.10		1	MC	9		28.19	28.19	
Energy....kcal	47		1	LC	8		15	15	
Energy....kJ	197		1	LC	8		63	63	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	1.56		1	LC	8		0.50	0.50	
Ash....g	4.09		0	NR	4		1.31	1.31	
Carbohydrate, by difference....g	6.25		1	LC	8		2.00	2.00	
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	
Sugars, total....g	6.25		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	203		1	LC	8		65	65	
Sodium, Na....mg	719		1	LC	8		230	230	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8		1	LC	8		1.2	1.2	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	625		1	LC	8		200	200	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27028
CAMPBELL Soup Company, PACE, Salsa Verde

Common Measures:

Measure 1 = 32g: 1 serving

Measure 2 = 32g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27029

CAMPBELL Soup Company, PACE, Tequila Lime Salsa

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.60		1	MC	9		28.35	28.35	
Energy....kcal	47		1	LC	8		15	15	
Energy....kJ	197		1	LC	8		63	63	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	2.03		0	NR	4		0.65	0.65	
Carbohydrate, by difference....g	9.38		1	LC	8		3.00	3.00	
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	
Sugars, total....g	6.25		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	313		1	LC	8		100	100	
Sodium, Na....mg	594		1	LC	8		190	190	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.5		1	LC	8		2.4	2.4	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	625		1	LC	8		200	200	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27029

CAMPBELL Soup Company, PACE, Tequila Lime Salsa

Common Measures:

Measure 1 = 32g: 1 serving

Measure 2 = 32g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06605

CAMPBELL Soup Company, PACE, Thick & Chunky Salsa

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.70		1	MC	9		28.38	28.38	
Energy....kcal	25		1	NC	4		8	8	
Energy....kJ	105		0	NC	4		33	33	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	5.05		0	NR	4		1.62	1.62	
Carbohydrate, by difference....g	6.25		1	LC	8		2.00	2.00	
Fiber, total dietary....g	3.1		1	LC	8		1.0	1.0	
Sugars, total....g	6.25		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	719		1	LC	8		230	230	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 serving

Measure 2 = 32g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27030

CAMPBELL Soup Company, PACE, Triple Pepper Salsa

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.20		1	MC	9		27.58	27.58	
Energy....kcal	47		1	LC	8		15	15	
Energy....kJ	197		1	LC	8		63	63	
Protein....g	3.13		1	LC	8		1.00	1.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	1.30		0	NR	4		0.42	0.42	
Carbohydrate, by difference....g	9.38		1	LC	8		3.00	3.00	
Fiber, total dietary....g	3.1		1	LC	8		1.0	1.0	
Sugars, total....g	6.25		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	594		1	LC	8		190	190	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.5		1	LC	8		2.4	2.4	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	625		1	LC	8		200	200	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27030

CAMPBELL Soup Company, PACE, Triple Pepper Salsa

Common Measures:

Measure 1 = 32g: 1 serving

Measure 2 = 32g: 2 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06994

CAMPBELL Soup Company, PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.80		1	MC	9		110.24		
Energy....kcal	54		1	LC	8		70		
Energy....kJ									
Protein....g	1.54		1	LC	8		2.00		
Total lipid (fat)....g	1.15		1	LC	8		1.50		
Ash....g	2.50		0	NR	4		3.25		
Carbohydrate, by difference....g	10.00		1	LC	8		13.00		
Fiber, total dietary....g	2.3		1	LC	8		3.0		
Sugars, total....g	7.69		1	LC	8		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1	LC	8		20		
Iron, Fe....mg	0.55		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	308		1	LC	8		400		
Sodium, Na....mg	362		1	LC	8		470		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		1	LC	8		2.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	769		1	LC	8		1000		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06994

CAMPBELL Soup Company, PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06221

CAMPBELL Soup Company, PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.80		1	MC	9		102.44		
Energy....kcal	69		1	LC	8		90		
Energy....kJ	289		1	LC	8		376		
Protein....g	1.54		1	LC	8		2.00		
Total lipid (fat)....g	2.31		1	LC	8		3.00		
Ash....g	7.35		0	NR	4		9.56		
Carbohydrate, by difference....g	10.00		1	LC	8		13.00		
Fiber, total dietary....g	2.3		1	LC	8		3.0		
Sugars, total....g	7.69		1	LC	8		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.55		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	354		1	LC	8		460		
Sodium, Na....mg	354		1	LC	8		460		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		1	LC	8		2.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	385		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.385		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.385		1	LC	8		0.500		
Fatty acids, total polyunsaturated....g	1.154		1	LC	8		1.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06221

CAMPBELL Soup Company, PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06220

CAMPBELL Soup Company, PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.50		1	MC	9		107.25		
Energy....kcal	69		1	LC	8		90		
Energy....kJ									
Protein....g	1.54		1	LC	8		2.00		
Total lipid (fat)....g	2.31		1	LC	8		3.00		
Ash....g	3.20		0	NR	4		4.16		
Carbohydrate, by difference....g	10.00		1	LC	8		13.00		
Fiber, total dietary....g	2.3		1	LC	8		3.0		
Sugars, total....g	7.69		1	LC	8		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1	LC	8		20		
Iron, Fe....mg	0.55		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	308		1	LC	8		400		
Sodium, Na....mg	362		1	LC	8		470		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.8		1	LC	8		3.6		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	385		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06220

CAMPBELL Soup Company, PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06995

CAMPBELL Soup Company, PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.90		1	MC	9		105.17		
Energy....kcal	72		1	LC	8		94		
Energy....kJ	301		1	LC	8		391		
Protein....g	1.60		1	LC	8		2.08		
Total lipid (fat)....g	2.40		1	LC	8		3.12		
Ash....g	4.70		0	NR	4		6.11		
Carbohydrate, by difference....g	10.40		1	LC	8		13.52		
Fiber, total dietary....g	2.4		1	LC	8		3.1		
Sugars, total....g	8.00		1	LC	8		10.40		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		21		
Iron, Fe....mg	0.58		1	LC	8		0.75		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	320		1	LC	8		416		
Sodium, Na....mg	376		1	LC	8		489		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9		1	LC	8		3.7		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	400		1	LC	8		520		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06995

CAMPBELL Soup Company, PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06222

CAMPBELL Soup Company, PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.70		1	MC	9		103.61		
Energy....kcal	92		0	LC	8		120		
Energy....kJ	386		0	LC	8		502		
Protein....g	1.54		1	LC	8		2.00		
Total lipid (fat)....g	3.46		1	LC	8		4.50		
Ash....g	1.45		0	NR	4		1.89		
Carbohydrate, by difference....g	13.85		1	LC	8		18.00		
Fiber, total dietary....g	2.3		1	LC	8		3.0		
Sugars, total....g	9.23		1	LC	8		12.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	31		1	LC	8		40		
Iron, Fe....mg	0.55		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	338		1	LC	8		440		
Sodium, Na....mg	369		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	577		1	LC	8		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.154		1	LC	8		1.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06222

CAMPBELL Soup Company, PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06223

CAMPBELL Soup Company, PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.50		1	MC	9		108.55		
Energy....kcal	62		1	LC	8		80		
Energy....kJ									
Protein....g	1.54		1	LC	8		2.00		
Total lipid (fat)....g	1.92		1	LC	8		2.50		
Ash....g	2.70		0	NR	4		3.51		
Carbohydrate, by difference....g	10.00		1	LC	8		13.00		
Fiber, total dietary....g	2.3		1	LC	8		3.0		
Sugars, total....g	7.69		1	LC	8		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1	LC	8		20		
Iron, Fe....mg	0.83		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	277		1	LC	8		360		
Sodium, Na....mg	369		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		1	LC	8		2.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	385		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.385		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06223

CAMPBELL Soup Company, PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06224

CAMPBELL Soup Company, PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.00		1	MC	9		109.20		
Energy....kcal	54		1	LC	8		70		
Energy....kJ									
Protein....g	1.54		1	LC	8		2.00		
Total lipid (fat)....g	1.15		1	LC	8		1.50		
Ash....g	3.02		0	NR	4		3.93		
Carbohydrate, by difference....g	10.00		1	LC	8		13.00		
Fiber, total dietary....g	2.3		1	LC	8		3.0		
Sugars, total....g	8.46		1	LC	8		11.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1	LC	8		20		
Iron, Fe....mg	0.55		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	269		1	LC	8		350		
Sodium, Na....mg	369		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		1	LC	8		2.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	385		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.769		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06224

CAMPBELL Soup Company, PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06225

CAMPBELL Soup Company, PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.60		1	MC	9		104.78		
Energy....kcal	85		0	LC	8		110		
Energy....kJ	354		0	LC	8		460		
Protein....g	1.54		1	LC	8		2.00		
Total lipid (fat)....g	3.08		1	LC	8		4.00		
Ash....g	1.71		0	NR	4		2.22		
Carbohydrate, by difference....g	13.08		1	LC	8		17.00		
Fiber, total dietary....g	2.3		1	LC	8		3.0		
Sugars, total....g	10.00		1	LC	8		13.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	31		1	LC	8		40		
Iron, Fe....mg	0.83		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	315		1	LC	8		410		
Sodium, Na....mg	408		1	LC	8		530		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	385		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.154		1	LC	8		1.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06225

CAMPBELL Soup Company, PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06234

CAMPBELL Soup Company, PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.00		1	MC	9		103.75		
Energy....kcal	72		1	LC	8		90		
Energy....kJ									
Protein....g	2.40		1	LC	8		3.00		
Total lipid (fat)....g	2.00		1	LC	8		2.50		
Ash....g	2.00		0	NR	4		2.50		
Carbohydrate, by difference....g	10.40		1	LC	8		13.00		
Fiber, total dietary....g	2.4		1	LC	8		3.0		
Sugars, total....g	8.00		1	LC	8		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	48		1	LC	8		60		
Iron, Fe....mg	0.58		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	328		1	LC	8		410		
Sodium, Na....mg	288		1	LC	8		360		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		1	LC	8		2.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	400		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.800		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06234

CAMPBELL Soup Company, PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 125g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06237

CAMPBELL Soup Company, PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.50		1	MC	9		104.38		
Energy	kcal	56		1	LC	8		70		
Energy	kJ									
Protein	g	1.60		1	LC	8		2.00		
Total lipid (fat)	g	1.20		1	LC	8		1.50		
Ash	g	2.90		0	NR	4		3.63		
Carbohydrate, by difference	g	10.40		1	LC	8		13.00		
Fiber, total dietary	g	2.4		1	LC	8		3.0		
Sugars, total	g	7.20		1	LC	8		9.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1	LC	8		20		
Iron, Fe	mg	0.58		1	LC	8		0.72		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg	328		1	LC	8		410		
Sodium, Na	mg	288		1	LC	8		360		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		1	LC	8		2.4		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	800		1	LC	8		1000		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g	0.000		1	LC	8		0.000		
Cholesterol	mg	0		1	LC	8		0		
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06237

CAMPBELL Soup Company, PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 125g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27033

CAMPBELL Soup Company, PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.40		1	MC	9		111.02		
Energy....kcal	54		1	LC	8		70		
Energy....kJ									
Protein....g	1.54		1	LC	8		2.00		
Total lipid (fat)....g	1.15		1	LC	8		1.50		
Ash....g	1.70		0	NR	4		2.21		
Carbohydrate, by difference....g	10.00		1	LC	8		13.00		
Fiber, total dietary....g	2.3		1	LC	8		3.0		
Sugars, total....g	7.70		1	LC	8		10.01		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1	LC	8		20		
Iron, Fe....mg	0.55		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	292		1	LC	8		380		
Sodium, Na....mg	277		1	LC	8		360		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		1	LC	8		2.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	385		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g	0.769		1	LC	8		1.000		
Fatty acids, total polyunsaturated....g	0.385		1	LC	8		0.500		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27033

CAMPBELL Soup Company, PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: .5 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06226

CAMPBELL Soup Company, PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.50		1	MC	9		103.13		
Energy....kcal	72		1	LC	8		90		
Energy....kJ									
Protein....g	2.40		1	LC	8		3.00		
Total lipid (fat)....g	2.40		1	LC	8		3.00		
Ash....g	2.20		0	NR	4		2.75		
Carbohydrate, by difference....g	10.40		1	LC	8		13.00		
Fiber, total dietary....g	2.4		1	LC	8		3.0		
Sugars, total....g	8.00		1	LC	8		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.58		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	312		1	LC	8		390		
Sodium, Na....mg	384		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	400		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.800		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06226

CAMPBELL Soup Company, PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 125g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06228

CAMPBELL Soup Company, PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.00		1	MC	9		106.60		
Energy....kcal	77		1	LC	8		100		
Energy....kJ									
Protein....g	3.08		1	LC	8		4.00		
Total lipid (fat)....g	2.31		1	LC	8		3.00		
Ash....g	2.82		0	NR	4		3.67		
Carbohydrate, by difference....g	10.00		1	LC	8		13.00		
Fiber, total dietary....g	2.3		1	LC	8		3.0		
Sugars, total....g	7.69		1	LC	8		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1	LC	8		20		
Iron, Fe....mg	0.83		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	277		1	LC	8		360		
Sodium, Na....mg	369		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		1	LC	8		2.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	385		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.769		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06228

CAMPBELL Soup Company, PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06229

CAMPBELL Soup Company, PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.00		1	MC	9		109.20		
Energy....kcal	62		1	LC	8		80		
Energy....kJ									
Protein....g	1.54		1	LC	8		2.00		
Total lipid (fat)....g	1.92		1	LC	8		2.50		
Ash....g	2.38		0	NR	4		3.09		
Carbohydrate, by difference....g	10.00		1	LC	8		13.00		
Fiber, total dietary....g	2.3		1	LC	8		3.0		
Sugars, total....g	7.69		1	LC	8		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1	LC	8		20		
Iron, Fe....mg	0.55		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	331		1	LC	8		430		
Sodium, Na....mg	362		1	LC	8		470		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	385		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06229

CAMPBELL Soup Company, PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06231

CAMPBELL Soup Company, PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.60		1	MC	9		95.75		
Energy....kcal	104		0	LC	8		130		
Energy....kJ	435		0	LC	8		544		
Protein....g	2.40		1	LC	8		3.00		
Total lipid (fat)....g	2.80		1	LC	8		3.50		
Ash....g	0.60		0	NR	4		0.75		
Carbohydrate, by difference....g	17.60		1	LC	8		22.00		
Fiber, total dietary....g	2.4		1	LC	8		3.0		
Sugars, total....g	10.40		1	LC	8		13.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	48		1	LC	8		60		
Iron, Fe....mg	0.86		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	376		1	LC	8		470		
Sodium, Na....mg	384		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	600		1	LC	8		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.200		1	LC	8		1.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	4		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06231

CAMPBELL Soup Company, PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 125g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06232

CAMPBELL Soup Company, PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.50		1	MC	9		105.63		
Energy....kcal	72		0	LC	8		90		
Energy....kJ									
Protein....g	1.60		1	LC	8		2.00		
Total lipid (fat)....g	2.40		1	LC	8		3.00		
Ash....g	1.50		0	NR	4		1.88		
Carbohydrate, by difference....g	10.40		1	LC	8		13.00		
Fiber, total dietary....g	3.2		1	LC	8		4.0		
Sugars, total....g	7.20		1	LC	8		9.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.58		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	360		1	LC	8		450		
Sodium, Na....mg	376		1	LC	8		470		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.8		1	LC	8		4.8		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	600		1	LC	8		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.400		1	LC	8		0.500		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06232

CAMPBELL Soup Company, PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 125g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06233

CAMPBELL Soup Company, PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.00		1	MC	9		103.75		
Energy....kcal	72		0	LC	8		90		
Energy....kJ	301		0	LC	8		377		
Protein....g	1.60		1	LC	8		2.00		
Total lipid (fat)....g	2.40		1	LC	8		3.00		
Ash....g	2.50		0	NR	4		3.13		
Carbohydrate, by difference....g	10.40		1	LC	8		13.00		
Fiber, total dietary....g	3.2		1	LC	8		4.0		
Sugars, total....g	7.20		1	LC	8		9.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	32		1	LC	8		40		
Iron, Fe....mg	0.58		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	320		1	LC	8		400		
Sodium, Na....mg	376		1	LC	8		470		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.8		1	LC	8		6.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	600		1	LC	8		750		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.385		1	LC	8		0.481		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06233

CAMPBELL Soup Company, PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 125g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06236

CAMPBELL Soup Company, PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	83.70		1	MC	9		108.81		
Energy ... kcal	77		0	LC	8		100		
Energy ... kJ	322		0	LC	8		418		
Protein ... g	2.31		1	LC	8		3.00		
Total lipid (fat) ... g	0.77		1	LC	8		1.00		
Ash ... g	2.90		0	NR	4		3.77		
Carbohydrate, by difference ... g	10.00		1	LC	8		13.00		
Fiber, total dietary ... g	2.3		1	LC	8		3.0		
Sugars, total ... g	7.69		1	LC	8		10.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	31		1	LC	8		40		
Iron, Fe ... mg	0.55		1	LC	8		0.72		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	308		1	LC	8		400		
Sodium, Na ... mg	369		1	LC	8		480		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.9		1	LC	8		1.2		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	577		1	LC	8		750		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.385		1	LC	8		0.500		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	4		1	LC	8		5		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06236

CAMPBELL Soup Company, PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06235

CAMPBELL Soup Company, PREGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	83.50		1	MC	9		108.55		
Energy ... kcal	69		1	LC	8		90		
Energy ... kJ									
Protein ... g	1.54		1	LC	8		2.00		
Total lipid (fat) ... g	2.31		1	LC	8		3.00		
Ash ... g	2.50		0	NR	4		3.25		
Carbohydrate, by difference ... g	10.00		1	LC	8		13.00		
Fiber, total dietary ... g	2.3		1	LC	8		3.0		
Sugars, total ... g	6.92		1	LC	8		9.00		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	15		1	LC	8		20		
Iron, Fe ... mg	0.55		1	LC	8		0.72		
Magnesium, Mg ... mg									
Phosphorus, P ... mg									
Potassium, K ... mg	308		1	LC	8		400		
Sodium, Na ... mg	354		1	LC	8		460		
Zinc, Zn ... mg									
Copper, Cu ... mg									
Manganese, Mn ... mg									
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.8		1	LC	8		2.4		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU	577		1	LC	8		750		
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated ... g									
Fatty acids, total polyunsaturated ... g									
Fatty acids, total trans ... g	0.000		1	LC	8		0.000		
Cholesterol ... mg	0		1	LC	8		0		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06235

CAMPBELL Soup Company, PREGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06239

CAMPBELL Soup Company, PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.50		1	MC	9		104.38		
Energy....kcal	64		1	LC	8		80		
Energy....kJ									
Protein....g	1.60		1	LC	8		2.00		
Total lipid (fat)....g	2.00		1	LC	8		2.50		
Ash....g	2.90		0	NR	4		3.63		
Carbohydrate, by difference....g	9.60		1	LC	8		12.00		
Fiber, total dietary....g	2.4		1	LC	8		3.0		
Sugars, total....g	7.20		1	LC	8		9.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	LC	8		20		
Iron, Fe....mg	0.58		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	320		1	LC	8		400		
Sodium, Na....mg	336		1	LC	8		420		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	LC	8		1.2		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	400		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06239

CAMPBELL Soup Company, PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 125g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06932

CAMPBELL Soup Company, PREGO Pasta, Traditional Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.00		1	MC	9		104.00		
Energy....kcal	54		1	LC	8		70		
Energy....kJ									
Protein....g	1.54		1	LC	8		2.00		
Total lipid (fat)....g	1.15		1	LC	8		1.50		
Ash....g	7.20		0	NR	4		9.36		
Carbohydrate, by difference....g	10.00		1	LC	8		13.00		
Fiber, total dietary....g	2.3		1	LC	8		3.0		
Sugars, total....g	7.69		1	LC	8		10.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1	LC	8		20		
Iron, Fe....mg	0.55		1	LC	8		0.72		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	292		1	LC	8		380		
Sodium, Na....mg	369		1	LC	8		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		1	LC	8		2.4		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	385		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06932

CAMPBELL Soup Company, PREGO Pasta, Traditional Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06240

CAMPBELL Soup Company, PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.20		1	MC	9		104.26		
Energy....kcal	85		0	LC	8		110		
Energy....kJ	354		0	LC	8		460		
Protein....g	1.54		1	LC	8		2.00		
Total lipid (fat)....g	2.69		1	LC	8		3.50		
Ash....g	1.72		0	NR	4		2.24		
Carbohydrate, by difference....g	13.85		1	LC	8		18.00		
Fiber, total dietary....g	2.3		1	LC	8		3.0		
Sugars, total....g	9.23		1	LC	8		12.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1	LC	8		20		
Iron, Fe....mg	0.28		1	LC	8		0.36		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	354		1	LC	8		460		
Sodium, Na....mg	408		1	LC	8		530		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	385		1	LC	8		500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.769		1	LC	8		1.000		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	0		1	LC	8		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06240

CAMPBELL Soup Company, PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve

Common Measures:

Measure 1 = 130g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06609

CAMPBELL Soup Company, SWANSON BROTH, Certified Organic Vegetable Broth

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	98.20		1	MC	9		230.77	230.77	
Energy....kcal	5		1	NC	4		12	12	
Energy....kJ	21		0	NC	4		50	50	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	0.52		0	NR	4		1.22	1.22	
Carbohydrate, by difference....g	1.28		1	LC	8		3.00	3.00	
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	
Sugars, total....g	0.85		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	234		1	LC	8		550	550	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	213		1	LC	8		500	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06609

CAMPBELL Soup Company, SWANSON BROTH, Certified Organic Vegetable Broth

Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 235g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06615

CAMPBELL Soup Company, SWANSON BROTH, Vegetable Broth

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	97.60		1	MC	9		229.36	229.36	
Energy....kcal	5		1	NC	4		12	12	
Energy....kJ	21		0	NC	4		50	50	
Protein....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat)....g	0.00		1	LC	8		0.00	0.00	
Ash....g	1.12		0	NR	4		2.63	2.63	
Carbohydrate, by difference....g	1.28		1	LC	8		3.00	3.00	
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	
Sugars, total....g	0.85		1	LC	8		2.00	2.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0	0	
Iron, Fe....mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	400		1	LC	8		940	940	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	213		1	LC	8		500	500	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg	0		1	LC	8		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06615

CAMPBELL Soup Company, SWANSON BROTH, Vegetable Broth

Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 235g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06470

CAMPBELL Soup company, CAMPBELL'S Low Sodium Soups, Chicken Broth

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	98.20		1	MC	9		292.64		
Energy....kcal	10		1	LC	8		30		
Energy....kJ	42		0	LC	8		126		
Protein....g	1.01		1	LC	8		3.00		
Total lipid (fat)....g	0.34		1	LC	8		1.00		
Ash....g	0.46		0	NR	4		1.36		
Carbohydrate, by difference....g	0.34		1	LC	8		1.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.34		1	LC	8		1.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		1	LC	8		0		
Iron, Fe....mg	0.00		1	LC	8		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	77		1	LC	8		230		
Sodium, Na....mg	47		1	LC	8		140		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.168		1	LC	8		0.500		
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	2		1	LC	8		5		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 298g: 1 serving 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06482

CAMPBELL Soup company, CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.80		1	MC	9		270.84		
Energy....kcal	52		1	LC	8		160		
Energy....kJ	219		0	LC	8		669		
Protein....g	3.93		1	LC	8		12.00		
Total lipid (fat)....g	1.48		1	LC	8		4.50		
Ash....g	0.50		0	NR	4		1.53		
Carbohydrate, by difference....g	5.57		1	LC	8		17.00		
Fiber, total dietary....g	0.7		1	LC	8		2.0		
Sugars, total....g	1.31		1	LC	8		4.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	LC	8		20		
Iron, Fe....mg	0.35		1	LC	8		1.08		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	161		1	LC	8		490		
Sodium, Na....mg	46		1	LC	8		140		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	LC	8		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	492		1	LC	8		1500		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.492		1	LC	8		1.500		
Fatty acids, total monounsaturated....g	0.656		1	LC	8		2.000		
Fatty acids, total polyunsaturated....g	0.328		1	LC	8		1.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	10		1	LC	8		30		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06482

CAMPBELL Soup company, CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup

Common Measures:

Measure 1 = 305g: 1 serving 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06487

CAMPBELL Soup company, CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.40		1	MC	9		266.41		
Energy....kcal	54		1	LC	8		160		
Energy....kJ	225		0	LC	8		669		
Protein....g	1.01		1	LC	8		3.00		
Total lipid (fat)....g	2.68		1	LC	8		8.00		
Ash....g	0.53		0	NR	4		1.58		
Carbohydrate, by difference....g	6.38		1	LC	8		19.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	2.01		1	LC	8		6.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1	LC	8		40		
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	57		1	LC	8		170		
Sodium, Na....mg	20		1	LC	8		60		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.839		1	LC	8		2.500		
Fatty acids, total monounsaturated....g	0.503		1	LC	8		1.500		
Fatty acids, total polyunsaturated....g	1.342		1	LC	8		4.000		
Fatty acids, total trans....g	0.000		1	LC	8		0.000		
Cholesterol....mg	5		1	LC	8		15		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 298g: 1 serving 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27052
Dip, cheese with chili peppers, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	83.17		0	FLC	4		28.28		
Energy ... kcal	98		0	NC	4		33		
Energy ... kJ	408		0	NC	4		139		
Protein ... g	3.64		0	FLC	4		1.24		
Total lipid (fat) ... g	8.09		0	FLC	4		2.75		
Ash ... g	2.55		0	FLC	4		0.87		
Carbohydrate, by difference ... g	2.55		0	FLC	4		0.87		
Fiber, total dietary ... g	0.3		0	FLC	4		0.1		
Sugars, total ... g	2.28		0	FLC	4		0.77		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	118		0	FLC	4		40		
Iron, Fe ... mg	0.18		0	FLC	4		0.06		
Magnesium, Mg ... mg	9		0	FLC	4		3		
Phosphorus, P ... mg	80		0	FLC	4		27		
Potassium, K ... mg	93		0	FLC	4		32		
Sodium, Na ... mg	824		0	FLC	4		280		
Zinc, Zn ... mg	0.46		0	FLC	4		0.16		
Copper, Cu ... mg	0.022		0	FLC	4		0.007		
Manganese, Mn ... mg	0.020		0	FLC	4		0.007		
Selenium, Se ... µg	2.5		0	FLC	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	10.0		0	FLC	4		3.4		
Thiamin ... mg	0.022		0	FLC	4		0.008		
Riboflavin ... mg	0.108		0	FLC	4		0.037		
Niacin ... mg	0.184		0	FLC	4		0.063		
Pantothenic acid ... mg	0.166		0	FLC	4		0.056		
Vitamin B-6 ... mg	0.055		0	FLC	4		0.019		
Folate, total ... µg	6		0	FLC	4		2		
Folic acid ... µg	0		0	FLC	4		0		
Folate, food ... µg	6		0	FLC	4		2		
Folate, DFE ... mcg_DFE	6		0	NC	4		2		
Choline, total ... mg	7.9		0	FLC	4		2.7		
Betaine ... mg									
Vitamin B-12 ... µg	0.25		0	FLC	4		0.09		
Vitamin B-12, added ... µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE ... mcg_RAE	25		0	FLC	4		8		
Retinol ... µg	19		0	FLC	4		6		
Carotene, beta ... µg	63		0	FLC	4		21		
Carotene, alpha ... µg	4		0	FLC	4		1		
Cryptoxanthin, beta ... µg	7		0	FLC	4		2		
Vitamin A, IU ... IU	177		0	FLC	4		60		
Lycopene ... µg	141		0	FLC	4		48		
Lutein + zeaxanthin ... µg	71		0	FLC	4		24		
Vitamin E (alpha-tocopherol) ... mg	0.70		0	FLC	4		0.24		
Vitamin E, added ... mg	0.00		0	FLC	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.1		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	2		0	FLC	4		1		
Vitamin K (phylloquinone) ... µg	11.2		0	FLC	4		3.8		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 27052
Dip, cheese with chili peppers, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.941		0	FLC	4		1.000		
4:0....g	0.106		0	FLC	4		0.036		
6:0....g	0.026		0	FLC	4		0.009		
8:0....g	0.033		0	FLC	4		0.011		
10:0....g	0.061		0	FLC	4		0.021		
12:0....g	0.043		0	FLC	4		0.015		
13:0....g									
14:0....g	0.388		0	FLC	4		0.132		
15:0....g									
16:0....g	1.431		0	FLC	4		0.487		
17:0....g									
18:0....g	0.620		0	FLC	4		0.211		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.907		0	FLC	4		0.648		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.085		0	FLC	4		0.029		
17:1....g									
18:1 undifferentiated....g	1.768		0	FLC	4		0.601		
20:1....g	0.011		0	FLC	4		0.004		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.882		0	FLC	4		0.980		
18:2 undifferentiated....g	2.527		0	FLC	4		0.859		
18:3 undifferentiated....g	0.355		0	FLC	4		0.121		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	9		0	FLC	4		3		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 2 Tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06963
Fish broth

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	96.00		0		4		234.24	29.28	
Energy	kcal	16		0		4		39	5	
Energy	kJ	67		0		4		163	20	
Protein	g	2.00		0		4		4.88	0.61	
Total lipid (fat)	g	0.60		0		4		1.46	0.18	
Ash	g	0.97		0	FLA	4		2.37	0.30	
Carbohydrate, by difference	g	0.40		0		4		0.98	0.12	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.09		0	FLA	4		0.23	0.03	
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		4		73	9	
Iron, Fe	mg	0.21		0		4		0.51	0.06	
Magnesium, Mg	mg	1		0		4		2	0	
Phosphorus, P	mg	30		0		4		73	9	
Potassium, K	mg	86		0		4		210	26	
Sodium, Na	mg	318		0		4		776	97	
Zinc, Zn	mg	0.10		0		4		0.24	0.03	
Copper, Cu	mg	0.051		0		4		0.124	0.016	
Manganese, Mn	mg									
Selenium, Se	µg	0.7		0	BFSN	4		1.7	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.000		0		4		0.000	0.000	
Riboflavin	mg	0.030		0		4		0.073	0.009	
Niacin	mg	1.370		0		4		3.343	0.418	
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		0		4		0.024	0.003	
Folate, total	µg	4		0	FLA	4		10	1	
Folic acid	µg	0		0	FLA	4		1	0	
Folate, food	µg	4		0	FLA	4		9	1	
Folate, DFE	mcg_DFE	4		0	NC	4		11	1	
Choline, total	mg	9.2		0	BFSN	4		22.5	2.8	
Betaine	mg									
Vitamin B-12	µg	0.10		0		4		0.24	0.03	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		3	0	
Retinol	µg	1		0	FLA	4		3	0	
Carotene, beta	µg	0		0	FLA	4		0	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	4		0	FLA	4		10	1	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	0		0	FLA	4		1	0	
Vitamin E (alpha-tocopherol)	mg	0.15		0	FLA	4		0.36	0.05	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.2		0	FLA	4		0.4	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06963
Fish broth

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.133		0	NC	4		0.325	0.041	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.022		0		4		0.054	0.007	
15:0....g									
16:0....g	0.089		0		4		0.217	0.027	
17:0....g									
18:0....g	0.022		0		4		0.054	0.007	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.108		0	NC	4		0.264	0.033	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0		4		0.063	0.008	
17:1....g									
18:1 undifferentiated....g	0.060		0		4		0.146	0.018	
20:1....g	0.014		0		4		0.034	0.004	
22:1 undifferentiated....g	0.008		0		4		0.020	0.002	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.245		0	NC	4		0.598	0.075	
18:2 undifferentiated....g	0.006		0		4		0.015	0.002	
18:3 undifferentiated....g	0.006		0		4		0.015	0.002	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.019		0		4		0.046	0.006	
20:5 n-3 (EPA)....g	0.095		0		4		0.232	0.029	
22:5 n-3 (DPA)....g	0.018		0		4		0.044	0.005	
22:6 n-3 (DHA)....g	0.101		0		4		0.246	0.031	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06985

Gravy, HEINZ Home Style Savory Beef Gravy

H.J. Heinz, Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.97		1	A	1		51.28		
Energy	kcal	39		0	NC	4		22		
Energy	kJ	165		0	NC	4		94		
Protein (N x 6.25)	g	1.09		1	A	1		0.62		
Total lipid (fat)	g	1.13		1	A	1		0.64		
Ash	g	1.59		1	A	1		0.90		
Carbohydrate, by difference	g	6.24		0	NC	4		3.55		
Fiber, total dietary	g	0.7		1	A	1		0.4		
Sugars, total	g	0.52		1	A	1		0.30		
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1	A	1		4		
Iron, Fe	mg	0.13		1	A	1		0.07		
Magnesium, Mg	mg	3		1	A	1		2		
Phosphorus, P	mg	10		1	A	1		5		
Potassium, K	mg	22		1	A	1		12		
Sodium, Na	mg	587		1	A	1		335		
Zinc, Zn	mg	0.15		1	A	1		0.08		
Copper, Cu	mg	0.019		1	A	1		0.011		
Manganese, Mn	mg	0.027		1	A	1		0.015		
Selenium, Se	µg	2.2		1	A	1		1.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.007		1	A	1		0.004		
Riboflavin	mg	0.022		1	A	1		0.013		
Niacin	mg	0.172		1	A	1		0.098		
Pantothenic acid	mg	0.086		1	A	1		0.049		
Vitamin B-6	mg	0.014		1	A	1		0.008		
Folate, total	µg	4		1	A	1		3		
Folic acid	µg									
Folate, food	µg	4		1	A	1		3		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.09		1	A	1		0.05		
Vitamin A, RAE	mcg_RAE									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									

NDB No. 06985
Gravy, HEINZ Home Style Savory Beef Gravy

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.400		0	NC	4		0.228		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.026		1	A	1		0.015		
15:0....g	0.004		1	A	1		0.002		
16:0....g	0.224		1	A	1		0.128		
17:0....g	0.011		1	A	1		0.006		
18:0....g	0.134		1	A	1		0.076		
20:0....g	0.001		1	A	1		0.001		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	0.432		0	NC	4		0.246		
14:1....g	0.006		1	A	1		0.003		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.030		1	A	1		0.017		
17:1....g	0.008		1	A	1		0.005		
18:1 undifferentiated....g	0.384		1	A	1		0.219		
20:1....g	0.004		1	A	1		0.002		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.046		0	NC	4		0.026		
18:2 undifferentiated....g	0.042		1	A	1		0.024		
18:3 undifferentiated....g	0.003		0	A	1		0.002		
18:3 n-3 c,c,c (ALA)....g	0.003		1	A	1		0.002		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.001		1	A	1		0.001		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	2		1	A	1		1		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0	A	1		0.004		
Threonine....g	0.029		0	A	1		0.016		
Isoleucine....g	0.031		0	A	1		0.018		
Leucine....g	0.060		0	A	1		0.034		
Lysine....g	0.048		0	A	1		0.027		
Methionine....g	0.012		0	A	1		0.007		
Cystine....g	0.007		0	A	1		0.004		
Phenylalanine....g	0.034		0	A	1		0.019		
Tyrosine....g	0.019		0	A	1		0.011		
Valine....g	0.038		0	A	1		0.022		
Arginine....g	0.055		0	A	1		0.031		
Histidine....g	0.022		0	A	1		0.012		
Alanine....g	0.062		0	A	1		0.035		

NDB No. 06985
Gravy, HEINZ Home Style Savory Beef Gravy

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.067		0	A	1		0.038		
Glutamic acid.....g	0.437		0	A	1		0.249		
Glycine.....g	0.097		0	A	1		0.055		
Proline.....g	0.081		0	A	1		0.046		
Serine.....g	0.041		0	A	1		0.023		
Hydroxyproline.....g	0.036		1	A	1		0.020		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 serving 1/4 cup 2 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06114
Gravy, au jus, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	94.50		0		4		224.91	281.61	
Energy....kcal	16		0	NC	4		38	48	
Energy....kJ	67				4		159	199	
Protein (N x 6.25)....g	1.20		1		1		2.86	3.58	
Total lipid (fat)....g	0.20		1		1		0.48	0.60	
Ash....g	1.60		0		4		3.81	4.77	
Carbohydrate, by difference....g	2.50		0	NC	4		5.95	7.45	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		1		1		10	12	
Iron, Fe....mg	0.60		1		1		1.43	1.79	
Magnesium, Mg....mg	2		0		4		5	6	
Phosphorus, P....mg	30		0		4		71	89	
Potassium, K....mg	81		0		4		193	241	
Sodium, Na....mg	50		0		4		119	149	
Zinc, Zn....mg	1.00		0		4		2.38	2.98	
Copper, Cu....mg	0.100		0		4		0.238	0.298	
Manganese, Mn....mg	0.200		0		4		0.476	0.596	
Selenium, Se....µg	0.4		0	BFSN	4		1.0	1.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1		1		2.4	3.0	
Thiamin....mg	0.020		1		1		0.048	0.060	
Riboflavin....mg	0.060		1		1		0.143	0.179	
Niacin....mg	0.900		1		1		2.142	2.682	
Pantothenic acid....mg	0.020		0		4		0.048	0.060	
Vitamin B-6....mg	0.010		0		4		0.024	0.030	
Folate, total....µg	2		0		4		5	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		5	6	
Folate, DFE....mcg_DFE	2		0	NC	4		5	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.10		0		4		0.24	0.30	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.100		0		1		0.238	0.298	
4:0....g									

NDB No. 06114
Gravy, au jus, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.010		0		1		0.024	0.030	
15:0....g									
16:0....g	0.050		0		1		0.119	0.149	
17:0....g									
18:0....g	0.040		0		1		0.095	0.119	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.080		0		1		0.190	0.238	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.024	0.030	
17:1....g									
18:1 undifferentiated....g	0.070		0		1		0.167	0.209	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.010		0		1		0.024	0.030	
18:2 undifferentiated....g	0.010		0		1		0.024	0.030	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 cup

Measure 2 = 298g: 1 can

Calories Factors: Protein 3.5 **Fat** 9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06115
Gravy, au jus, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	2.74		10	MA	12		0.08		
Energy....kcal	313		0	NC	4		9		
Energy....kJ	1310		0		4		39		
Protein....g	9.20		8	A	1		0.28		
Total lipid (fat)....g	9.63		8	MA	12		0.29		
Ash....g	30.94		8	A	1		0.93		
Carbohydrate, by difference....g	47.49		0	NC	4		1.42		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	140		6	A	1		4		
Iron, Fe....mg	9.30		4	A	1		0.28		
Magnesium, Mg....mg	56		1	A	1		2		
Phosphorus, P....mg	153		0	BFZN	4		5		
Potassium, K....mg	279		0	BFZN	4		8		
Sodium, Na....mg	11588		7	A	1		348		
Zinc, Zn....mg	0.70	0.011	3	A	1		0.02		
Copper, Cu....mg	0.120	0.004	3	A	1		0.004		
Manganese, Mn....mg	0.268		0	BFZN	4		0.008		
Selenium, Se....µg	6.2		0	BFSN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		4	A	1		0.0		
Thiamin....mg	0.472		0	BFZN	4		0.014		
Riboflavin....mg	0.324		0	BFZN	4		0.010		
Niacin....mg	4.087		0	BFZN	4		0.123		
Pantothenic acid....mg	0.157		0	BFZN	4		0.005		
Vitamin B-6....mg	0.174		0	BFZN	4		0.005		
Folate, total....µg	81		0	BFZN	4		2		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	81		0	BFZN	4		2		
Folate, DFE....mcg_DFE	81		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.32		0	BFZN	4		0.01		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	10		4	MA	12		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.026		4	MA	12		0.061		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 06115
Gravy, au jus, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.010		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.128		0	BFFN	4		0.004		
15:0 ... g									
16:0 ... g	1.039		0	BFFN	4		0.031		
17:0 ... g									
18:0 ... g	0.768		0	BFFN	4		0.023		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.683		0	BFFN	4		0.140		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.110		0	BFFN	4		0.003		
17:1 ... g									
18:1 undifferentiated ... g	1.989		0	BFFN	4		0.060		
20:1 ... g	0.009		0	BFFN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.230		0	BFFN	4		0.007		
18:2 undifferentiated ... g	0.205		0	BFFN	4		0.006		
18:3 undifferentiated ... g	0.024		0	BFFN	4		0.001		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	4		4	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.0g: 1 tsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06116
Gravy, beef, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.48	0.302	5		1		203.83	254.57	
Energy....kcal	53		0	NC	4		123	154	
Energy....kJ	222		0		4		517	645	
Protein (N x 6.25)....g	3.75	0.198	5		1		8.74	10.91	
Total lipid (fat)....g	2.36		5		1		5.50	6.87	
Ash....g	1.60	0.063	5		1		3.73	4.66	
Carbohydrate, by difference....g	4.81		0	NC	4		11.21	14.00	
Fiber, total dietary....g	0.4		0		1		0.9	1.2	
Sugars, total....g	0.21		0	FLA	4		0.49	0.61	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	1.265	5		1		14	17	
Iron, Fe....mg	0.70	0.127	5		1		1.63	2.04	
Magnesium, Mg....mg	2		0		1		5	6	
Phosphorus, P....mg	30		1		1		70	87	
Potassium, K....mg	81		1		1		189	236	
Sodium, Na....mg	560	1.225	5		1		1305	1630	
Zinc, Zn....mg	1.00		1		1		2.33	2.91	
Copper, Cu....mg	0.100		1		1		0.233	0.291	
Manganese, Mn....mg	0.200		1		1		0.466	0.582	
Selenium, Se....µg	1.0		1	A	1		2.3	2.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		5		1		0.0	0.0	
Thiamin....mg	0.032	0.005	5		1		0.075	0.093	
Riboflavin....mg	0.036	0.004	5		1		0.084	0.105	
Niacin....mg	0.660	0.075	5		1		1.538	1.921	
Pantothenic acid....mg	0.020		0		1		0.047	0.058	
Vitamin B-6....mg	0.010		0		1		0.023	0.029	
Folate, total....µg	2		0		1		5	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		1		5	6	
Folate, DFE....mcg_DFE	2		0	NC	4		5	6	
Choline, total....mg	6.3		0	O	4		14.6	18.3	
Betaine....mg									
Vitamin B-12....µg	0.10		0		1		0.23	0.29	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	FLA	4		2	2	
Retinol....µg	1		0	FLA	4		2	2	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	3		0	NC	4		6	7	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLA	4		2	2	
Vitamin E (alpha-tocopherol)....mg	0.02		0	FLA	4		0.05	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.1		0	FLA	4		0.3	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06116
Gravy, beef, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.153		0		1		2.686	3.355	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.020		0		1		0.047	0.058	
13:0....g									
14:0....g	0.090		0		1		0.210	0.262	
15:0....g									
16:0....g	0.591		0		1		1.377	1.720	
17:0....g									
18:0....g	0.451		0		1		1.051	1.312	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.962		0		1		2.241	2.799	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		0		1		0.233	0.291	
17:1....g									
18:1 undifferentiated....g	0.852		0		1		1.985	2.479	
20:1....g	0.010		0		1		0.023	0.029	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.080		0		1		0.186	0.233	
18:2 undifferentiated....g	0.070		0		1		0.163	0.204	
18:3 undifferentiated....g	0.010		0		1		0.023	0.029	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		7	9	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 cup

Measure 2 = 291g: 1 can

Calories Factors: Protein 3.5 **Fat** 9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06957
Gravy, brown instant, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.51		1	A	1		25.02	0.37	
Energy	kcal	380		0	MC	9		1725	25	
Energy	kJ	1590		0		9		7218	107	
Protein	g	8.53		1	A	1		38.73	0.57	
Total lipid (fat)	g	11.85		1	A	1		53.80	0.79	
Ash	g	14.34		1	A	1		65.10	0.96	
Carbohydrate, by difference	g	59.78		0	MC	9		271.40	4.01	
Fiber, total dietary	g	3.2		1	A	1		14.5	0.2	
Sugars, total	g	9.23		1	MA	12		41.90	0.62	
Starch	g									
Minerals:										
Calcium, Ca	mg	116		1	A	1		527	8	
Iron, Fe	mg	7.40		1	A	1		33.60	0.50	
Magnesium, Mg	mg	32		0	FLM	4		145	2	
Phosphorus, P	mg	212		0	FLM	4		962	14	
Potassium, K	mg	367		0	FLM	4		1666	25	
Sodium, Na	mg	5053		1	A	1		22941	339	
Zinc, Zn	mg	0.96		0	FLM	4		4.36	0.06	
Copper, Cu	mg	0.149		0	FLM	4		0.676	0.010	
Manganese, Mn	mg	0.202		0	FLM	4		0.917	0.014	
Selenium, Se	µg	9.3		0	FLM	4		42.2	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		1	A	1		8.6	0.1	
Thiamin	mg	0.236		0	FLM	4		1.071	0.016	
Riboflavin	mg	0.473		0	FLM	4		2.147	0.032	
Niacin	mg	2.261		0	FLM	4		10.265	0.151	
Pantothenic acid	mg	1.014		0	FLM	4		4.604	0.068	
Vitamin B-6	mg	0.282		0	FLM	4		1.280	0.019	
Folate, total	µg	69		0	FLA	4		313	5	
Folic acid	µg	43		0	FLA	4		195	3	
Folate, food	µg	26		0	FLA	4		119	2	
Folate, DFE	mcg_DFE	99		0	NC	4		449	7	
Choline, total	mg	47.3		0	O	4		215.0	3.2	
Betaine	mg									
Vitamin B-12	µg	0.33		0	FLM	4		1.50	0.02	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	1		0	FLA	4		4	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	1		0	FLA	4		6	0	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	10		0	FLA	4		46	1	
Vitamin E (alpha-tocopherol)	mg	0.38		0	FLA	4		1.71	0.03	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.3		0	FLA	4		1.4	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06957
Gravy, brown instant, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.866		1	A	1		26.632	0.393	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.014		1	A	1		0.064	0.001	
13:0....g									
14:0....g	0.401		1	A	1		1.821	0.027	
15:0....g									
16:0....g	3.024		1	A	1		13.729	0.203	
17:0....g									
18:0....g	2.179		1	A	1		9.893	0.146	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.488		1	A	1		24.916	0.368	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.326		1	A	1		1.480	0.022	
17:1....g									
18:1 undifferentiated....g	5.045		1	A	1		22.904	0.338	
20:1....g	0.056		1	A	1		0.254	0.004	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.499		1	A	1		2.265	0.033	
18:2 undifferentiated....g	0.448		1	A	1		2.034	0.030	
18:3 undifferentiated....g	0.037		1	A	1		0.168	0.002	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	12		1	A	1		54	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 454g: 1 package

Measure 2 = 6.7g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06118
Gravy, brown, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00		31	MA	12		0.30		
Energy	kcal	367		0	NC	4		22		
Energy	kJ	1536				4		92		
Protein	g	10.74		29	A	1		0.64		
Total lipid (fat)	g	9.61		27	MA	12		0.58		
Ash	g	15.27		23	A	1		0.92		
Carbohydrate, by difference	g	59.38		0	NC	4		3.56		
Fiber, total dietary	g	2.0		7	A	1		0.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	132		10	A	1		8		
Iron, Fe	mg	1.72		8	A	1		0.10		
Magnesium, Mg	mg	34		1	A	1		2		
Phosphorus, P	mg	203		1	A	1		12		
Potassium, K	mg	262		1	A	1		16		
Sodium, Na	mg	4843		22	A	1		291		
Zinc, Zn	mg	1.11		4	A	1		0.07		
Copper, Cu	mg	0.190	0.007	3	A	1		0.011		
Manganese, Mn	mg	0.412		1	A	1		0.025		
Selenium, Se	µg	6.1		0	BFSN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		7	A	1		0.0		
Thiamin	mg	0.180		1	A	1		0.011		
Riboflavin	mg	0.390		1	A	1		0.023		
Niacin	mg	3.700		1	A	1		0.222		
Pantothenic acid	mg	0.100		0	A	1		0.006		
Vitamin B-6	mg	0.100		0	A	1		0.006		
Folate, total	µg	31		0	CASN	4		2		
Folic acid	µg	17		0	NC	4		1		
Folate, food	µg	14		0		1		1		
Folate, DFE	mcg_DFE	43		0	NC	4		3		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.70		0	A	1		0.04		
Vitamin A, RAE	mcg_RAE	8		0	NC	4		0		
Retinol	µg	8		0	NC	4		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	27		7	MA	12		2		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	3.319		7	MA	12		0.199		
4:0	g	0.000		0	BFFN	4		0.000		

NDB No. 06118
Gravy, brown, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.008		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.227		0	BFFN	4		0.014		
15:0 ... g									
16:0 ... g	1.711		0	BFFN	4		0.103		
17:0 ... g									
18:0 ... g	1.233		0	BFFN	4		0.074		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.452		0	BFFN	4		0.267		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.264		0	BFFN	4		0.016		
17:1 ... g									
18:1 undifferentiated ... g	4.092		0	BFFN	4		0.246		
20:1 ... g	0.045		0	BFFN	4		0.003		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.405		0	BFFN	4		0.024		
18:2 undifferentiated ... g	0.363		0	BFFN	4		0.022		
18:3 undifferentiated ... g	0.030		0	BFFN	4		0.002		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	3		7	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.0g: 1 tbsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06119
Gravy, chicken, canned, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.34	0.724	5		1		203.11	254.31	
Energy	kcal	79		0	NC	4		188	235	
Energy	kJ	331		0		4		787	985	
Protein (N x 6.25)	g	1.93	0.063	7		1		4.59	5.75	
Total lipid (fat)	g	5.71		7		1		13.59	17.02	
Ash	g	1.60	0.063	5		1		3.81	4.77	
Carbohydrate, by difference	g	5.42		0	NC	4		12.90	16.15	
Fiber, total dietary	g	0.4		0		4		1.0	1.2	
Sugars, total	g	0.78		0	FLA	4		1.85	2.31	
Starch	g									
Minerals:										
Calcium, Ca	mg	20	1.676	7		1		48	60	
Iron, Fe	mg	0.47	0.047	7		1		1.12	1.40	
Magnesium, Mg	mg	2		0		4		5	6	
Phosphorus, P	mg	29		1		1		69	86	
Potassium, K	mg	109		1		1		259	325	
Sodium, Na	mg	424		3	LC	8		1009	1264	
Zinc, Zn	mg	0.80		1		1		1.90	2.38	
Copper, Cu	mg	0.100		1		1		0.238	0.298	
Manganese, Mn	mg	0.200		1		1		0.476	0.596	
Selenium, Se	µg	0.8		2	A	1		1.9	2.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0	0.0	
Thiamin	mg	0.017	0.002	7		1		0.040	0.051	
Riboflavin	mg	0.043	0.005	7		1		0.102	0.128	
Niacin	mg	0.443	0.030	7		1		1.054	1.320	
Pantothenic acid	mg	0.020		0		4		0.048	0.060	
Vitamin B-6	mg	0.010		1		1		0.024	0.030	
Folate, total	µg	2		0		4		5	6	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	2		0		4		5	6	
Folate, DFE	mcg_DFE	2		0	NC	4		5	6	
Choline, total	mg	3.7		0	O	4		8.8	11.0	
Betaine	mg									
Vitamin B-12	µg	0.10		0		4		0.24	0.30	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	2	
Retinol	µg	1		0	FLA	4		2	2	
Carotene, beta	µg	0		0	FLA	4		0	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	3		0	NC	4		6	8	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	1		0	FLA	4		2	2	
Vitamin E (alpha-tocopherol)	mg	0.13		0	FLA	4		0.31	0.39	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.2		0	FLA	4		0.4	0.6	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06119
Gravy, chicken, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.410		0		1		3.356	4.202	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.040		0		1		0.095	0.119	
15:0....g									
16:0....g	0.980		0		1		2.332	2.920	
17:0....g									
18:0....g	0.380		0		1		0.904	1.132	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.550		0		1		6.069	7.599	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.160		0		1		0.381	0.477	
17:1....g									
18:1 undifferentiated....g	2.340		0		1		5.569	6.973	
20:1....g	0.030		0		1		0.071	0.089	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.500		0		1		3.570	4.470	
18:2 undifferentiated....g	1.420		0		1		3.380	4.232	
18:3 undifferentiated....g	0.070		0		1		0.167	0.209	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		5	6	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 cup

Measure 2 = 298g: 1 can

Calories Factors: Protein 3.4 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06120
Gravy, chicken, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	3.85		21	MA	12		0.31	0.31	
Energy ... kcal	381		0	NC	4		30	30	
Energy ... kJ	1594				4		128	128	
Protein ... g	11.27		27	A	1		0.90	0.90	
Total lipid (fat) ... g	9.73		19	MA	12		0.78	0.78	
Ash ... g	13.06		19	A	1		1.04	1.04	
Carbohydrate, by difference ... g	62.09		0	NC	4		4.97	4.97	
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	146		9	A	1		12	12	
Iron, Fe ... mg	1.33		7	A	1		0.11	0.11	
Magnesium, Mg ... mg	40		0	BFZN	4		3	3	
Phosphorus, P ... mg	249		0	BFZN	4		20	20	
Potassium, K ... mg	404		0	BFZN	4		32	32	
Sodium, Na ... mg	4152		20	A	1		332	332	
Zinc, Zn ... mg	1.39	0.000	3	A	1		0.11	0.11	
Copper, Cu ... mg	0.112	0.002	3	A	1		0.009	0.009	
Manganese, Mn ... mg	0.219		0	BFZN	4		0.018	0.018	
Selenium, Se ... µg	5.2		0	BFSN	4		0.4	0.4	
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.6		7	A	1		0.0	0.0	
Thiamin ... mg	0.249		0	BFZN	4		0.020	0.020	
Riboflavin ... mg	0.634		2	A	1		0.051	0.051	
Niacin ... mg	4.018		0	BFZN	4		0.321	0.321	
Pantothenic acid ... mg	1.286		0	BFZN	4		0.103	0.103	
Vitamin B-6 ... mg	0.202		0	BFZN	4		0.016	0.016	
Folate, total ... µg	125		0	CASN	4		10	10	
Folic acid ... µg	16		0	NC	4		1	1	
Folate, food ... µg	109		0		4		9	9	
Folate, DFE ... mcg_DFE	136		0	NC	4		11	11	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.48		0	BFZN	4		0.04	0.04	
Vitamin A, RAE ... mcg_RAE	38		0	NC	4		3	3	
Retinol ... µg	27		0	NC	4		2	2	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	308		7	MA	12		25	25	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	2.920		7	MA	12		0.234	0.234	
4:0 ... g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 06120
Gravy, chicken, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000	0.000	
8:0 ... g	0.000		0	BFFN	4		0.000	0.000	
10:0 ... g	0.000		0	BFFN	4		0.000	0.000	
12:0 ... g	0.007		0	BFFN	4		0.001	0.001	
13:0 ... g									
14:0 ... g	0.066		0	BFFN	4		0.005	0.005	
15:0 ... g									
16:0 ... g	2.231		0	BFFN	4		0.178	0.178	
17:0 ... g									
18:0 ... g	0.561		0	BFFN	4		0.045	0.045	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.648		0	BFFN	4		0.372	0.372	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.666		0	BFFN	4		0.053	0.053	
17:1 ... g									
18:1 undifferentiated ... g	0.400		0	BFFN	4		0.032	0.032	
20:1 ... g	0.051		0	BFFN	4		0.004	0.004	
22:1 undifferentiated ... g	0.014		0	BFFN	4		0.001	0.001	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.877		0	BFFN	4		0.150	0.150	
18:2 undifferentiated ... g	0.094		0	BFFN	4		0.008	0.008	
18:3 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	19		7	MA	12		2	2	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.0g: 1 tbsp

Measure 2 = 8.0g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06958
Gravy, instant beef, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.65		1	A	1		0.31	21.11	
Energy	kcal	369		0	MC	9		25	1675	
Energy	kJ	1544		0		9		103	7009	
Protein	g	9.80		1	A	1		0.66	44.49	
Total lipid (fat)	g	9.48		1	A	1		0.64	43.04	
Ash	g	14.97		1	A	1		1.00	67.96	
Carbohydrate, by difference	g	61.10		0	MC	9		4.09	277.39	
Fiber, total dietary	g	4.3		1	A	1		0.3	19.5	
Sugars, total	g	23.90		0	FLA	4		1.60	108.52	
Starch	g									
Minerals:										
Calcium, Ca	mg	141		1	A	1		9	640	
Iron, Fe	mg	6.27		1	A	1		0.42	28.47	
Magnesium, Mg	mg	41		0	FLM	4		3	186	
Phosphorus, P	mg	239		0	FLM	4		16	1085	
Potassium, K	mg	450		0	FLM	4		30	2043	
Sodium, Na	mg	5203		1	A	1		349	23622	
Zinc, Zn	mg	0.76		0	FLM	4		0.05	3.45	
Copper, Cu	mg	0.146		0	FLM	4		0.010	0.663	
Manganese, Mn	mg	0.154		0	FLM	4		0.010	0.699	
Selenium, Se	µg	18.0		0	FLM	4		1.2	81.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1	A	1		0.1	4.1	
Thiamin	mg	0.187		0	FLM	4		0.013	0.849	
Riboflavin	mg	0.514		0	FLM	4		0.034	2.334	
Niacin	mg	1.075		0	FLM	4		0.072	4.881	
Pantothenic acid	mg	1.218		0	FLM	4		0.082	5.530	
Vitamin B-6	mg	0.138		0	FLM	4		0.009	0.627	
Folate, total	µg	34		0	FLA	4		2	156	
Folic acid	µg	20		0	FLA	4		1	89	
Folate, food	µg	15		0	FLA	4		1	67	
Folate, DFE	mcg_DFE	48		0	NC	4		3	218	
Choline, total	mg	47.8		0	O	4		3.2	216.9	
Betaine	mg									
Vitamin B-12	µg	0.62		0	FLM	4		0.04	2.81	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	FLA	4		0	10	
Retinol	µg	2		0	FLA	4		0	10	
Carotene, beta	µg	0		0	FLA	4		0	2	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	8		0	FLA	4		1	36	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	2		0	FLA	4		0	10	
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLA	4		0.00	0.06	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.4		0	FLA	4		0.0	2.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06958
Gravy, instant beef, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.880		1	A	1		0.327	22.155	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.023		1	A	1		0.002	0.104	
13:0....g									
14:0....g	0.451		1	A	1		0.030	2.048	
15:0....g									
16:0....g	4.031		1	A	1		0.270	18.301	
17:0....g									
18:0....g	0.000		1	A	1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.659		1	A	1		0.245	16.612	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.389		1	A	1		0.026	1.766	
17:1....g									
18:1 undifferentiated....g	3.102		1	A	1		0.208	14.083	
20:1....g	0.092		1	A	1		0.006	0.418	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.938		1	A	1		0.063	4.259	
18:2 undifferentiated....g	0.870		1	A	1		0.058	3.950	
18:3 undifferentiated....g	0.068		1	A	1		0.005	0.309	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	11		1	A	1		1	50	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.7g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06959
Gravy, instant turkey, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.24		1	A	1		0.35	23.79	
Energy	kcal	409		0	MC	9		27	1857	
Energy	kJ	1711		0		9		115	7769	
Protein	g	11.72		1	A	1		0.79	53.21	
Total lipid (fat)	g	14.66		1	A	1		0.98	66.56	
Ash	g	10.82		1	A	1		0.72	49.12	
Carbohydrate, by difference	g	57.56		0	MC	9		3.86	261.32	
Fiber, total dietary	g	3.8		1	A	1		0.3	17.3	
Sugars, total	g	7.60		0	FLA	4		0.51	34.49	
Starch	g									
Minerals:										
Calcium, Ca	mg	115		1	A	1		8	522	
Iron, Fe	mg	9.57		1	A	1		0.64	43.45	
Magnesium, Mg	mg	30		0	FLM	4		2	136	
Phosphorus, P	mg	203		0	FLM	4		14	922	
Potassium, K	mg	306		0	FLM	4		21	1389	
Sodium, Na	mg	4090		1	A	1		274	18569	
Zinc, Zn	mg	1.13		0	FLM	4		0.08	5.13	
Copper, Cu	mg	0.169		0	FLM	4		0.011	0.767	
Manganese, Mn	mg	0.186		0	FLM	4		0.012	0.844	
Selenium, Se	µg	19.4		0	FLM	4		1.3	88.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1	A	1		0.1	4.1	
Thiamin	mg	0.130		0	FLM	4		0.009	0.590	
Riboflavin	mg	0.264		0	FLM	4		0.018	1.199	
Niacin	mg	1.181		0	FLM	4		0.079	5.362	
Pantothenic acid	mg	0.630		0	FLM	4		0.042	2.860	
Vitamin B-6	mg	0.205		0	FLM	4		0.014	0.931	
Folate, total	µg	45		0	FLA	4		3	206	
Folic acid	µg	15		0	FLA	4		1	68	
Folate, food	µg	30		0	FLA	4		2	138	
Folate, DFE	mcg_DFE	56		0	NC	4		4	254	
Choline, total	mg	23.9		0	BFSN	4		1.6	108.6	
Betaine	mg									
Vitamin B-12	µg	0.37		0	FLM	4		0.02	1.68	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	18		0	FLA	4		1	80	
Retinol	µg	17		0	FLA	4		1	79	
Carotene, beta	µg	3		0	FLA	4		0	15	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	63		0	FLA	4		4	286	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	6		0	FLA	4		0	28	
Vitamin E (alpha-tocopherol)	mg	0.74		0	FLA	4		0.05	3.37	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.0		0	FLA	4		0.1	9.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06959
Gravy, instant turkey, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.931		1	A	1		0.330	22.387	
4:0....g	0.044		1	A	1		0.003	0.200	
6:0....g	0.028		1	A	1		0.002	0.127	
8:0....g	0.018		1	A	1		0.001	0.082	
10:0....g	0.049		1	A	1		0.003	0.222	
12:0....g	0.072		1	A	1		0.005	0.327	
13:0....g									
14:0....g	0.322		1	A	1		0.022	1.462	
15:0....g									
16:0....g	3.004		1	A	1		0.201	13.638	
17:0....g									
18:0....g	1.234		1	A	1		0.083	5.602	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.250		1	A	1		0.352	23.835	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.349		1	A	1		0.023	1.584	
17:1....g									
18:1 undifferentiated....g	4.744		1	A	1		0.318	21.538	
20:1....g	0.070		1	A	1		0.005	0.318	
22:1 undifferentiated....g	0.036		1	A	1		0.002	0.163	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.478		1	A	1		0.300	20.330	
18:2 undifferentiated....g	4.023		1	A	1		0.270	18.264	
18:3 undifferentiated....g	0.426		1	A	1		0.029	1.934	
18:4....g	0.029		1	A	1		0.002	0.132	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	24		1	A	1		2	109	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.7g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06977
Gravy, meat or poultry, low sodium, prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.50		0		4		206.50		
Energy	kcal	53		0		4		125		
Energy	kJ	222		0		4		523		
Protein	g	3.80		0		4		8.97		
Total lipid (fat)	g	2.40		0		4		5.66		
Ash	g	0.14		0	NR	4		0.33		
Carbohydrate, by difference	g	6.16		0	NR	4		14.54		
Fiber, total dietary	g	0.3		0		4		0.7		
Sugars, total	g	0.01		0	FLA	4		0.02		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		4		14		
Iron, Fe	mg	0.70		0		4		1.65		
Magnesium, Mg	mg	2		0		4		5		
Phosphorus, P	mg	30		0		4		71		
Potassium, K	mg	81		0		4		191		
Sodium, Na	mg	18		1		12		42		
Zinc, Zn	mg	1.00		0		4		2.36		
Copper, Cu	mg	0.100		0		4		0.236		
Manganese, Mn	mg									
Selenium, Se	µg	0.6		0	CAZN	4		1.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.030		0		4		0.071		
Riboflavin	mg	0.040		0		4		0.094		
Niacin	mg	0.660		0		4		1.558		
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		0		4		0.024		
Folate, total	µg	25		0	FLA	4		58		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	25		0	FLA	4		58		
Folate, DFE	mcg_DFE	25		0	NC	4		58		
Choline, total	mg	6.3		0	O	4		14.8		
Betaine	mg									
Vitamin B-12	µg	0.10		0		4		0.24		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	0		0	FLA	4		0		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	0		0	FLA	4		0		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	1		0	FLA	4		1		
Vitamin E (alpha-tocopherol)	mg	0.06		0	FLA	4		0.15		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06977
Gravy, meat or poultry, low sodium, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.003		0		4		2.367		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.007		0		4		0.017		
12:0....g	0.008		0		4		0.019		
13:0....g									
14:0....g	0.076		0		4		0.179		
15:0....g									
16:0....g	0.583		0		4		1.376		
17:0....g									
18:0....g	0.288		0		4		0.680		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.068		0		4		2.520		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.102		0		4		0.241		
17:1....g									
18:1 undifferentiated....g	0.917		0		4		2.164		
20:1....g	0.005		0		4		0.012		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.095		0		4		0.224		
18:2 undifferentiated....g	0.063		0		4		0.149		
18:3 undifferentiated....g	0.026		0		4		0.061		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0		4		0.007		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	3		0		4		7		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06121
Gravy, mushroom, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.00	0.084	10		1		211.82	265.22	
Energy....kcal	50		0	NC	4		119	149	
Energy....kJ	209				4		498	623	
Protein (N x 6.25)....g	1.26	0.014	11		1		3.00	3.75	
Total lipid (fat)....g	2.71		11		1		6.45	8.08	
Ash....g	1.56	0.027	10		1		3.71	4.65	
Carbohydrate, by difference....g	5.47		0	NC	4		13.02	16.30	
Fiber, total dietary....g	0.4		0		4		1.0	1.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.286	7		1		17	21	
Iron, Fe....mg	0.66	0.053	7		1		1.57	1.97	
Magnesium, Mg....mg	2		0		4		5	6	
Phosphorus, P....mg	15		1		1		36	45	
Potassium, K....mg	106		1		1		252	316	
Sodium, Na....mg	570	8.691	6		1		1357	1699	
Zinc, Zn....mg	0.70		1		1		1.67	2.09	
Copper, Cu....mg	0.100		1		1		0.238	0.298	
Manganese, Mn....mg	0.300		1		1		0.714	0.894	
Selenium, Se....µg	1.9		0	RA	4		4.5	5.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		6		1		0.0	0.0	
Thiamin....mg	0.033	0.004	7		1		0.079	0.098	
Riboflavin....mg	0.063	0.006	7		1		0.150	0.188	
Niacin....mg	0.671	0.052	7		1		1.597	2.000	
Pantothenic acid....mg	1.100		0		4		2.618	3.278	
Vitamin B-6....mg	0.020		1		1		0.048	0.060	
Folate, total....µg	12		0		4		29	36	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		0		4		29	36	
Folate, DFE....mcg_DFE	12		0	NC	4		29	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	7		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.400		0		1		0.952	1.192	
4:0....g									

NDB No. 06121
Gravy, mushroom, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.270		0		1		0.643	0.805	
17:0....g									
18:0....g	0.140		0		1		0.333	0.417	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.170		0		1		2.785	3.487	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.024	0.030	
17:1....g									
18:1 undifferentiated....g	1.150		0		1		2.737	3.427	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.020		0		1		2.428	3.040	
18:2 undifferentiated....g	0.950		0		1		2.261	2.831	
18:3 undifferentiated....g	0.070		0		1		0.167	0.209	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 cup

Measure 2 = 298g: 1 can

Calories Factors: Protein 3.4 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06122
Gravy, mushroom, dry, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.34	0.386	4		1		0.70		
Energy	kcal	328		0	NC	4		69		
Energy	kJ	1372		0		4		288		
Protein (N x 6.25)	g	10.00		2		1		2.10		
Total lipid (fat)	g	4.00		2		1		0.84		
Ash	g	18.00		2		1		3.78		
Carbohydrate, by difference	g	64.66		0	NC	4		13.58		
Fiber, total dietary	g	4.8		0		4		1.0		
Sugars, total	g	3.26		0	FLA	4		0.68		
Starch	g									
Minerals:										
Calcium, Ca	mg	230		2		1		48		
Iron, Fe	mg	1.00		0		4		0.21		
Magnesium, Mg	mg	34		0		4		7		
Phosphorus, P	mg	203		0		4		43		
Potassium, K	mg	262		0		4		55		
Sodium, Na	mg	6580		2		1		1382		
Zinc, Zn	mg	1.54	0.084	3		1		0.32		
Copper, Cu	mg	0.535	0.020	3		1		0.112		
Manganese, Mn	mg	0.400		0		4		0.084		
Selenium, Se	µg	5.3		0	BFSN	4		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.0		0		4		1.5		
Thiamin	mg	0.200		0		4		0.042		
Riboflavin	mg	0.400		0		4		0.084		
Niacin	mg	3.700		0		4		0.777		
Pantothenic acid	mg	0.100		0		4		0.021		
Vitamin B-6	mg	0.100		0		4		0.021		
Folate, total	µg	31		0	CASN	4		7		
Folic acid	µg	17		0	NC	4		4		
Folate, food	µg	14		0		4		3		
Folate, DFE	mcg_DFE	43		0	NC	4		9		
Choline, total	mg	24.4		0	O	4		5.1		
Betaine	mg									
Vitamin B-12	µg	0.70		0		4		0.15		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	1		0	FLA	4		0		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	1		0	FLA	4		0		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	9		0	FLA	4		2		
Vitamin E (alpha-tocopherol)	mg	0.15		0	FLA	4		0.03		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.2		0	FLA	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06122
Gravy, mushroom, dry, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.360		0		1		0.496		
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.010		0		1		0.002		
8:0....g	0.080		0		1		0.017		
10:0....g	0.060		0		1		0.013		
12:0....g	0.480		0		1		0.101		
13:0....g									
14:0....g	0.280		0		1		0.059		
15:0....g									
16:0....g	0.830		0		1		0.174		
17:0....g									
18:0....g	0.600		0		1		0.126		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.310		0		1		0.275		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		0		1		0.027		
17:1....g									
18:1 undifferentiated....g	1.140		0		1		0.239		
20:1....g	0.010		0		1		0.002		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.140		0		1		0.029		
18:2 undifferentiated....g	0.110		0		1		0.023		
18:3 undifferentiated....g	0.020		0		1		0.004		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 cup (8 fl oz)

Calories Factors: Protein 3.4 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06123
Gravy, onion, dry, mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.36		2		1		1.05		
Energy	kcal	322		0	NC	4		77		
Energy	kJ	1347		0		4		323		
Protein (N x 6.25)	g	9.00		2		1		2.16		
Total lipid (fat)	g	3.00		2		1		0.72		
Ash	g	16.00		2		1		3.84		
Carbohydrate, by difference	g	67.64		0	NC	4		16.23		
Fiber, total dietary	g	6.0		0		4		1.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	280		2		1		67		
Iron, Fe	mg	1.00		0		4		0.24		
Magnesium, Mg	mg	34		0		4		8		
Phosphorus, P	mg	203		0		4		49		
Potassium, K	mg	262		0		4		63		
Sodium, Na	mg	4186		3		1		1005		
Zinc, Zn	mg	0.88		2		1		0.21		
Copper, Cu	mg	0.170		2		1		0.041		
Manganese, Mn	mg	0.400		0		4		0.096		
Selenium, Se	µg	6.1		0	BFSN	4		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.0		0		4		1.7		
Thiamin	mg	0.200		0		4		0.048		
Riboflavin	mg	0.400		0		4		0.096		
Niacin	mg	3.700		0		4		0.888		
Pantothenic acid	mg	0.100		0		4		0.024		
Vitamin B-6	mg	0.100		0		4		0.024		
Folate, total	µg	31		0	CASN	4		7		
Folic acid	µg	17		0	NC	4		4		
Folate, food	µg	14		0		4		3		
Folate, DFE	mcg_DFE	43		0	NC	4		10		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.70		0		4		0.17		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.860		0		1		0.446		
4:0	g									

NDB No. 06123
Gravy, onion, dry, mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.020		0		1		0.005		
8:0....g	0.080		0		1		0.019		
10:0....g	0.060		0		1		0.014		
12:0....g	0.470		0		1		0.113		
13:0....g									
14:0....g	0.240		0		1		0.058		
15:0....g									
16:0....g	0.580		0		1		0.139		
17:0....g									
18:0....g	0.410		0		1		0.098		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.900		0		1		0.216		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.080		0		1		0.019		
17:1....g									
18:1 undifferentiated....g	0.720		0		1		0.173		
20:1....g	0.070		0		1		0.017		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.140		0		1		0.034		
18:2 undifferentiated....g	0.080		0		1		0.019		
18:3 undifferentiated....g	0.010		0		1		0.002		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24g: 1 cup (8 fl oz)

Calories Factors: Protein 3.5 **Fat** 9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06124
Gravy, pork, dry, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.43		3	MA	12		0.30		
Energy	kcal	367		0	NC	4		25		
Energy	kJ	1536		0		4		103		
Protein	g	8.78		3	A	1		0.59		
Total lipid (fat)	g	8.63		3	MA	12		0.58		
Ash	g	14.59		3	A	1		0.98		
Carbohydrate, by difference	g	63.57		0	NC	4		4.26		
Fiber, total dietary	g	2.4		1	MA	12		0.2		
Sugars, total	g	24.73		0	FLA	4		1.66		
Starch	g									
Minerals:										
Calcium, Ca	mg	139		3	A	1		9		
Iron, Fe	mg	3.94		1	A	1		0.26		
Magnesium, Mg	mg	34		0	BFZN	4		2		
Phosphorus, P	mg	188		0	BFZN	4		13		
Potassium, K	mg	235		0	BFZN	4		16		
Sodium, Na	mg	5356		3	A	1		359		
Zinc, Zn	mg	1.06		0	BFZN	4		0.07		
Copper, Cu	mg	0.154		0	BFZN	4		0.010		
Manganese, Mn	mg	0.311		0	BFZN	4		0.021		
Selenium, Se	µg	6.1		0	BFSN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		1	A	1		0.1		
Thiamin	mg	0.160		0	BFZN	4		0.011		
Riboflavin	mg	0.283		2	A	1		0.019		
Niacin	mg	2.270		0	BFZN	4		0.152		
Pantothenic acid	mg	0.326		0	BFZN	4		0.022		
Vitamin B-6	mg	0.086		0	BFZN	4		0.006		
Folate, total	µg	31		0	CASN	4		2		
Folic acid	µg	15		0	NC	4		1		
Folate, food	µg	16		0		4		1		
Folate, DFE	mcg_DFE	42		0	NC	4		3		
Choline, total	mg	24.1		0	O	4		1.6		
Betaine	mg									
Vitamin B-12	µg	0.51		0	BFZN	4		0.03		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	34		0	FLA	4		2		
Retinol	µg	34		0	FLA	4		2		
Carotene, beta	µg	2		0	FLA	4		0		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	117		0	FLA	4		8		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	10		0	FLA	4		1		
Vitamin E (alpha-tocopherol)	mg	0.26		0	FLA	4		0.02		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.4		0	FLA	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06124
Gravy, pork, dry, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.290		0	BFFN	4		0.287		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.013		0	BFFN	4		0.001		
13:0....g									
14:0....g	0.267		0	BFFN	4		0.018		
15:0....g									
16:0....g	2.130		0	BFFN	4		0.143		
17:0....g									
18:0....g	1.563		0	BFFN	4		0.105		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.881		0	BFFN	4		0.260		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.217		0	BFFN	4		0.015		
17:1....g									
18:1 undifferentiated....g	3.571		0	BFFN	4		0.239		
20:1....g	0.040		0	BFFN	4		0.003		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.454		0	BFFN	4		0.030		
18:2 undifferentiated....g	0.418		0	BFFN	4		0.028		
18:3 undifferentiated....g	0.035		0	BFFN	4		0.002		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	10		1	A	1		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.7g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06125
Gravy, turkey, canned, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.60		0		1		210.87	13.20	4.43
Energy	kcal	51		0	NC	4		121	8	3
Energy	kJ	213		0		4		508	32	11
Protein (N x 6.25)	g	2.60		1		1		6.19	0.39	0.13
Total lipid (fat)	g	2.10		1		1		5.00	0.31	0.11
Ash	g	1.60		0		1		3.81	0.24	0.08
Carbohydrate, by difference	g	5.10		0	NC	4		12.14	0.76	0.26
Fiber, total dietary	g	0.4		0		4		1.0	0.1	0.0
Sugars, total	g	0.21		0	FLA	4		0.50	0.03	0.01
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1		1		10	1	0
Iron, Fe	mg	0.70		1		1		1.67	0.10	0.04
Magnesium, Mg	mg	2		0		4		5	0	0
Phosphorus, P	mg	29		0		4		69	4	1
Potassium, K	mg	109		0		4		259	16	5
Sodium, Na	mg	577		0		4		1373	86	29
Zinc, Zn	mg	0.80		0		4		1.90	0.12	0.04
Copper, Cu	mg	0.100		0		4		0.238	0.015	0.005
Manganese, Mn	mg	0.200		0		4		0.476	0.030	0.010
Selenium, Se	µg	0.6		0	BFSN	4		1.4	0.1	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.020		1		1		0.048	0.003	0.001
Riboflavin	mg	0.080		1		1		0.190	0.012	0.004
Niacin	mg	1.300		1		1		3.094	0.194	0.065
Pantothenic acid	mg	0.020		0		4		0.048	0.003	0.001
Vitamin B-6	mg	0.010		0		4		0.024	0.001	0.001
Folate, total	µg	2		0		4		5	0	0
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	2		0		4		5	0	0
Folate, DFE	mcg_DFE	2		0	NC	4		5	0	0
Choline, total	mg	2.9		0	O	4		6.9	0.4	0.1
Betaine	mg									
Vitamin B-12	µg	0.10		0		4		0.24	0.01	0.01
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	µg	0		0	FLA	4		0	0	0
Carotene, beta	µg	0		0	FLA	4		0	0	0
Carotene, alpha	µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	0
Vitamin A, IU	IU	0		0	NC	4		0	0	0
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	1		0	FLA	4		2	0	0
Vitamin E (alpha-tocopherol)	mg	0.05		0	FLA	4		0.12	0.01	0.00
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.1	0.0	0.0
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06125
Gravy, turkey, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.620		0		1		1.476	0.092	0.031
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.020		0		1		0.048	0.003	0.001
15:0....g									
16:0....g	0.430		0		1		1.023	0.064	0.022
17:0....g									
18:0....g	0.130		0		1		0.309	0.019	0.007
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.900		0		1		2.142	0.134	0.045
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		0		1		0.309	0.019	0.007
17:1....g									
18:1 undifferentiated....g	0.750		0		1		1.785	0.112	0.038
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.490		0		1		1.166	0.073	0.025
18:2 undifferentiated....g	0.450		0		1		1.071	0.067	0.023
18:3 undifferentiated....g	0.030		0		1		0.071	0.004	0.002
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0		1		0.024	0.001	0.001
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		5	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 238g: 1 cup

Measure 2 = 14.9g: 1 tbsp

Measure 3 = 5.0g: 1 tsp

Calories Factors: Protein 3.4 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06126
Gravy, turkey, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.67		7	MA	12		0.33		
Energy	kcal	367		0	NC	4		26		
Energy	kJ	1536				4		107		
Protein	g	10.42		7	A	1		0.73		
Total lipid (fat)	g	7.19		7	MA	12		0.50		
Ash	g	12.61		7	A	1		0.88		
Carbohydrate, by difference	g	65.12		0	NC	4		4.56		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	146		6	A	1		10		
Iron, Fe	mg	3.29		4	A	1		0.23		
Magnesium, Mg	mg	44		0	BFZN	4		3		
Phosphorus, P	mg	254		0	BFZN	4		18		
Potassium, K	mg	428		0	BFZN	4		30		
Sodium, Na	mg	4392		6	A	1		307		
Zinc, Zn	mg	1.26		0	BFZN	4		0.09		
Copper, Cu	mg	0.133		0	BFZN	4		0.009		
Manganese, Mn	mg	0.219		0	BFZN	4		0.015		
Selenium, Se	µg	5.2		0	BFSN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		4	A	1		0.0		
Thiamin	mg	0.211		0	BFZN	4		0.015		
Riboflavin	mg	0.450		2	A	1		0.032		
Niacin	mg	2.770		0	BFZN	4		0.194		
Pantothenic acid	mg	1.012		0	BFZN	4		0.071		
Vitamin B-6	mg	0.204		0	BFZN	4		0.014		
Folate, total	µg	82		0	CASN	4		6		
Folic acid	µg	16		0	NC	4		1		
Folate, food	µg	66		0		4		5		
Folate, DFE	mcg_DFE	93		0	NC	4		7		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.58		0	BFZN	4		0.04		
Vitamin A, RAE	mcg_RAE	8		0	NC	4		1		
Retinol	µg	7		0	NC	4		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	35		4	MA	12		2		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.975		4	MA	12		0.138		
4:0	g	0.018		0	BFFN	4		0.001		

NDB No. 06126
Gravy, turkey, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.011		0	BFFN	4		0.001		
8:0 ... g	0.007		0	BFFN	4		0.000		
10:0 ... g	0.020		0	BFFN	4		0.001		
12:0 ... g	0.029		0	BFFN	4		0.002		
13:0 ... g									
14:0 ... g	0.129		0	BFFN	4		0.009		
15:0 ... g									
16:0 ... g	1.203		0	BFZN	4		0.084		
17:0 ... g									
18:0 ... g	0.494		0	BFFN	4		0.035		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.575		0	BFFN	4		0.180		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.171		0	BFFN	4		0.012		
17:1 ... g									
18:1 undifferentiated ... g	2.327		0	BFFN	4		0.163		
20:1 ... g	0.034		0	BFZN	4		0.002		
22:1 undifferentiated ... g	0.018		0	BFFN	4		0.001		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.196		0	BFFN	4		0.154		
18:2 undifferentiated ... g	1.973		0	BFFN	4		0.138		
18:3 undifferentiated ... g	0.209		0	BFFN	4		0.015		
18:4 ... g	0.014		0	BFFN	4		0.001		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	14		4	MA	12		1		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.0g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06127
Gravy, unspecified type, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		2		1		1.00		
Energy	kcal	344		0	NC	4		86		
Energy	kJ	1439				4		360		
Protein (N x 6.25)	g	13.00		2		1		3.25		
Total lipid (fat)	g	8.00		2		1		2.00		
Ash	g	17.00		2		1		4.25		
Carbohydrate, by difference	g	58.00		0	NC	4		14.50		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	150		1		1		38		
Iron, Fe	mg	1.00		0		4		0.25		
Magnesium, Mg	mg	45		0		4		11		
Phosphorus, P	mg	203		0		4		51		
Potassium, K	mg	262		0		4		66		
Sodium, Na	mg	5730		2		1		1433		
Zinc, Zn	mg	1.40		0		4		0.35		
Copper, Cu	mg	0.100		0		4		0.025		
Manganese, Mn	mg	0.400		0		4		0.100		
Selenium, Se	µg	6.1		0	BFSN	4		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.0		0		4		1.8		
Thiamin	mg	0.200		0		4		0.050		
Riboflavin	mg	0.432		2		1		0.108		
Niacin	mg	3.700		0		4		0.925		
Pantothenic acid	mg	0.100		0		4		0.025		
Vitamin B-6	mg	0.100		0		4		0.025		
Folate, total	µg	31		0	CASN	4		8		
Folic acid	µg	17		0	NC	4		4		
Folate, food	µg	14		0		4		4		
Folate, DFE	mcg_DFE	43		0	NC	4		11		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.70		0		4		0.18		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	µg	0		0	Z	7		0		
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.860		0		1		0.715		
4:0	g									

NDB No. 06127
Gravy, unspecified type, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.010		0		1		0.003		
8:0 g	0.080		0		1		0.020		
10:0 g	0.060		0		1		0.015		
12:0 g	0.460		0		1		0.115		
13:0 g									
14:0 g	0.230		0		1		0.058		
15:0 g									
16:0 g	1.180		0		1		0.295		
17:0 g									
18:0 g	0.850		0		1		0.213		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.150		0		1		0.788		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.040		0		1		0.010		
17:1 g									
18:1 undifferentiated g	3.090		0		1		0.773		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.620		0		1		0.405		
18:2 undifferentiated g	1.520		0		1		0.380		
18:3 undifferentiated g	0.100		0		1		0.025		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	4		0		1		1		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 cup (8 fl oz)

Calories Factors: Protein 3.4 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06969
Potato soup, instant, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.80		0		4		2.26		
Energy....kcal	343		0		4		134		
Energy....kJ	1435		0		4		560		
Protein....g	9.20		0		4		3.59		
Total lipid (fat)....g	3.10		0		4		1.21		
Ash....g	5.76		0	FLA	4		2.25		
Carbohydrate, by difference....g	76.14		0	NR	4		29.69		
Fiber, total dietary....g	7.6		0		4		3.0		
Sugars, total....g	10.00		0	FLA	4		3.90		
Starch....g									
Minerals:									
Calcium, Ca....mg	172		0		4		67		
Iron, Fe....mg	2.38		0		4		0.93		
Magnesium, Mg....mg	62		0		4		24		
Phosphorus, P....mg	279		0		4		109		
Potassium, K....mg	1248		0		4		487		
Sodium, Na....mg	612		0		4		239		
Zinc, Zn....mg	0.91		0		4		0.35		
Copper, Cu....mg	0.250		0		4		0.098		
Manganese, Mn....mg									
Selenium, Se....µg	12.3		0	BFSN	4		4.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	16.0		0		4		6.2		
Thiamin....mg	0.110		0		4		0.043		
Riboflavin....mg	0.220		0		4		0.086		
Niacin....mg	4.270		0		4		1.665		
Pantothenic acid....mg									
Vitamin B-6....mg	0.160		0		4		0.062		
Folate, total....µg	61		0	FLA	4		24		
Folic acid....µg	4		0	FLA	4		2		
Folate, food....µg	57		0	FLA	4		22		
Folate, DFE....mcg_DFE	64		0	NC	4		25		
Choline, total....mg	56.3		0	O	4		22.0		
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	3		0	FLA	4		1		
Retinol....µg	0		0	FLA	4		0		
Carotene, beta....µg	32		0	FLA	4		13		
Carotene, alpha....µg	7		0	FLA	4		3		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	60		0	FLA	4		23		
Lycopene....µg	2		0	FLA	4		1		
Lutein + zeaxanthin....µg	59		0	FLA	4		23		
Vitamin E (alpha-tocopherol)....mg	0.54		0	FLA	4		0.21		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	13.9		0	FLA	4		5.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06969
Potato soup, instant, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.613		0		4		0.239		
4:0....g	0.003		0		4		0.001		
6:0....g	0.001		0		4		0.000		
8:0....g	0.001		0		4		0.000		
10:0....g	0.006		0		4		0.002		
12:0....g	0.019		0		4		0.007		
13:0....g									
14:0....g	0.015		0		4		0.006		
15:0....g									
16:0....g	0.349		0		4		0.136		
17:0....g									
18:0....g	0.082		0		4		0.032		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.185		0		4		0.462		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0		4		0.004		
17:1....g									
18:1 undifferentiated....g	1.141		0		4		0.445		
20:1....g	0.032		0		4		0.012		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.025		0		4		0.400		
18:2 undifferentiated....g	0.966		0		4		0.377		
18:3 undifferentiated....g	0.054		0		4		0.021		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	12		0		4		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 39g: 1 serving 1/3 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06960
Sauce, alfredo mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.05		3	MA	12				
Energy	kcal	535		0	MC	9				
Energy	kJ	2238		0	MC	9				
Protein	g	15.32		3	A	1				
Total lipid (fat)	g	36.35		3	MA	12				
Ash	g	9.76		3	A	1				
Carbohydrate, by difference	g	36.52		0	MC	9				
Fiber, total dietary	g	2.0		3	A	1				
Sugars, total	g	5.40		3	MA	12				
Starch	g									
Minerals:										
Calcium, Ca	mg	467		3	A	1				
Iron, Fe	mg	0.94		3	A	1				
Magnesium, Mg	mg	32		0	FLM	4				
Phosphorus, P	mg	415		0	FLM	4				
Potassium, K	mg	254		0	FLM	4				
Sodium, Na	mg	2590		3	A	1				
Zinc, Zn	mg	1.49		0	FLM	4				
Copper, Cu	mg	0.064		0	FLM	4				
Manganese, Mn	mg	0.056		0	FLM	4				
Selenium, Se	µg	9.3		0	FLM	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1				
Thiamin	mg	0.156		0	FLM	4				
Riboflavin	mg	0.054		0	FLM	4				
Niacin	mg	2.070		0	FLM	4				
Pantothenic acid	mg	1.044		0	FLM	4				
Vitamin B-6	mg	0.134		0	FLM	4				
Folate, total	µg	4		0	FLA	4				
Folic acid	µg	0		0	FLA	4				
Folate, food	µg	4		0	FLA	4				
Folate, DFE	mcg_DFE	4		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.38		0	FLM	4				
Vitamin B-12, added	µg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	54		0	FLA	4				
Retinol	µg	52		0	FLA	4				
Carotene, beta	µg	23		0	FLA	4				
Carotene, alpha	µg	0		0	FLA	4				
Cryptoxanthin, beta	µg	0		0	FLA	4				
Vitamin A, IU	IU	213		0	FLA	4				
Lycopene	µg	0		0	FLA	4				
Lutein + zeaxanthin	µg	0		0	FLA	4				
Vitamin E (alpha-tocopherol)	mg	1.84		0	FLA	4				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	6.2		0	FLA	4				
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06960
Sauce, alfredo mix, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	13.180		3	MA	12				
4:0....g	0.692		0	FLM	4				
6:0....g	0.289		0	FLM	4				
8:0....g	0.158		0	FLM	4				
10:0....g	0.381		0	FLM	4				
12:0....g	0.492		0	FLM	4				
13:0....g									
14:0....g	1.692		0	FLM	4				
15:0....g									
16:0....g	6.418		0	FLM	4				
17:0....g									
18:0....g	2.680		0	FLM	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.669		0	FLM	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.399		0	FLM	4				
17:1....g									
18:1 undifferentiated....g	13.006		0	FLM	4				
20:1....g	0.000		0	FLM	4				
22:1 undifferentiated....g	0.000		0	FLM	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.610		0	FLM	4				
18:2 undifferentiated....g	7.845		0	FLM	4				
18:3 undifferentiated....g	0.745		0	FLM	4				
18:4....g	0.000		0	FLM	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4				
20:5 n-3 (EPA)....g	0.000		0	FLM	4				
22:5 n-3 (DPA)....g	0.000		0	FLM	4				
22:6 n-3 (DHA)....g	0.000		0	FLM	4				
Fatty acids, total trans....g									
Cholesterol....mg	56		3	MA	12				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	FLA	4				
Theobromine....mg	0		0	FLA	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06150
Sauce, barbecue

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.34		0	NR	4		150.85	5.61	
Energy....kcal	150	18.638	5	LC	8		374	14	
Energy....kJ	626		0	LC	8		1566	58	
Protein (N x 6.25)....g	0.00	0.000	5	LC	8		0.00	0.00	
Total lipid (fat)....g	0.29	0.294	5	LC	8		0.73	0.03	
Ash....g	3.11		0	FLC	4		7.78	0.29	
Carbohydrate, by difference....g	36.25	5.044	5	LC	8		90.63	3.37	
Fiber, total dietary....g	0.6	0.588	5	LC	8		1.5	0.1	
Sugars, total....g	26.06	1.143	5	LC	8		65.16	2.42	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	11.758	5	LC	8		29	1	
Iron, Fe....mg	0.21	0.212	5	LC	8		0.53	0.02	
Magnesium, Mg....mg	12		0	FLC	4		29	1	
Phosphorus, P....mg	17		0	FLC	4		43	2	
Potassium, K....mg	208		0	FLC	4		521	19	
Sodium, Na....mg	847		9	LC	8		2119	79	
Zinc, Zn....mg	0.13		0	FLC	4		0.34	0.01	
Copper, Cu....mg	0.079		0	FLC	4		0.197	0.007	
Manganese, Mn....mg	0.225		0	FLC	4		0.562	0.021	
Selenium, Se....µg	1.3	0.029	3	A	1		3.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.705	5	LC	8		1.8	0.1	
Thiamin....mg	0.010		0	FLC	4		0.024	0.001	
Riboflavin....mg	0.032		0	FLC	4		0.081	0.003	
Niacin....mg	0.487		0	FLC	4		1.217	0.045	
Pantothenic acid....mg	0.037		0	FLC	4		0.092	0.003	
Vitamin B-6....mg	0.041		0	FLC	4		0.103	0.004	
Folate, total....µg	2		0	FLC	4		5	0	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	2		0	FLC	4		5	0	
Folate, DFE....mcg_DFE	2		0	NC	4		5	0	
Choline, total....mg	2.9		0	O	4		7.2	0.3	
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	NC	4		29	1	
Retinol....µg	0		0	FLC	4		0	0	
Carotene, beta....µg	139		0	FLC	4		348	13	
Carotene, alpha....µg	4		0	FLC	4		11	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	235		0	NC	4		589	22	
Lycopene....µg	4431		0	FLC	4		11078	412	
Lutein + zeaxanthin....µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.66		0	FLC	4		1.66	0.06	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.8		0	FLC	4		4.4	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06150
Sauce, barbecue

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000	0.000	5	LC	8		0.000	0.000	
4:0....g	0.000		0	FLC	4		0.000	0.000	
6:0....g	0.000		0	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	
10:0....g	0.000		0	FLC	4		0.000	0.000	
12:0....g	0.000		0	FLC	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLC	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLC	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLC	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.074		0	FLC	4		0.184	0.007	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLC	4		0.006	0.000	
17:1....g									
18:1 undifferentiated....g	0.070		0	FLC	4		0.174	0.006	
20:1....g	0.001		0	FLC	4		0.002	0.000	
22:1 undifferentiated....g	0.001		0	FLC	4		0.001	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.170		0	FLC	4		0.426	0.016	
18:2 undifferentiated....g	0.163		0	FLC	4		0.407	0.015	
18:3 undifferentiated....g	0.008		0	FLC	4		0.019	0.001	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	FLC	4		0.000	0.000	
Cholesterol....mg	0	0.000	5	LC	8		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

Measure 2 = 9.3g: 1 packet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06975
Sauce, barbecue, low sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.34		0	BFZN	4		21.12	150.85	
Energy....kcal	150		0	BFZN	4		52	374	
Energy....kJ	626		0	BFZN	4		219	1566	
Protein....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat)....g	0.29		0	BFZN	4		0.10	0.73	
Ash....g	3.11		0	BFZN	4		1.09	7.78	
Carbohydrate, by difference....g	36.25		0	BFZN	4		12.69	90.63	
Fiber, total dietary....g	0.6		0	BFZN	4		0.2	1.5	
Sugars, total....g	26.06		0	BFZN	4		9.12	65.16	
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	BFZN	4		4	29	
Iron, Fe....mg	0.21		0	BFZN	4		0.07	0.53	
Magnesium, Mg....mg	12		0	BFZN	4		4	29	
Phosphorus, P....mg	17		0	BFZN	4		6	43	
Potassium, K....mg	208		0	BFZN	4		73	521	
Sodium, Na....mg	133		1		1		47	333	
Zinc, Zn....mg	0.13		0	BFZN	4		0.05	0.34	
Copper, Cu....mg	0.079		0	BFZN	4		0.028	0.197	
Manganese, Mn....mg	0.225		0	BFZN	4		0.079	0.562	
Selenium, Se....µg	1.3		0	BFZN	4		0.5	3.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0	BFZN	4		0.2	1.8	
Thiamin....mg	0.010		0	BFZN	4		0.003	0.024	
Riboflavin....mg	0.032		0	BFZN	4		0.011	0.081	
Niacin....mg	0.487		0	BFZN	4		0.170	1.217	
Pantothenic acid....mg	0.037		0	BFZN	4		0.013	0.092	
Vitamin B-6....mg	0.041		0	BFZN	4		0.014	0.103	
Folate, total....µg	2		0	BFZN	4		1	5	
Folic acid....µg	0		0	BFZN	4		0	0	
Folate, food....µg	2		0	BFZN	4		1	5	
Folate, DFE....mcg_DFE	2		0	NC	4		1	5	
Choline, total....mg	2.9		0	O	4		1.0	7.2	
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	12		0	BFZN	4		4	29	
Retinol....µg	0		0	BFZN	4		0	0	
Carotene, beta....µg	139		0	BFZN	4		49	348	
Carotene, alpha....µg	4		0	BFZN	4		2	11	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	235		0	BFZN	4		82	588	
Lycopene....µg	4431		0	BFZN	4		1551	11078	
Lutein + zeaxanthin....µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.66		0	BFZN	4		0.23	1.66	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.8		0	BFZN	4		0.6	4.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06975
Sauce, barbecue, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		0	BFZN	4		0.000	0.000	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	BFZN	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	BFZN	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.074		0	BFZN	4		0.026	0.184	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFZN	4		0.001	0.006	
17:1....g									
18:1 undifferentiated....g	0.070		0	BFZN	4		0.024	0.174	
20:1....g	0.001		0	BFZN	4		0.000	0.002	
22:1 undifferentiated....g	0.001		0	BFZN	4		0.000	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.170		0	BFZN	4		0.060	0.426	
18:2 undifferentiated....g	0.163		0	BFZN	4		0.057	0.407	
18:3 undifferentiated....g	0.008		0	BFZN	4		0.003	0.019	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	BFZN	4		0.000	0.000	
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 serving 2 tbsp

Measure 2 = 250g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06720
Sauce, cheese sauce mix, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	3.78		11	MA	12				
Energy....kcal	438		0	MC	9				
Energy....kJ	1833				9				
Protein....g	7.68		8	A	1				
Total lipid (fat)....g	18.33		11	MA	12				
Ash....g	9.67		11	A	1				
Carbohydrate, by difference....g	60.52		0	NC	4				
Fiber, total dietary....g	1.0		11	A	1				
Sugars, total....g	10.26		11	MA	12				
Starch....g									
Minerals:									
Calcium, Ca....mg	204		11	A	1				
Iron, Fe....mg	0.50		11	A	1				
Magnesium, Mg....mg	36		0	FLM	4				
Phosphorus, P....mg	283		0	FLM	4				
Potassium, K....mg	428		0	FLM	4				
Sodium, Na....mg	3202		11	A	1				
Zinc, Zn....mg	1.11		0	FLM	4				
Copper, Cu....mg	0.085		0	FLM	4				
Manganese, Mn....mg	0.052		0	FLM	4				
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		11	A	1				
Thiamin....mg	0.211		0	FLM	4				
Riboflavin....mg	0.678		0	FLM	4				
Niacin....mg	2.399		0	FLM	4				
Pantothenic acid....mg	1.499		0	FLM	4				
Vitamin B-6....mg	0.182		0	FLM	4				
Folate, total....µg	134		0	FLM	4				
Folic acid....µg	0		0	Z	7				
Folate, food....µg	134		0	FLM	4				
Folate, DFE....mcg_DFE	134		0	NC	4				
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.46		0	FLM	4				
Vitamin A, RAE....mcg_RAE	56		0	NC	4				
Retinol....µg	55		0	NC	4				
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	202		11	MA	12				
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	8.440		11	MA	12				
4:0....g	0.205		0	BFFN	4				

NDB No. 06720
Sauce, cheese sauce mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.127		0	BFFN	4				
8:0 ... g	0.094		0	BFFN	4				
10:0 ... g	0.245		0	BFFN	4				
12:0 ... g	0.332		0	BFFN	4				
13:0 ... g									
14:0 ... g	1.179		0	BFFN	4				
15:0 ... g									
16:0 ... g	3.858		0	BFFN	4				
17:0 ... g									
18:0 ... g	2.096		0	BFFN	4				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.868		0	BFFN	4				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.196		0	BFFN	4				
17:1 ... g									
18:1 undifferentiated ... g	6.497		0	BFFN	4				
20:1 ... g	0.052		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.983		0	BFFN	4				
18:2 undifferentiated ... g	0.825		0	BFFN	4				
18:3 undifferentiated ... g	0.134		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.024		0	BFFN	4				
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4				
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4				
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	23		11	MA	12				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06103
Sauce, cheese, dry, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.09		4		1		1.43		
Energy	kcal	448		0	NC	4		157		
Energy	kJ	1874		0		4		656		
Protein (N x 6.25)	g	22.69		4		1		7.94		
Total lipid (fat)	g	25.44		4		1		8.90		
Ash	g	14.12		4		1		4.94		
Carbohydrate, by difference	g	33.66		0	NC	4		11.78		
Fiber, total dietary	g	1.1		0		4		0.4		
Sugars, total	g	25.13		0	FLA	4		8.79		
Starch	g									
Minerals:										
Calcium, Ca	mg	795		3		1		278		
Iron, Fe	mg	0.42		3		1		0.15		
Magnesium, Mg	mg	44		1		1		15		
Phosphorus, P	mg	597		1		1		209		
Potassium, K	mg	519		1		1		182		
Sodium, Na	mg	3712		9	LC	8		1299		
Zinc, Zn	mg	2.50		1		1		0.88		
Copper, Cu	mg	0.020		0		4		0.007		
Manganese, Mn	mg	0.010		0		4		0.004		
Selenium, Se	µg	13.6		2	A	1		4.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.4		
Thiamin	mg	0.160		1		1		0.056		
Riboflavin	mg	0.476		3		1		0.167		
Niacin	mg	0.324		3		1		0.113		
Pantothenic acid	mg	1.000		0		4		0.350		
Vitamin B-6	mg	0.100		0		4		0.035		
Folate, total	µg	13		0		4		5		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	13		0		4		5		
Folate, DFE	mcg_DFE	13		0	NC	4		5		
Choline, total	mg	55.8		0	O	4		19.5		
Betaine	mg									
Vitamin B-12	µg	0.80		0		4		0.28		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	64		0	FLA	4		22		
Retinol	µg	62		0	FLA	4		22		
Carotene, beta	µg	19		0	FLA	4		6		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	238		0	FLA	4		83		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.07		0	FLA	4		0.03		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.6		0	FLA	4		0.2		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06103
Sauce, cheese, dry, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	12.050		0		1		4.218		
4:0....g	0.540		0		1		0.189		
6:0....g	0.270		0		1		0.095		
8:0....g	0.140		0		1		0.049		
10:0....g	0.350		0		1		0.123		
12:0....g	0.280		0		1		0.098		
13:0....g									
14:0....g	1.710		0		1		0.599		
15:0....g									
16:0....g	5.840		0		1		2.044		
17:0....g									
18:0....g	2.470		0		1		0.865		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.440		0		1		2.954		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.540		0		1		0.189		
17:1....g									
18:1 undifferentiated....g	7.640		0		1		2.674		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.660		0		1		1.281		
18:2 undifferentiated....g	3.260		0		1		1.141		
18:3 undifferentiated....g	0.400		0		1		0.140		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	51		0		1		18		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 packet

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06930
Sauce, cheese, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.50		21	MA	12		44.42		
Energy....kcal	174		0	MC	9		110		
Energy....kJ	728		0		9		459		
Protein....g	6.71		21	A	1		4.23		
Total lipid (fat)....g	13.29		21	MA	12		8.37		
Ash....g	2.67		21	A	1		1.68		
Carbohydrate, by difference....g	6.83		0	MC	9		4.30		
Fiber, total dietary....g	0.5		21	A	1		0.3		
Sugars, total....g	0.42		21	MA	12		0.26		
Starch....g									
Minerals:									
Calcium, Ca....mg	184		21	A	1		116		
Iron, Fe....mg	0.21		21	A	1		0.13		
Magnesium, Mg....mg	9		0	FLM	4		6		
Phosphorus, P....mg	157		0	FLM	4		99		
Potassium, K....mg	30		0	FLM	4		19		
Sodium, Na....mg	828		21	A	1		522		
Zinc, Zn....mg	0.98		0	FLM	4		0.62		
Copper, Cu....mg	0.018		0	FLM	4		0.011		
Manganese, Mn....mg	0.010		0	FLM	4		0.006		
Selenium, Se....µg	3.2		0	FLA	4		2.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		21	A	1		0.3		
Thiamin....mg	0.006		0	FLM	4		0.004		
Riboflavin....mg	0.114		0	FLM	4		0.072		
Niacin....mg	0.024		0	FLM	4		0.015		
Pantothenic acid....mg	0.125		0	FLM	4		0.079		
Vitamin B-6....mg	0.017		0	FLM	4		0.011		
Folate, total....µg	4		0	FLM	4		3		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	4		0	FLM	4		3		
Folate, DFE....mcg_DFE	4		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.14		0	FLM	4		0.09		
Vitamin A, RAE....mcg_RAE	80		0	NC	4		50		
Retinol....µg	77		0	NC	4		49		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	316		21	MA	12		199		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	6.010		21	MA	12		3.786		
4:0....g	0.265		0	FLM	4		0.167		

NDB No. 06930
Sauce, cheese, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.134		0	FLM	4		0.084		
8:0 ... g	0.071		0	FLM	4		0.045		
10:0 ... g	0.152		0	FLM	4		0.096		
12:0 ... g	0.137		0	FLM	4		0.086		
13:0 ... g									
14:0 ... g	0.857		0	FLM	4		0.540		
15:0 ... g									
16:0 ... g	3.167		0	FLM	4		1.995		
17:0 ... g									
18:0 ... g	1.195		0	FLM	4		0.753		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.823		0	FLM	4		2.408		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.264		0	FLM	4		0.166		
17:1 ... g									
18:1 undifferentiated ... g	3.437		0	FLM	4		2.165		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.599		0	FLM	4		1.637		
18:2 undifferentiated ... g	2.369		0	FLM	4		1.492		
18:3 undifferentiated ... g	0.230		0	FLM	4		0.145		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	29		21	MA	12		18		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 63g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06962

Sauce, chili, peppers, hot, immature green, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.90		1		1		230.06	14.09	
Energy	kcal	20		1		1		49	3	
Energy	kJ	84		1		1		205	13	
Protein	g	0.70		1		1		1.72	0.11	
Total lipid (fat)	g	0.10		1		1		0.25	0.02	
Ash	g	0.67		0	FLA	4		1.64	0.10	
Carbohydrate, by difference	g	5.00		0	NC	4		12.25	0.75	
Fiber, total dietary	g	1.9		0		4		4.7	0.3	
Sugars, total	g	2.55		0	FLA	4		6.24	0.38	
Starch	g									
Minerals:										
Calcium, Ca	mg	5		1		1		12	1	
Iron, Fe	mg	0.40		1		1		0.98	0.06	
Magnesium, Mg	mg	12		0		4		29	2	
Phosphorus, P	mg	14		1		1		34	2	
Potassium, K	mg	564		1		1		1382	85	
Sodium, Na	mg	25		1		1		61	4	
Zinc, Zn	mg	0.15		0		4		0.37	0.02	
Copper, Cu	mg	0.087		0		4		0.213	0.013	
Manganese, Mn	mg									
Selenium, Se	µg	0.2		0	BFSN	4		0.5	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	68.0		1		1		166.6	10.2	
Thiamin	mg	0.030		1		1		0.074	0.005	
Riboflavin	mg	0.030		1		1		0.074	0.005	
Niacin	mg	0.700		1		1		1.715	0.105	
Pantothenic acid	mg									
Vitamin B-6	mg	0.140		0		4		0.343	0.021	
Folate, total	µg	12		0	FLA	4		29	2	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	12		0	FLA	4		29	2	
Folate, DFE	mcg_DFE	12		0	NC	4		29	2	
Choline, total	mg	4.8		0	O	4		11.8	0.7	
Betaine	mg									
Vitamin B-12	µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	29		0	FLA	4		72	4	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	333		0	FLA	4		815	50	
Carotene, alpha	µg	11		0	FLA	4		28	2	
Cryptoxanthin, beta	µg	25		0	FLA	4		60	4	
Vitamin A, IU	IU	584		0	FLA	4		1432	88	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	358		0	FLA	4		878	54	
Vitamin E (alpha-tocopherol)	mg	0.34		0	FLA	4		0.84	0.05	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	7.1		0	FLA	4		17.4	1.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06962

Sauce, chili, peppers, hot, immature green, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.013		0		4		0.032	0.002	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.011		0		4		0.027	0.002	
17:0....g									
18:0....g	0.002		0		4		0.005	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.068		0		4		0.167	0.010	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.067		0		4		0.164	0.010	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.012		0		4		0.029	0.002	
18:2 undifferentiated....g	0.012		0		4		0.029	0.002	
18:3 undifferentiated....g	0.001		0		4		0.002	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27051
Sauce, cocktail, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.67		0	FLC	4		39.40		
Energy	kcal	124		0	NC	4		75		
Energy	kJ	520		0	NC	4		312		
Protein	g	1.36		0	FLC	4		0.82		
Total lipid (fat)	g	1.05		0	FLC	4		0.63		
Ash	g	3.70		0	FLC	4		2.22		
Carbohydrate, by difference	g	28.22		0	FLC	4		16.93		
Fiber, total dietary	g	1.8		0	FLC	4		1.1		
Sugars, total	g	11.83		0	FLC	4		7.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0	FLC	4		15		
Iron, Fe	mg	0.83		0	FLC	4		0.50		
Magnesium, Mg	mg	17		0	FLC	4		10		
Phosphorus, P	mg	30		0	FLC	4		18		
Potassium, K	mg	309		0	FLC	4		185		
Sodium, Na	mg	983		0	FLC	4		590		
Zinc, Zn	mg	0.38		0	FLC	4		0.23		
Copper, Cu	mg	0.111		0	FLC	4		0.067		
Manganese, Mn	mg	0.148		0	FLC	4		0.089		
Selenium, Se	µg	2.2		0	FLC	4		1.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.6		0	FLC	4		6.9		
Thiamin	mg	0.021		0	FLC	4		0.013		
Riboflavin	mg	0.047		0	FLC	4		0.028		
Niacin	mg	0.820		0	FLC	4		0.492		
Pantothenic acid	mg	0.068		0	FLC	4		0.041		
Vitamin B-6	mg	0.080		0	FLC	4		0.048		
Folate, total	µg	17		0	FLC	4		10		
Folic acid	µg	0		0	FLC	4		0		
Folate, food	µg	17		0	FLC	4		10		
Folate, DFE	mcg_DFE	17		0	NC	4		10		
Choline, total	mg	11.0		0	FLC	4		6.6		
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	18		0	FLC	4		11		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	212		0	FLC	4		127		
Carotene, alpha	µg	7		0	FLC	4		4		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	359		0	FLC	4		215		
Lycopene	µg	6753		0	FLC	4		4052		
Lutein + zeaxanthin	µg	2		0	FLC	4		1		
Vitamin E (alpha-tocopherol)	mg	1.08		0	FLC	4		0.65		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	4.4		0	FLC	4		2.7		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 27051
Sauce, cocktail, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		0	FLC	4		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated....g	0.000		0	FLC	4		0.000		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27046
Sauce, duck, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.44		0	FLC	4		12.35		
Energy	kcal	245		0	FLC	4		81		
Energy	kJ	1025		0	FLC	4		338		
Protein	g	0.36		0	FLC	4		0.12		
Total lipid (fat)	g	0.13		0	FLC	4		0.04		
Ash	g	1.40		0	FLC	4		0.46		
Carbohydrate, by difference	g	60.61		0	FLC	4		20.00		
Fiber, total dietary	g	0.6		0	FLC	4		0.2		
Sugars, total	g	30.54		0	FLC	4		10.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	FLC	4		4		
Iron, Fe	mg	0.39		0	FLC	4		0.13		
Magnesium, Mg	mg	5		0	FLC	4		2		
Phosphorus, P	mg	9		0	FLC	4		3		
Potassium, K	mg	87		0	FLC	4		29		
Sodium, Na	mg	455		0	FLC	4		150		
Zinc, Zn	mg	0.21		0	FLC	4		0.07		
Copper, Cu	mg	0.037		0	FLC	4		0.012		
Manganese, Mn	mg	0.429		0	FLC	4		0.141		
Selenium, Se	µg	1.3		0	FLC	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0	FLC	4		0.3		
Thiamin	mg	0.023		0	FLC	4		0.008		
Riboflavin	mg	0.014		0	FLC	4		0.005		
Niacin	mg	0.239		0	FLC	4		0.079		
Pantothenic acid	mg									
Vitamin B-6	mg	0.032		0	FLC	4		0.010		
Folate, total	µg	2		0	FLC	4		1		
Folic acid	µg	0		0	FLC	4		0		
Folate, food	µg	2		0	FLC	4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Choline, total	mg	1.7		0	FLC	4		0.6		
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	8		0	FLC	4		3		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	100		0	FLC	4		33		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	168		0	NC	4		55		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	1		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.20		0	FLC	4		0.07		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	0.3		0	FLC	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 27046
Sauce, duck, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.051		0	FLC	4		0.017		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.029		0	FLC	4		0.010		
12:0....g	0.001		0	FLC	4		0.000		
13:0....g									
14:0....g	0.001		0	FLC	4		0.000		
15:0....g									
16:0....g	0.013		0	FLC	4		0.004		
17:0....g									
18:0....g	0.004		0	FLC	4		0.001		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.018		0	FLC	4		0.006		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.015		0	FLC	4		0.005		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.001		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.027		0	FLC	4		0.009		
18:2 undifferentiated....g	0.023		0	FLC	4		0.008		
18:3 undifferentiated....g	0.004		0	FLC	4		0.001		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	FLC	4		0.000		
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 2 Tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06179
Sauce, fish, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.07		2	A	1		12.79		
Energy	kcal	35		0	NC	4		6		
Energy	kJ	146		0		4		26		
Protein (N x 6.25)	g	5.06		2	A	1		0.91		
Total lipid (fat)	g	0.01		2	A	1		0.00		
Ash	g	20.22		0	FLA	4		3.64		
Carbohydrate, by difference	g	3.64		0	NC	4		0.66		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	3.64		0	NR	4		0.66		
Starch	g									
Minerals:										
Calcium, Ca	mg	43		2	A	1		8		
Iron, Fe	mg	0.78		2	A	1		0.14		
Magnesium, Mg	mg	175		2	A	1		32		
Phosphorus, P	mg	7		2	A	1		1		
Potassium, K	mg	288		2	A	1		52		
Sodium, Na	mg	7851		3	A	1		1413		
Zinc, Zn	mg	0.20		2	A	1		0.04		
Copper, Cu	mg	0.050		2	A	1		0.009		
Manganese, Mn	mg	0.233		2	A	1		0.042		
Selenium, Se	µg	9.1		0	FLA	4		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		2	A	1		0.1		
Thiamin	mg	0.012		2	A	1		0.002		
Riboflavin	mg	0.057		2	A	1		0.010		
Niacin	mg	2.313		2	A	1		0.416		
Pantothenic acid	mg	0.118		2	A	1		0.021		
Vitamin B-6	mg	0.396		2	A	1		0.071		
Folate, total	µg	51		2	A	1		9		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	51		2	A	1		9		
Folate, DFE	mcg_DFE	51		0	NC	4		9		
Choline, total	mg	13.2		0	O	4		2.4		
Betaine	mg									
Vitamin B-12	µg	0.48		2	A	1		0.09		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	4		0	FLA	4		1		
Retinol	µg	4		0	FLA	4		1		
Carotene, beta	µg	0		0	FLA	4		0		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	12		0	FLA	4		2		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06179
Sauce, fish, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.003		0	BFFN	4		0.001		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.001		0	BFFN	4		0.000		
15:0....g									
16:0....g	0.001		0	BFFN	4		0.000		
17:0....g									
18:0....g	0.001		0	BFFN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0	BFFN	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	BFFN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.001		0	BFFN	4		0.000		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.003		0	BFFN	4		0.001		
18:2 undifferentiated....g	0.000		0	BFFN	4		0.000		
18:3 undifferentiated....g	0.000		0	BFFN	4		0.000		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.001		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.002		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		2	A	1		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 18g: 1 tbsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06175
Sauce, hoisin, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.23		5	A	1		7.08		
Energy	kcal	220		0	NC	4		35		
Energy	kJ	920		0		4		147		
Protein (N x 6.25)	g	3.31		5	A	1		0.53		
Total lipid (fat)	g	3.39		5	A	1		0.54		
Ash	g	4.98		5	A	1		0.80		
Carbohydrate, by difference	g	44.08		0	NC	4		7.05		
Fiber, total dietary	g	2.8		5	A	1		0.4		
Sugars, total	g	27.26		0	FLA	4		4.36		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		5	A	1		5		
Iron, Fe	mg	1.01		5	A	1		0.16		
Magnesium, Mg	mg	24		2	A	1		4		
Phosphorus, P	mg	38		2	A	1		6		
Potassium, K	mg	119		2	A	1		19		
Sodium, Na	mg	1615		5	A	1		258		
Zinc, Zn	mg	0.32		2	A	1		0.05		
Copper, Cu	mg	0.128		2	A	1		0.020		
Manganese, Mn	mg	0.254		2	A	1		0.041		
Selenium, Se	µg	1.8		0	BFSN	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		5	A	1		0.1		
Thiamin	mg	0.004		2	A	1		0.001		
Riboflavin	mg	0.217		2	A	1		0.035		
Niacin	mg	1.170		2	A	1		0.187		
Pantothenic acid	mg	0.068		2	A	1		0.011		
Vitamin B-6	mg	0.062		2	A	1		0.010		
Folate, total	µg	23		2	A	1		4		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	23		2	A	1		4		
Folate, DFE	mcg_DFE	23		0	NC	4		4		
Choline, total	mg	8.0		0	O	4		1.3		
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	4		0	FLA	4		1		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	6		0	FLA	4		1		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	45		0	FLA	4		7		
Vitamin E (alpha-tocopherol)	mg	0.28		0	FLA	4		0.05		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.5		0	FLA	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06175
Sauce, hoisin, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.568		5	A	1		0.091		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.000		2	A	1		0.000		
15:0....g									
16:0....g	0.368		2	A	1		0.059		
17:0....g									
18:0....g	0.170		2	A	1		0.027		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.963		2	A	1		0.154		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		2	A	1		0.000		
17:1....g									
18:1 undifferentiated....g	0.963		2	A	1		0.154		
20:1....g	0.000		2	A	1		0.000		
22:1 undifferentiated....g	0.000		2	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.698		2	A	1		0.272		
18:2 undifferentiated....g	1.524		2	A	1		0.244		
18:3 undifferentiated....g	0.175		2	A	1		0.028		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	3		2	A	1		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 tbsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06166
Sauce, homemade, white, medium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.89		0		1		187.23	93.61	
Energy....kcal	147		0	NC	4		368	184	
Energy....kJ	615		0		4		1538	769	
Protein (N x 6.25)....g	3.84		0		1		9.60	4.80	
Total lipid (fat)....g	10.63		0		1		26.58	13.29	
Ash....g	1.47		0		1		3.68	1.84	
Carbohydrate, by difference....g	9.17		0	NC	4		22.93	11.46	
Fiber, total dietary....g	0.2		0		4		0.5	0.3	
Sugars, total....g	4.38		0	FLA	4		10.95	5.47	
Starch....g									
Minerals:									
Calcium, Ca....mg	118		0		1		295	148	
Iron, Fe....mg	0.33		0		1		0.83	0.41	
Magnesium, Mg....mg	14		0		1		35	18	
Phosphorus, P....mg	98		0		1		245	123	
Potassium, K....mg	156		0		1		390	195	
Sodium, Na....mg	354		0		1		885	443	
Zinc, Zn....mg	0.41		0		1		1.03	0.51	
Copper, Cu....mg	0.016		0		1		0.040	0.020	
Manganese, Mn....mg	0.043		0		1		0.108	0.054	
Selenium, Se....µg	4.1		0	RC	4		10.3	5.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		2.0	1.0	
Thiamin....mg	0.069		0		1		0.173	0.086	
Riboflavin....mg	0.185		0		1		0.463	0.231	
Niacin....mg	0.402		0		1		1.005	0.503	
Pantothenic acid....mg	0.326		0		1		0.815	0.408	
Vitamin B-6....mg	0.040		0		1		0.100	0.050	
Folate, total....µg	8		0	RC	4		20	10	
Folic acid....µg	3		0	NC	4		8	4	
Folate, food....µg	5		0		1		13	6	
Folate, DFE....mcg_DFE	10		0	NC	4		25	13	
Choline, total....mg	14.2		0	NR	4		35.5	17.8	
Betaine....mg									
Vitamin B-12....µg	0.28		0		1		0.70	0.35	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	104		0	NC	4		261	130	
Retinol....µg	103		0	FLA	4		256	128	
Carotene, beta....µg	21		0	FLA	4		52	26	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	377		0	NC	4		941	471	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLA	4		3	1	
Vitamin E (alpha-tocopherol)....mg	0.29		0	FLA	4		0.72	0.36	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	FLA	4		3.0	1.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	48		0	FLA	4		120	60	
Vitamin K (phylloquinone)....µg	0.9		0	FLA	4		2.3	1.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06166
Sauce, homemade, white, medium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.854		0		1		7.135	3.568	
4:0....g	0.060		0		1		0.150	0.075	
6:0....g	0.036		0		1		0.090	0.045	
8:0....g	0.020		0		1		0.050	0.025	
10:0....g	0.047		0		1		0.118	0.059	
12:0....g	0.052		0		1		0.130	0.065	
13:0....g									
14:0....g	0.209		0		1		0.523	0.261	
15:0....g									
16:0....g	1.555		0		1		3.888	1.944	
17:0....g									
18:0....g	0.869		0		1		2.173	1.086	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.420		0		1		11.050	5.525	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.042		0		1		0.105	0.053	
17:1....g									
18:1 undifferentiated....g	4.375		0		1		10.938	5.469	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.862		0		1		7.155	3.578	
18:2 undifferentiated....g	2.713		0		1		6.783	3.391	
18:3 undifferentiated....g	0.148		0		1		0.370	0.185	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	7		0		1		18	9	
Phytosterols....mg	29		0		1		73	36	
Amino Acids:									
Tryptophan....g	0.043		0		1		0.108	0.054	
Threonine....g	0.138		0		1		0.345	0.173	
Isoleucine....g	0.186		0		1		0.465	0.233	
Leucine....g	0.300		0		1		0.750	0.375	
Lysine....g	0.243		0		1		0.608	0.304	
Methionine....g	0.077		0		1		0.193	0.096	
Cystine....g	0.028		0		1		0.070	0.035	
Phenylalanine....g	0.148		0		1		0.370	0.185	
Tyrosine....g	0.148		0		1		0.370	0.185	
Valine....g	0.205		0		1		0.513	0.256	
Arginine....g	0.111		0		1		0.278	0.139	
Histidine....g	0.083		0		1		0.208	0.104	
Alanine....g	0.105		0		1		0.263	0.131	
Aspartic acid....g	0.233		0		1		0.583	0.291	
Glutamic acid....g	0.642		0		1		1.605	0.803	
Glycine....g	0.065		0		1		0.163	0.081	
Proline....g	0.297		0		1		0.743	0.371	
Serine....g	0.166		0		1		0.415	0.208	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06166
Sauce, homemade, white, medium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 125g: .5 cup

Calories Factors: Protein 4.2 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06167
Sauce, homemade, white, thick

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.10		0		1		172.75	86.38	
Energy....kcal	186		0	NC	4		465	233	
Energy....kJ	778		0		4		1946	973	
Protein (N x 6.25)....g	3.99		0		1		9.98	4.99	
Total lipid (fat)....g	13.83		0		1		34.58	17.29	
Ash....g	1.47		0		1		3.68	1.84	
Carbohydrate, by difference....g	11.61		0	NC	4		29.03	14.51	
Fiber, total dietary....g	0.3		0		4		0.8	0.4	
Sugars, total....g	3.98		0	FLA	4		9.94	4.97	
Starch....g									
Minerals:									
Calcium, Ca....mg	111		0		1		278	139	
Iron, Fe....mg	0.50		0		1		1.25	0.63	
Magnesium, Mg....mg	14		0		1		35	18	
Phosphorus, P....mg	96		0		1		240	120	
Potassium, K....mg	149		0		1		373	186	
Sodium, Na....mg	373		0		1		933	466	
Zinc, Zn....mg	0.40		0		1		1.00	0.50	
Copper, Cu....mg	0.021		0		1		0.053	0.026	
Manganese, Mn....mg	0.067		0		1		0.168	0.084	
Selenium, Se....µg	5.2		0	RC	4		13.0	6.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0		1		1.8	0.9	
Thiamin....mg	0.088		0		1		0.220	0.110	
Riboflavin....mg	0.190		0		1		0.475	0.238	
Niacin....mg	0.589		0		1		1.473	0.736	
Pantothenic acid....mg	0.315		0		1		0.788	0.394	
Vitamin B-6....mg	0.038		0		1		0.095	0.048	
Folate, total....µg	11		0	RC	4		28	14	
Folic acid....µg	5		0	NC	4		13	6	
Folate, food....µg	6		0		1		15	8	
Folate, DFE....mcg_DFE	15		0	NC	4		36	18	
Choline, total....mg	14.3		0	FLA	4		35.8	17.9	
Betaine....mg									
Vitamin B-12....µg	0.26		0		1		0.65	0.33	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	130		0	NC	4		324	162	
Retinol....µg	127		0	FLA	4		318	159	
Carotene, beta....µg	27		0	FLA	4		67	34	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	469		0	NC	4		1173	587	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	2		0	FLA	4		4	2	
Vitamin E (alpha-tocopherol)....mg	0.38		0	FLA	4		0.96	0.48	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	1.2		0	FLA	4		2.9	1.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	47		0	FLA	4		116	58	
Vitamin K (phylloquinone)....µg	1.2		0	FLA	4		3.0	1.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06167
Sauce, homemade, white, thick

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.416		0		1		8.540	4.270	
4:0....g	0.055		0		1		0.138	0.069	
6:0....g	0.033		0		1		0.083	0.041	
8:0....g	0.019		0		1		0.048	0.024	
10:0....g	0.043		0		1		0.108	0.054	
12:0....g	0.048		0		1		0.120	0.060	
13:0....g									
14:0....g	0.202		0		1		0.505	0.253	
15:0....g									
16:0....g	1.919		0		1		4.798	2.399	
17:0....g									
18:0....g	1.093		0		1		2.733	1.366	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.851		0		1		14.628	7.314	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0		1		0.095	0.048	
17:1....g									
18:1 undifferentiated....g	5.809		0		1		14.523	7.261	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.914		0		1		9.785	4.893	
18:2 undifferentiated....g	3.722		0		1		9.305	4.653	
18:3 undifferentiated....g	0.192		0		1		0.480	0.240	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6		0		1		15	8	
Phytosterols....mg	40		0		1		100	50	
Amino Acids:									
Tryptophan....g	0.040		0		1		0.100	0.050	
Threonine....g	0.129		0		1		0.323	0.161	
Isoleucine....g	0.173		0		1		0.433	0.216	
Leucine....g	0.280		0		1		0.700	0.350	
Lysine....g	0.227		0		1		0.568	0.284	
Methionine....g	0.071		0		1		0.178	0.089	
Cystine....g	0.026		0		1		0.065	0.033	
Phenylalanine....g	0.138		0		1		0.345	0.173	
Tyrosine....g	0.138		0		1		0.345	0.173	
Valine....g	0.191		0		1		0.478	0.239	
Arginine....g	0.103		0		1		0.258	0.129	
Histidine....g	0.078		0		1		0.195	0.098	
Alanine....g	0.098		0		1		0.245	0.123	
Aspartic acid....g	0.217		0		1		0.543	0.271	
Glutamic acid....g	0.598		0		1		1.495	0.748	
Glycine....g	0.061		0		1		0.153	0.076	
Proline....g	0.276		0		1		0.690	0.345	
Serine....g	0.155		0		1		0.388	0.194	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06167
Sauce, homemade, white, thick

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 125g: .5 cup

Calories Factors: Protein 4.2 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06165
Sauce, homemade, white, thin

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.66		0		1		201.65	100.83	
Energy	kcal	105		0	NC	4		263	131	
Energy	kJ	439		0		4		1098	549	
Protein (N x 6.25)	g	3.77		0		1		9.43	4.71	
Total lipid (fat)	g	6.73		0		1		16.83	8.41	
Ash	g	1.45		0		1		3.63	1.81	
Carbohydrate, by difference	g	7.40		0	NC	4		18.50	9.25	
Fiber, total dietary	g	0.1		0		4		0.3	0.1	
Sugars, total	g	4.78		0	FLA	4		11.96	5.98	
Starch	g									
Minerals:										
Calcium, Ca	mg	126		0		1		315	158	
Iron, Fe	mg	0.21		0		1		0.53	0.26	
Magnesium, Mg	mg	15		0		1		38	19	
Phosphorus, P	mg	101		0		1		253	126	
Potassium, K	mg	163		0		1		408	204	
Sodium, Na	mg	328		0		1		820	410	
Zinc, Zn	mg	0.42		0		1		1.05	0.53	
Copper, Cu	mg	0.013		0		1		0.033	0.016	
Manganese, Mn	mg	0.024		0		1		0.060	0.030	
Selenium, Se	µg	3.3		0	RC	4		8.3	4.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		2.0	1.0	
Thiamin	mg	0.055		0		1		0.138	0.069	
Riboflavin	mg	0.184		0		1		0.460	0.230	
Niacin	mg	0.261		0		1		0.653	0.326	
Pantothenic acid	mg	0.339		0		1		0.848	0.424	
Vitamin B-6	mg	0.041		0		1		0.103	0.051	
Folate, total	µg	9		0	FLA	4		22	11	
Folic acid	µg	4		0	FLA	4		10	5	
Folate, food	µg	5		0	FLA	4		12	6	
Folate, DFE	mcg_DFE	12		0	NC	4		29	14	
Choline, total	mg	14.1		0	O	4		35.2	17.6	
Betaine	mg									
Vitamin B-12	µg	0.30		0		1		0.75	0.38	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	73		0	NC	4		183	91	
Retinol	µg	72		0	FLA	4		180	90	
Carotene, beta	µg	13		0	FLA	4		33	17	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	262		0	NC	4		655	328	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	1		0	FLA	4		2	1	
Vitamin E (alpha-tocopherol)	mg	0.17		0	FLA	4		0.43	0.22	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	1.2		0	FLA	4		3.1	1.5	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	49		0	FLA	4		123	61	
Vitamin K (phylloquinone)	µg	0.6		0	FLA	4		1.4	0.7	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06165
Sauce, homemade, white, thin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.152		0		1		5.380	2.690	
4:0....g	0.065		0		1		0.163	0.081	
6:0....g	0.039		0		1		0.098	0.049	
8:0....g	0.022		0		1		0.055	0.028	
10:0....g	0.050		0		1		0.125	0.063	
12:0....g	0.057		0		1		0.143	0.071	
13:0....g									
14:0....g	0.214		0		1		0.535	0.268	
15:0....g									
16:0....g	1.106		0		1		2.765	1.383	
17:0....g									
18:0....g	0.592		0		1		1.480	0.740	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.670		0		1		6.675	3.338	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.045		0		1		0.113	0.056	
17:1....g									
18:1 undifferentiated....g	2.621		0		1		6.553	3.276	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.586		0		1		3.965	1.983	
18:2 undifferentiated....g	1.491		0		1		3.728	1.864	
18:3 undifferentiated....g	0.095		0		1		0.238	0.119	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	8		0		1		20	10	
Phytosterols....mg	16		0		1		40	20	
Amino Acids:									
Tryptophan....g	0.046		0		1		0.115	0.058	
Threonine....g	0.147		0		1		0.368	0.184	
Isoleucine....g	0.198		0		1		0.495	0.248	
Leucine....g	0.320		0		1		0.800	0.400	
Lysine....g	0.259		0		1		0.648	0.324	
Methionine....g	0.082		0		1		0.205	0.103	
Cystine....g	0.030		0		1		0.075	0.038	
Phenylalanine....g	0.157		0		1		0.393	0.196	
Tyrosine....g	0.157		0		1		0.393	0.196	
Valine....g	0.219		0		1		0.548	0.274	
Arginine....g	0.118		0		1		0.295	0.148	
Histidine....g	0.089		0		1		0.223	0.111	
Alanine....g	0.112		0		1		0.280	0.140	
Aspartic acid....g	0.248		0		1		0.620	0.310	
Glutamic acid....g	0.684		0		1		1.710	0.855	
Glycine....g	0.069		0		1		0.173	0.086	
Proline....g	0.316		0		1		0.790	0.395	
Serine....g	0.177		0		1		0.443	0.221	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06165
Sauce, homemade, white, thin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 125g: .5 cup

Calories Factors: Protein 4.2 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06137
Sauce, mole poblano, dry mix, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.12		1	A	1		10.92		
Energy....kcal	571		0	NC	4		1513		
Energy....kJ	2389		0		4		6331		
Protein (N x 6.25)....g	7.48		1	A	1		19.82		
Total lipid (fat)....g	41.58		1	A	1		110.19		
Ash....g	5.12		1	A	1		13.57		
Carbohydrate, by difference....g	41.70		0	NC	4		110.51		
Fiber, total dietary....g	10.1		1	A	1		26.8		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	302		1	A	1		800		
Iron, Fe....mg	5.71		1	A	1		15.13		
Magnesium, Mg....mg	127		1	A	1		337		
Phosphorus, P....mg	254		1	A	1		673		
Potassium, K....mg	602		1	A	1		1595		
Sodium, Na....mg	1164		1	A	1		3085		
Zinc, Zn....mg	2.50		1	A	1		6.63		
Copper, Cu....mg	0.684		1	A	1		1.813		
Manganese, Mn....mg	1.137		1	A	1		3.013		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.136		1	A	1		0.360		
Riboflavin....mg	0.573		1	A	1		1.518		
Niacin....mg	2.544		1	A	1		6.742		
Pantothenic acid....mg	0.232		1	A	1		0.615		
Vitamin B-6....mg	0.752		1	A	1		1.993		
Folate, total....µg	74		1	A	1		196		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	74		1	A	1		196		
Folate, DFE....mcg_DFE	74		0	NC	4		196		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE	1		1	AS	1		2		
Retinol....µg									
Carotene, beta....µg	9		1	A	1		24		
Carotene, alpha....µg	0		1	A	1		0		
Cryptoxanthin, beta....µg	0		1	A	1		0		
Vitamin A, IU....IU	15		1	AS	1		39		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06137

Sauce, mole poblano, dry mix, single brand

Common Measures:

Measure 1 = 265g: 1 cup sauce

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06176
Sauce, oyster, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.00		2	A	1		14.40		
Energy	kcal	51		0	NC	4		9		
Energy	kJ	213		0		4		38		
Protein (N x 6.25)	g	1.35		2	A	1		0.24		
Total lipid (fat)	g	0.25		2	A	1		0.05		
Ash	g	7.49		2	A	1		1.35		
Carbohydrate, by difference	g	10.92		0	NC	4		1.97		
Fiber, total dietary	g	0.3		2	A	1		0.1		
Sugars, total	g	0.00		0	FLA	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		2	A	1		6		
Iron, Fe	mg	0.18		2	A	1		0.03		
Magnesium, Mg	mg	4		2	A	1		1		
Phosphorus, P	mg	22		2	A	1		4		
Potassium, K	mg	54		2	A	1		10		
Sodium, Na	mg	2733		2	A	1		492		
Zinc, Zn	mg	0.09		2	A	1		0.02		
Copper, Cu	mg	0.147		0	FLA	4		0.026		
Manganese, Mn	mg	0.053		0	FLA	4		0.010		
Selenium, Se	µg	4.4		0	FLA	4		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		2	A	1		0.0		
Thiamin	mg	0.010		2	A	1		0.002		
Riboflavin	mg	0.124		2	A	1		0.022		
Niacin	mg	1.474		2	A	1		0.265		
Pantothenic acid	mg	0.016		2	A	1		0.003		
Vitamin B-6	mg	0.016		2	A	1		0.003		
Folate, total	µg	15		2	A	1		3		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	15		2	A	1		3		
Folate, DFE	mcg_DFE	15		0	NC	4		3		
Choline, total	mg	3.5		0	O	4		0.6		
Betaine	mg									
Vitamin B-12	µg	0.41		0	FLA	4		0.07		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	0		0	FLA	4		0		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	0		0	FLA	4		0		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06176
Sauce, oyster, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.043		2	A	1		0.008		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.001		2	A	1		0.000		
13:0....g									
14:0....g	0.001		2	A	1		0.000		
15:0....g									
16:0....g	0.029		2	A	1		0.005		
17:0....g									
18:0....g	0.010		2	A	1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.073		2	A	1		0.013		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		2	A	1		0.001		
17:1....g									
18:1 undifferentiated....g	0.067		2	A	1		0.012		
20:1....g	0.001		2	A	1		0.000		
22:1 undifferentiated....g	0.000		2	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.066		2	A	1		0.012		
18:2 undifferentiated....g	0.062		2	A	1		0.011		
18:3 undifferentiated....g	0.002		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA)....g	0.001		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.001		2	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		2	A	1		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 18g: 1 tbsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06931
Sauce, pasta, spaghetti/marinara, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.39	0.205	36	A	1		115.35		
Energy....kcal	49		0	NC	4		65		
Energy....kJ	205		0	NC	4		271		
Protein....g	1.41	0.038	36	A	1		1.86		
Total lipid (fat)....g	1.48	0.100	36	A	1		1.96		
Ash....g	2.19		0	NR	4		2.89		
Carbohydrate, by difference....g	7.53		0	NC	4		9.93		
Fiber, total dietary....g	1.8	0.033	18	A	1		2.4		
Sugars, total....g	5.50	0.232	18	A	1		7.26		
Sucrose....g	0.85	0.174	18	A	1		1.13		
Glucose (dextrose)....g	2.30	0.032	18	A	1		3.03		
Fructose....g	2.35	0.054	18	A	1		3.10		
Lactose....g	0.00	0.000	18	A	1		0.00		
Maltose....g	0.00	0.000	18	A	1		0.00		
Galactose....g	0.00	0.000	18	A	1		0.00		
Starch....g	0.00	0.000	18	A	1		0.00		
Minerals:									
Calcium, Ca....mg	27	0.753	36	A	1		36		
Iron, Fe....mg	0.78	0.046	36	A	1		1.03		
Magnesium, Mg....mg	18	0.546	36	A	1		24		
Phosphorus, P....mg	34	0.690	36	A	1		45		
Potassium, K....mg	319	5.615	36	A	1		421		
Sodium, Na....mg	419	11.358	36	A	1		553		
Zinc, Zn....mg	0.20	0.004	36	A	1		0.27		
Copper, Cu....mg	0.081	0.003	36	A	1		0.107		
Manganese, Mn....mg	0.137	0.004	36	A	1		0.181		
Selenium, Se....µg	1.4	0.182	6	A	1		1.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0	0.276	23	LC	8		2.6		
Thiamin....mg	0.024	0.002	5	A	1		0.032		
Riboflavin....mg	0.061	0.005	6	A	1		0.081		
Niacin....mg	3.917	1.255	5	A	1		5.170		
Pantothenic acid....mg	0.076	0.008	6	A	1		0.100		
Vitamin B-6....mg	0.173	0.023	6	A	1		0.229		
Folate, total....µg	13		0	FLC	4		18		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	13		0	FLC	4		18		
Folate, DFE....mcg_DFE	13		0	NC	4		18		
Choline, total....mg	13.7		0	AS	1		18.1		
Betaine....mg	0.6		2	A	1	C	0.8		
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	33		0	AS	1		43		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	390	15.291	18	A	1		515		
Carotene, alpha....µg	0	0.000	18	A	1		0		
Cryptoxanthin, beta....µg	0	0.000	18	A	1		0		
Vitamin A, IU....IU	650		0	AS	1		858		
Lycopene....µg	12665	396.116	18	A	1		16717		
Lutein + zeaxanthin....µg	190	11.935	18	A	1		251		
Vitamin E (alpha-tocopherol)....mg	2.40		0	FLC	4		3.17		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 06931
Sauce, pasta, spaghetti/marinara, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0		
Vitamin K (phylloquinone).....µg	13.9		2	A	1		18.3		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.170		0	NC	4		0.224		
4:0.....g	0.002	0.000	18	A	1		0.003		
6:0.....g	0.000	0.000	18	A	1		0.000		
8:0.....g	0.002	0.000	18	A	1		0.003		
10:0.....g	0.003	0.000	18	A	1		0.004		
12:0.....g	0.001	0.000	18	A	1		0.002		
13:0.....g									
14:0.....g	0.002	0.000	18	A	1		0.003		
15:0.....g	0.001	0.000	18	A	1		0.001		
16:0.....g	0.107	0.015	18	A	1		0.141		
17:0.....g	0.001	0.000	18	A	1		0.002		
18:0.....g	0.039	0.006	18	A	1		0.052		
20:0.....g	0.005	0.001	18	A	1		0.006		
22:0.....g	0.004	0.000	18	A	1		0.005		
24:0.....g	0.002	0.000	18	A	1		0.003		
Fatty acids, total monounsaturated.....g	0.377		0	NC	4		0.498		
14:1.....g	0.000	0.000	18	A	1		0.000		
15:1.....g	0.000	0.000	18	A	1		0.000		
16:1 undifferentiated.....g	0.003	0.000	18	AS	1		0.003		
16:1 c.....g	0.003	0.000	18	A	1		0.003		
16:1 t.....g	0.000	0.000	18	A	1		0.000		
17:1.....g	0.001	0.000	18	A	1		0.001		
18:1 undifferentiated.....g	0.365	0.051	18	AS	1		0.482		
18:1 c.....g	0.364	0.051	18	A	1		0.481		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.001	0.000	18	A	1		0.001		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.008	0.001	18	A	1		0.011		
22:1 undifferentiated.....g	0.000	0.000	18	AS	1		0.000		
22:1 c.....g	0.000	0.000	18	A	1		0.000		
22:1 t.....g	0.000	0.000	18	A	1		0.000		
24:1 c.....g	0.000	0.000	18	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.508		0	NC	4		0.671		
18:2 undifferentiated.....g	0.429	0.070	18	AS	1		0.566		
18:2 n-6 c,c.....g	0.424	0.069	18	A	1		0.560		
18:2 CLAs.....g	0.001	0.000	18	A	1		0.001		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.004	0.001	18	A	1		0.006		
18:3 undifferentiated.....g	0.079	0.008	18	AS	1		0.104		
18:3 n-3 c,c,c (ALA).....g	0.079	0.008	18	A	1		0.104		
18:3 n-6 c,c,c.....g	0.000	0.000	18	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	18	A	1		0.000		
20:2 n-6 c,c.....g	0.001	0.000	18	A	1		0.001		
20:3 undifferentiated.....g	0.000	0.000	18	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	18	A	1		0.000		
20:3 n-6.....g	0.000	0.000	18	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	18	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	18	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	18	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	18	A	1		0.000		

NDB No. 06931
Sauce, pasta, spaghetti/marinara, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	18	A	1		0.000		
Fatty acids, total trans....g	0.005		0	NC	4		0.007		
Fatty acids, total trans-monoenoic....g	0.001		0	NC	4		0.001		
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.006		
Cholesterol....mg	2	0.548	23	LC	8		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06976

Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.39	0.205	36	A	1		111.86	224.59	
Energy	kcal	51		0	NC	4		66	132	
Energy	kJ	214		0	NC	4		274	550	
Protein (N x 6.25)	g	1.41	0.038	36	A	1		1.81	3.63	
Total lipid (fat)	g	1.48	0.100	36	A	1		1.90	3.81	
Ash	g	1.66	0.022	36	A	1		2.12	4.27	
Carbohydrate, by difference	g	8.06		0	NR	4		10.32	20.71	
Fiber, total dietary	g	1.8	0.033	18	A	1		2.3	4.6	
Sugars, total	g	5.50	0.232	18	A	1		7.04	14.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	27	0.753	36	A	1		35	70	
Iron, Fe	mg	0.78	0.046	36	A	1		1.00	2.00	
Magnesium, Mg	mg	18	0.546	36	A	1		24	47	
Phosphorus, P	mg	34	0.690	36	A	1		44	88	
Potassium, K	mg	319	5.615	36	A	1		408	820	
Sodium, Na	mg	30		0	LC	8		38	77	
Zinc, Zn	mg	0.20	0.004	36	A	1		0.26	0.52	
Copper, Cu	mg	0.081	0.003	36	A	1		0.103	0.208	
Manganese, Mn	mg	0.137	0.004	36	A	1		0.175	0.352	
Selenium, Se	µg	1.1		0	BFZN	4		1.4	2.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0	BFZN	4		2.6	5.1	
Thiamin	mg	0.024		0	BFZN	4		0.031	0.063	
Riboflavin	mg	0.061		0	BFZN	4		0.079	0.158	
Niacin	mg	3.917		0	BFZN	4		5.014	10.066	
Pantothenic acid	mg									
Vitamin B-6	mg	0.173		0	BFZN	4		0.222	0.446	
Folate, total	µg	13		0	BFZN	4		17	34	
Folic acid	µg	0		0	BFZN	4		0	0	
Folate, food	µg	13		0	BFZN	4		17	34	
Folate, DFE	mcg_DFE	13		0	NC	4		17	34	
Choline, total	mg	13.7		0	BFPN	4		17.5	35.1	
Betaine	mg									
Vitamin B-12	µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	33		0	NC	4		42	84	
Retinol	µg	0		0	BFSN	4		0	0	
Carotene, beta	µg	390	15.291	18	A	1		499	1002	
Carotene, alpha	µg	0	0.000	18	A	1		0	0	
Cryptoxanthin, beta	µg	0	0.000	18	A	1		0	0	
Vitamin A, IU	IU	650		0	AS	1		832	1671	
Lycopene	µg	12665	396.116	18	A	1		16211	32548	
Lutein + zeaxanthin	µg	190	11.935	18	A	1		243	488	
Vitamin E (alpha-tocopherol)	mg	2.40		0	BFZN	4		3.07	6.17	
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	13.9		0	BFZN	4		17.8	35.7	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06976

Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.170		0	NC	4		0.217	0.436	
4:0....g	0.002	0.000	18	A	1		0.003	0.005	
6:0....g	0.000	0.000	18	A	1		0.000	0.000	
8:0....g	0.002	0.000	18	A	1		0.002	0.005	
10:0....g	0.003	0.000	18	A	1		0.004	0.008	
12:0....g	0.001	0.000	18	A	1		0.002	0.004	
13:0....g									
14:0....g	0.002	0.000	18	A	1		0.003	0.006	
15:0....g									
16:0....g	0.107	0.015	18	A	1		0.137	0.275	
17:0....g									
18:0....g	0.039	0.006	18	A	1		0.050	0.101	
20:0....g	0.005	0.001	18	A	1		0.006	0.012	
22:0....g	0.004	0.000	18	A	1		0.005	0.009	
24:0....g	0.002	0.000	18	A	1		0.002	0.005	
Fatty acids, total monounsaturated....g	0.377		0	NC	4		0.482	0.969	
14:1....g	0.000	0.000	18	A	1		0.000	0.000	
15:1....g	0.000	0.000	18	A	1		0.000	0.000	
16:1 undifferentiated....g	0.003	0.000	18	AS	1		0.003	0.006	
17:1....g									
18:1 undifferentiated....g	0.365	0.051	18	AS	1		0.467	0.938	
20:1....g	0.008	0.001	18	A	1		0.011	0.021	
22:1 undifferentiated....g	0.000	0.000	18	AS	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.508		0	NC	4		0.651	1.307	
18:2 undifferentiated....g	0.429	0.070	18	AS	1		0.549	1.102	
18:3 undifferentiated....g	0.079	0.008	18	AS	1		0.101	0.202	
18:4....g	0.000	0.000	18	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	18	A	1		0.000	0.001	
20:5 n-3 (EPA)....g	0.000	0.000	18	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	18	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	18	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0	BFZN	4		2	4	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: 1 serving 1/2 cup

Measure 2 = 257g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06961
Sauce, peppers, hot, chili, mature red, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	94.10		1		1		230.55	14.12	
Energy....kcal	21		1		1		51	3	
Energy....kJ	88		1		1		215	13	
Protein....g	0.90		1		1		2.21	0.14	
Total lipid (fat)....g	0.60		1		1		1.47	0.09	
Ash....g	0.54		0	FLA	4		1.33	0.08	
Carbohydrate, by difference....g	3.90		0	NC	4		9.56	0.59	
Fiber, total dietary....g	0.7		0	FLA	4		1.8	0.1	
Sugars, total....g	2.55		0	FLA	4		6.26	0.38	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1		1		22	1	
Iron, Fe....mg	0.50		1		1		1.23	0.08	
Magnesium, Mg....mg	12		0		4		29	2	
Phosphorus, P....mg	16		1		1		39	2	
Potassium, K....mg	564		1		1		1382	85	
Sodium, Na....mg	25		1		1		61	4	
Zinc, Zn....mg	0.15		0		4		0.37	0.02	
Copper, Cu....mg	0.087		0		4		0.213	0.013	
Manganese, Mn....mg									
Selenium, Se....µg	0.2		0	BFSN	4		0.5	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	30.0		1		1		73.5	4.5	
Thiamin....mg	0.010		1		1		0.025	0.002	
Riboflavin....mg	0.090		1		1		0.221	0.014	
Niacin....mg	0.600		1		1		1.470	0.090	
Pantothenic acid....mg									
Vitamin B-6....mg	0.140		0		4		0.343	0.021	
Folate, total....µg	11		0	FLA	4		28	2	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	11		0	FLA	4		28	2	
Folate, DFE....mcg_DFE	11		0	NC	4		28	2	
Choline, total....mg	6.1		0	O	4		14.9	0.9	
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	23		0	FLA	4		56	3	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	257		0	FLA	4		629	39	
Carotene, alpha....µg	17		0	FLA	4		42	3	
Cryptoxanthin, beta....µg	19		0	FLA	4		47	3	
Vitamin A, IU....IU	458		0	FLA	4		1122	69	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	341		0	FLA	4		836	51	
Vitamin E (alpha-tocopherol)....mg	0.36		0	FLA	4		0.88	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	6.7		0	FLA	4		16.5	1.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06961
Sauce, peppers, hot, chili, mature red, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.080		0		4		0.196	0.012	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.001		0		4		0.002	0.000	
15:0....g									
16:0....g	0.065		0		4		0.159	0.010	
17:0....g									
18:0....g	0.013		0		4		0.032	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.411		0		4		1.007	0.062	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		4		0.012	0.001	
17:1....g									
18:1 undifferentiated....g	0.403		0		4		0.987	0.060	
20:1....g	0.002		0		4		0.005	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.074		0		4		0.181	0.011	
18:2 undifferentiated....g	0.069		0		4		0.169	0.010	
18:3 undifferentiated....g	0.004		0		4		0.010	0.001	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06152
Sauce, pizza, canned, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.71		3	A	1		54.63		
Energy	kcal	54		0	MC	9		34		
Energy	kJ	226		0		9		142		
Protein	g	2.18		3	A	1		1.37		
Total lipid (fat)	g	1.15		3	A	1		0.72		
Ash	g	1.30		3	A	1		0.82		
Carbohydrate, by difference	g	8.67		0	MC	9		5.46		
Fiber, total dietary	g	2.0		3	A	1		1.3		
Sugars, total	g	1.75		3	A	1		1.10		
Starch	g									
Minerals:										
Calcium, Ca	mg	54		3	A	1		34		
Iron, Fe	mg	0.90		3	A	1		0.57		
Magnesium, Mg	mg	21		0	FLA	4		13		
Phosphorus, P	mg	50		0	FLA	4		32		
Potassium, K	mg	354		0	FLA	4		223		
Sodium, Na	mg	185		3	A	1		117		
Zinc, Zn	mg	0.25		0	FLA	4		0.16		
Copper, Cu	mg	0.137		0	FLA	4		0.086		
Manganese, Mn	mg	0.221		0	FLA	4		0.139		
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.3		3	A	1		7.1		
Thiamin	mg	0.061		0	FLA	4		0.038		
Riboflavin	mg	0.053		0	FLA	4		0.033		
Niacin	mg	1.421		0	FLA	4		0.895		
Pantothenic acid	mg	0.374		0	FLA	4		0.236		
Vitamin B-6	mg	0.136		0	FLA	4		0.086		
Folate, total	µg	10		0	FLA	4		6		
Folic acid	µg									
Folate, food	µg	10		0	FLA	4		6		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.02		0	FLA	4		0.01		
Vitamin A, RAE	mcg_RAE									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	667		3	MA	12		420		
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.460		3	MA	12		0.290		
4:0	g	0.032		0	FLA	4		0.020		

NDB No. 06152
Sauce, pizza, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.012		0	FLA	4		0.008		
8:0 ... g	0.006		0	FLA	4		0.004		
10:0 ... g	0.016		0	FLA	4		0.010		
12:0 ... g	0.021		0	FLA	4		0.013		
13:0 ... g									
14:0 ... g	0.071		0	FLA	4		0.045		
15:0 ... g									
16:0 ... g	0.216		0	FLA	4		0.136		
17:0 ... g									
18:0 ... g	0.067		0	FLA	4		0.042		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.461		0	FLA	4		0.290		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.013		0	FLA	4		0.008		
17:1 ... g									
18:1 undifferentiated ... g	0.434		0	FLA	4		0.273		
20:1 ... g	0.001		0	FLA	4		0.001		
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.099		0	FLA	4		0.062		
18:2 undifferentiated ... g	0.082		0	FLA	4		0.052		
18:3 undifferentiated ... g	0.014		0	FLA	4		0.009		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	3		3	MA	12		2		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 63g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06151
Sauce, plum, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.71		2	A	1		163.82	10.20	
Energy	kcal	184		0	NC	4		561	35	
Energy	kJ	770				4		2348	146	
Protein (N x 6.25)	g	0.89		2	A	1		2.71	0.17	
Total lipid (fat)	g	1.04		2	A	1		3.17	0.20	
Ash	g	1.56		2	A	1		4.76	0.30	
Carbohydrate, by difference	g	42.81		0	NC	4		130.57	8.13	
Fiber, total dietary	g	0.7		2	A	1		2.1	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		2	A	1		37	2	
Iron, Fe	mg	1.43		2	A	1		4.36	0.27	
Magnesium, Mg	mg	12		2	A	1		37	2	
Phosphorus, P	mg	22		2	A	1		67	4	
Potassium, K	mg	259		2	A	1		790	49	
Sodium, Na	mg	538		2	A	1		1641	102	
Zinc, Zn	mg	0.19		2	A	1		0.58	0.04	
Copper, Cu	mg	0.078		2	A	1		0.238	0.015	
Manganese, Mn	mg	0.114		2	A	1		0.348	0.022	
Selenium, Se	µg	0.4		0	RA	4		1.2	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		2	A	1		1.5	0.1	
Thiamin	mg	0.018		2	A	1		0.055	0.003	
Riboflavin	mg	0.084		2	A	1		0.256	0.016	
Niacin	mg	1.014		2	A	1		3.093	0.193	
Pantothenic acid	mg	0.059		2	A	1		0.180	0.011	
Vitamin B-6	mg	0.078		2	A	1		0.238	0.015	
Folate, total	µg	6		0	FLA	4		18	1	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	6		0	FLA	4		18	1	
Folate, DFE	mcg_DFE	6		0	NC	4		18	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	AS	1		7	0	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg	26		0	A	1		78	5	
Carotene, alpha	µg	0		0	A	1		0	0	
Cryptoxanthin, beta	µg	0		0	A	1		0	0	
Vitamin A, IU	IU	43		0	AS	1		130	8	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.153		0	FLA	4		0.467	0.029	
4:0	g	0.000		0	FLA	4		0.000	0.000	

NDB No. 06151
Sauce, plum, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLA	4		0.000	0.000	
8:0 ... g	0.000		0	FLA	4		0.000	0.000	
10:0 ... g	0.000		0	FLA	4		0.000	0.000	
12:0 ... g	0.000		0	FLA	4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.002		0	FLA	4		0.006	0.000	
15:0 ... g									
16:0 ... g	0.111		0	FLA	4		0.339	0.021	
17:0 ... g									
18:0 ... g	0.038		0	FLA	4		0.116	0.007	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.240		0	FLA	4		0.732	0.046	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.002		0	FLA	4		0.006	0.000	
17:1 ... g									
18:1 undifferentiated ... g	0.236		0	FLA	4		0.720	0.045	
20:1 ... g	0.001		0	FLA	4		0.003	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.588		0	FLA	4		1.793	0.112	
18:2 undifferentiated ... g	0.516		0	FLA	4		1.574	0.098	
18:3 undifferentiated ... g	0.069		0	FLA	4		0.210	0.013	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLA	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 305g: 1 cup

Measure 2 = 19g: 1 tbsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06168
Sauce, ready-to-serve, pepper or hot

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.98		1		1		4.23	1.08	
Energy....kcal	11		0	NC	4		1	0	
Energy....kJ	46				4		2	1	
Protein (N x 6.25)....g	0.51		1		1		0.02	0.01	
Total lipid (fat)....g	0.37		1		1		0.02	0.00	
Ash....g	7.39		1		1		0.35	0.09	
Carbohydrate, by difference....g	1.75		0	NC	4		0.08	0.02	
Fiber, total dietary....g	0.3		0	FLA	4		0.0	0.0	
Sugars, total....g	1.26		0	FLA	4		0.06	0.02	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1		1		0	0	
Iron, Fe....mg	0.48		1		1		0.02	0.01	
Magnesium, Mg....mg	5		1		1		0	0	
Phosphorus, P....mg	11		1		1		1	0	
Potassium, K....mg	144		1		1		7	2	
Sodium, Na....mg	2643		1		1		124	32	
Zinc, Zn....mg	0.11		1		1		0.01	0.00	
Copper, Cu....mg	0.028		1		1		0.001	0.000	
Manganese, Mn....mg	0.049		1		1		0.002	0.001	
Selenium, Se....µg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	74.8		1		1		3.5	0.9	
Thiamin....mg	0.036		1		1		0.002	0.000	
Riboflavin....mg	0.082		1		1		0.004	0.001	
Niacin....mg	0.254		1		1		0.012	0.003	
Pantothenic acid....mg	0.110		1		1		0.005	0.001	
Vitamin B-6....mg	0.157		1		1		0.007	0.002	
Folate, total....µg	6		1		1		0	0	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		1		1		0	0	
Folate, DFE....mcg_DFE	6		0	NC	4		0	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	8		0	FLA	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	91		0	FLA	4		4	1	
Carotene, alpha....µg	6		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	7		0	FLA	4		0	0	
Vitamin A, IU....IU	162		0	FLA	4		8	2	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	121		0	FLA	4		6	1	
Vitamin E (alpha-tocopherol)....mg	0.12		0	FLA	4		0.01	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	2.4		0	FLA	4		0.1	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.052		0		1		0.002	0.001	
4:0....g									

NDB No. 06168
Sauce, ready-to-serve, pepper or hot

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		1		1		0.000	0.000	
15:0....g									
16:0....g	0.044		1		1		0.002	0.001	
17:0....g									
18:0....g	0.007		1		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		1		0.001	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.029		1		1		0.001	0.000	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.196		0		1		0.009	0.002	
18:2 undifferentiated....g	0.195		1		1		0.009	0.002	
18:3 undifferentiated....g	0.001		1		1		0.000	0.000	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0		1		0.000	0.000	
Threonine....g	0.019		0		1		0.001	0.000	
Isoleucine....g	0.017		0		1		0.001	0.000	
Leucine....g	0.027		0		1		0.001	0.000	
Lysine....g	0.023		0		1		0.001	0.000	
Methionine....g	0.006		0		1		0.000	0.000	
Cystine....g	0.010		0		1		0.000	0.000	
Phenylalanine....g	0.016		0		1		0.001	0.000	
Tyrosine....g	0.011		0		1		0.001	0.000	
Valine....g	0.022		0		1		0.001	0.000	
Arginine....g	0.025		0		1		0.001	0.000	
Histidine....g	0.010		0		1		0.000	0.000	
Alanine....g	0.021		0		1		0.001	0.000	
Aspartic acid....g	0.073		0		1		0.003	0.001	
Glutamic acid....g	0.067		0		1		0.003	0.001	
Glycine....g	0.019		0		1		0.001	0.000	
Proline....g	0.022		0		1		0.001	0.000	
Serine....g	0.021		0		1		0.001	0.000	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

NDB No. 06168

Sauce, ready-to-serve, pepper or hot

Measure 2 = 1.2g: .25 tsp

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06169
Sauce, ready-to-serve, pepper, TABASCO

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	95.17		1		1		4.47	1.14	
Energy	kcal	12		0	NC	4		1	0	
Energy	kJ	50		0		4		2	1	
Protein (N x 6.25)	g	1.29		1		1		0.06	0.02	
Total lipid (fat)	g	0.76		1		1		0.04	0.01	
Ash	g	1.98		1		1		0.09	0.02	
Carbohydrate, by difference	g	0.80		0	NC	4		0.04	0.01	
Fiber, total dietary	g	0.6		1		1		0.0	0.0	
Sugars, total	g	0.13		0	FLC	4		0.01	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12		1		1		1	0	
Iron, Fe	mg	1.16		1		1		0.05	0.01	
Magnesium, Mg	mg	12		1		1		1	0	
Phosphorus, P	mg	23		1		1		1	0	
Potassium, K	mg	128		1		1		6	2	
Sodium, Na	mg	633		1		1		30	8	
Zinc, Zn	mg	0.16		1		1		0.01	0.00	
Copper, Cu	mg	0.075		1		1		0.004	0.001	
Manganese, Mn	mg	0.107		1		1		0.005	0.001	
Selenium, Se	µg	0.5		0	FLC	4		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.5		1		1		0.2	0.1	
Thiamin	mg	0.032		1		1		0.002	0.000	
Riboflavin	mg	0.084		1		1		0.004	0.001	
Niacin	mg	0.178		1		1		0.008	0.002	
Pantothenic acid	mg	0.110		1		1		0.005	0.001	
Vitamin B-6	mg	0.154		1		1		0.007	0.002	
Folate, total	µg	1		1		1		0	0	
Folic acid	µg	1		0	NR	4		0	0	
Folate, food	µg	0		0	FLC	4		0	0	
Folate, DFE	mcg_DFE	2		0	NC	4		0	0	
Choline, total	mg	0.0		0	FLC	4		0.0	0.0	
Betaine	mg									
Vitamin B-12	µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	82		0	NC	4		4	1	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg	919		0	BNA	4		43	11	
Carotene, alpha	µg	62		0	BNA	4		3	1	
Cryptoxanthin, beta	µg	68		0	BNA	4		3	1	
Vitamin A, IU	IU	1640		1		1		77	20	
Lycopene	µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	µg	10		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLC	4		0.00	0.00	
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.2		0	FLC	4		0.0	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06169
Sauce, ready-to-serve, pepper, TABASCO

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.106		0		1		0.005	0.001	
4:0....g	0.000		0	FLC	4		0.000	0.000	
6:0....g	0.000		0	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	
10:0....g	0.000		0	FLC	4		0.000	0.000	
12:0....g	0.000		0	FLC	4		0.000	0.000	
13:0....g									
14:0....g	0.002		1		1		0.000	0.000	
15:0....g									
16:0....g	0.090		1		1		0.004	0.001	
17:0....g									
18:0....g	0.014		1		1		0.001	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.061		0		1		0.003	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		1		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.058		1		1		0.003	0.001	
20:1....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.401		0		1		0.019	0.005	
18:2 undifferentiated....g	0.398		1		1		0.019	0.005	
18:3 undifferentiated....g	0.003		1		1		0.000	0.000	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.001	0.000	
Threonine....g	0.048		0		1		0.002	0.001	
Isoleucine....g	0.042		0		1		0.002	0.001	
Leucine....g	0.068		0		1		0.003	0.001	
Lysine....g	0.057		0		1		0.003	0.001	
Methionine....g	0.016		0		1		0.001	0.000	
Cystine....g	0.025		0		1		0.001	0.000	
Phenylalanine....g	0.040		0		1		0.002	0.000	
Tyrosine....g	0.027		0		1		0.001	0.000	
Valine....g	0.055		0		1		0.003	0.001	
Arginine....g	0.062		0		1		0.003	0.001	
Histidine....g	0.026		0		1		0.001	0.000	
Alanine....g	0.053		0		1		0.002	0.001	
Aspartic acid....g	0.185		0		1		0.009	0.002	
Glutamic acid....g	0.171		0		1		0.008	0.002	
Glycine....g	0.048		0		1		0.002	0.001	
Proline....g	0.056		0		1		0.003	0.001	
Serine....g	0.052		0		1		0.002	0.001	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06169
Sauce, ready-to-serve, pepper, TABASCO

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 1.2g: .25 tsp

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06164
Sauce, salsa, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.88	0.263	3	A	1		232.79	14.38	8.00
Energy....kcal	27		0	NC	4		71	4	2
Energy....kJ	115		0	NC	4		298	18	10
Protein (N x 6.25)....g	1.54	0.064	3	A	1		3.99	0.25	0.14
Total lipid (fat)....g	0.16	0.011	3	A	1		0.40	0.02	0.01
Ash....g	2.17	0.102	3	A	1		5.62	0.35	0.19
Carbohydrate, by difference....g	6.26		0	NC	4		16.20	1.00	0.56
Fiber, total dietary....g	1.6	0.290	5	A	1		4.1	0.3	0.1
Sugars, total....g	3.06		0	NR	4		7.93	0.49	0.27
Starch....g	1.59	0.047	5	A	1		4.13	0.26	0.14
Minerals:									
Calcium, Ca....mg	27	0.825	6	A	1		70	4	2
Iron, Fe....mg	0.46	0.007	6	A	1		1.18	0.07	0.04
Magnesium, Mg....mg	15	0.369	6	A	1		38	2	1
Phosphorus, P....mg	31	0.703	6	A	1		79	5	3
Potassium, K....mg	297	6.215	6	A	1		769	47	26
Sodium, Na....mg	600	16.684	6	A	1		1554	96	53
Zinc, Zn....mg	0.37	0.030	6	A	1		0.96	0.06	0.03
Copper, Cu....mg	0.132	0.008	4	A	1		0.343	0.021	0.012
Manganese, Mn....mg	0.121	0.005	6	A	1		0.313	0.019	0.011
Selenium, Se....µg	0.9	0.100	3	A	1		2.4	0.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9	0.871	4	A	1		4.9	0.3	0.2
Thiamin....mg	0.022	0.005	6	A	1		0.057	0.004	0.002
Riboflavin....mg	0.032	0.007	3	A	1		0.083	0.005	0.003
Niacin....mg	0.075	0.000	6	A	1		0.193	0.012	0.007
Pantothenic acid....mg	0.007		2	A	1		0.017	0.001	0.001
Vitamin B-6....mg	0.175		2	A	1		0.454	0.028	0.016
Folate, total....µg	4	0.401	6	A	1		11	1	0
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	4	0.401	6	A	1		11	1	0
Folate, DFE....mcg_DFE	4		0	NC	4		11	1	0
Choline, total....mg	11.7		0	AS	1		30.3	1.9	1.0
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	15		0	NC	4		38	2	1
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	175	29.282	3	A	1		454	28	16
Carotene, alpha....µg	0	0.000	3	A	1		0	0	0
Cryptoxanthin, beta....µg	0	0.000	3	A	1		0	0	0
Vitamin A, IU....IU	292		0	NC	4		757	47	26
Lycopene....µg	10515	138.011	3	A	1		27234	1682	936
Lutein + zeaxanthin....µg	0	0.000	3	A	1		0	0	0
Vitamin E (alpha-tocopherol)....mg	1.18		0	FLA	4		3.05	0.19	0.10
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	4.5		2	A	1		11.7	0.7	0.4
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									

NDB No. 06164
Sauce, salsa, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.030		0	FLA	4		0.078	0.005	0.003
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.000		0	FLA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		1	FLA	4		0.003	0.000	0.000
15:0....g									
16:0....g	0.022		1	FLA	4		0.057	0.004	0.002
17:0....g									
18:0....g	0.006		1	FLA	4		0.016	0.001	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.025		0	FLA	4		0.065	0.004	0.002
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1	FLA	4		0.003	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.025		1	FLA	4		0.065	0.004	0.002
20:1....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.115		0	FLA	4		0.298	0.018	0.010
18:2 undifferentiated....g	0.109		1	FLA	4		0.282	0.017	0.010
18:3 undifferentiated....g	0.005		1	FLA	4		0.013	0.001	0.000
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		3	A	1		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 259g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 8.9g: 1 packet

Calories Factors: Protein 2.44 **Fat** 8.87 **Carbohydrate** 3.57

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27047
Sauce, salsa, verde, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.52		0	FLC	4		26.86		
Energy....kcal	38		0	NC	4		11		
Energy....kJ	159		0	NC	4		48		
Protein....g	1.13		0	FLC	4		0.34		
Total lipid (fat)....g	0.89		0	FLC	4		0.27		
Ash....g	2.10		0	FLC	4		0.63		
Carbohydrate, by difference....g	6.36		0	FLC	4		1.91		
Fiber, total dietary....g	1.9		0	FLC	4		0.6		
Sugars, total....g	3.50		0	FLC	4		1.05		
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	FLC	4		3		
Iron, Fe....mg	0.65		0	FLC	4		0.20		
Magnesium, Mg....mg	19		0	FLC	4		6		
Phosphorus, P....mg	41		0	FLC	4		12		
Potassium, K....mg	259		0	FLC	4		78		
Sodium, Na....mg	600		0	FLC	4		180		
Zinc, Zn....mg	0.25		0	FLC	4		0.07		
Copper, Cu....mg	0.081		0	FLC	4		0.024		
Manganese, Mn....mg	0.156		0	FLC	4		0.047		
Selenium, Se....µg	0.8		0	FLC	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.3		0	FLC	4		3.7		
Thiamin....mg	0.046		0	FLC	4		0.014		
Riboflavin....mg	0.036		0	FLC	4		0.011		
Niacin....mg	1.615		0	FLC	4		0.485		
Pantothenic acid....mg	0.154		0	FLC	4		0.046		
Vitamin B-6....mg	0.083		0	FLC	4		0.025		
Folate, total....µg	8		0	FLC	4		2		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	8		0	FLC	4		2		
Folate, DFE....mcg_DFE	8		0	NC	4		2		
Choline, total....mg	7.9		0	FLC	4		2.4		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	11		0	FLC	4		3		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	123		0	FLC	4		37		
Carotene, alpha....µg	10		0	FLC	4		3		
Cryptoxanthin, beta....µg	5		0	FLC	4		1		
Vitamin A, IU....IU	217		0	FLC	4		65		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	422		0	FLC	4		127		
Vitamin E (alpha-tocopherol)....mg	0.43		0	FLC	4		0.13		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	13.6		0	FLC	4		4.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 27047
Sauce, salsa, verde, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		0	FLC	4		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated....g	0.000		0	FLC	4		0.000		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 Tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06142
Sauce, sofrito, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.66		2	A	1		61.45		
Energy....kcal	237		0	NC	4		244		
Energy....kJ	992				4		1021		
Protein....g	12.80		2	A	1		13.18		
Total lipid (fat)....g	18.20		2	A	1		18.75		
Ash....g	3.88		2	A	1		4.00		
Carbohydrate, by difference....g	5.46		0	NC	4		5.62		
Fiber, total dietary....g	1.7		2	A	1		1.8		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	20		2	A	1		21		
Iron, Fe....mg	0.94		2	A	1		0.97		
Magnesium, Mg....mg	25		2	A	1		26		
Phosphorus, P....mg	139		2	A	1		143		
Potassium, K....mg	401		2	A	1		413		
Sodium, Na....mg	1145		2	A	1		1179		
Zinc, Zn....mg	1.41		2	A	1		1.45		
Copper, Cu....mg	0.165		2	A	1		0.170		
Manganese, Mn....mg	0.191		1	A	1		0.197		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	20.4		2	A	1		21.0		
Thiamin....mg	0.284		2	A	1		0.293		
Riboflavin....mg	0.212		2	A	1		0.218		
Niacin....mg	2.918		2	A	1		3.006		
Pantothenic acid....mg	0.597		2	A	1		0.615		
Vitamin B-6....mg	0.364		2	A	1		0.375		
Folate, total....µg	43		2	A	1		44		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	43		2	A	1		44		
Folate, DFE....mcg_DFE	43		0	NC	4		44		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU									
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06142

Sauce, sofrito, prepared from recipe

Common Measures:

Measure 1 = 103g: .5 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27048
Sauce, steak, tomato based

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.00		0	FLC	4		24.14		
Energy....kcal	95		0	NC	4		32		
Energy....kJ	398		0	NC	4		135		
Protein....g	1.25		0	FLC	4		0.42		
Total lipid (fat)....g	0.23		0	FLC	4		0.08		
Ash....g	5.08		0	FLC	4		1.73		
Carbohydrate, by difference....g	22.04		0	FLC	4		7.49		
Fiber, total dietary....g	1.5		0	FLC	4		0.5		
Sugars, total....g	9.82		0	FLC	4		3.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	FLC	4		7		
Iron, Fe....mg	1.37		0	FLC	4		0.46		
Magnesium, Mg....mg	17		0	FLC	4		6		
Phosphorus, P....mg	33		0	FLC	4		11		
Potassium, K....mg	312		0	FLC	4		106		
Sodium, Na....mg	1647		0	FLC	4		560		
Zinc, Zn....mg	0.34		0	FLC	4		0.12		
Copper, Cu....mg	0.189		0	FLC	4		0.064		
Manganese, Mn....mg	0.174		0	FLC	4		0.059		
Selenium, Se....µg	0.8		0	FLC	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.8		0	FLC	4		2.3		
Thiamin....mg	0.034		0	FLC	4		0.012		
Riboflavin....mg	0.054		0	FLC	4		0.018		
Niacin....mg	0.913		0	FLC	4		0.311		
Pantothenic acid....mg									
Vitamin B-6....mg	0.105		0	FLC	4		0.036		
Folate, total....µg	8		0	FLC	4		3		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	8		0	FLC	4		3		
Folate, DFE....mcg_DFE	8		0	NC	4		3		
Choline, total....mg	11.5		0	FLC	4		3.9		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	15		0	FLC	4		5		
Retinol....µg	0		0	FLC	4		0		
Carotene, beta....µg	177		0	FLC	4		60		
Carotene, alpha....µg	0		0	FLC	4		0		
Cryptoxanthin, beta....µg	0		0	FLC	4		0		
Vitamin A, IU....IU	295		0	FLC	4		100		
Lycopene....µg	12564		0	FLC	4		4272		
Lutein + zeaxanthin....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)....mg	1.16		0	FLC	4		0.39		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	2.2		0	FLC	4		0.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 27048
Sauce, steak, tomato based

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		0	FLC	4		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated....g	0.000		0	FLC	4		0.000		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 2 Tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06285
Sauce, sweet and sour, prepared-from-recipe (1)

NFSMI Recipe No. G-05
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.56		0	RC	4				
Energy	kcal	79		0	NC	4				
Energy	kJ	332		0	NC	4				
Protein	g	1.84		0	RC	4				
Total lipid (fat)	g	0.58		0	RC	4				
Ash	g	1.90		0	RC	4				
Carbohydrate, by difference	g	16.72		0	RC	4				
Fiber, total dietary	g	0.4		0	RC	4				
Sugars, total	g	10.81		0	RC	4				
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0	RC	4				
Iron, Fe	mg	0.67		0	RC	4				
Magnesium, Mg	mg	13		0	RC	4				
Phosphorus, P	mg	30		0	RC	4				
Potassium, K	mg	193		0	RC	4				
Sodium, Na	mg	347		0	RC	4				
Zinc, Zn	mg	0.18		0	RC	4				
Copper, Cu	mg	0.100		0	RC	4				
Manganese, Mn	mg	0.247		0	RC	4				
Selenium, Se	µg	1.6		0	RC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.0		0	RC	4				
Thiamin	mg	0.042		0	RC	4				
Riboflavin	mg	0.063		0	RC	4				
Niacin	mg	1.178		0	RC	4				
Pantothenic acid	mg	0.057		0	RC	4				
Vitamin B-6	mg	0.087		0	RC	4				
Folate, total	µg	10		0	RC	4				
Folic acid	µg	0		0	RC	4				
Folate, food	µg	10		0	RC	4				
Folate, DFE	mcg_DFE	10		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0	RC	4				
Vitamin B-12, added	µg	0.00		0	RC	4				
Vitamin A, RAE	mcg_RAE	6		0	RC	4				
Retinol	µg	0		0	RC	4				
Carotene, beta	µg	65		0	RC	4				
Carotene, alpha	µg	2		0	RC	4				
Cryptoxanthin, beta	µg	0		0	RC	4				
Vitamin A, IU	IU	110		0	RC	4				
Lycopene	µg	2032		0	RC	4				
Lutein + zeaxanthin	µg	1		0	RC	4				
Vitamin E (alpha-tocopherol)	mg	0.32		0	RC	4				
Vitamin E, added	mg	0.00		0	RC	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	1.0		0	RC	4				
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06285

Sauce, sweet and sour, prepared-from-recipe (1)

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	0.144		0	RC	4				
4:0	g	0.000		0	RC	4				
6:0	g	0.000		0	RC	4				
8:0	g	0.000		0	RC	4				
10:0	g	0.000		0	RC	4				
12:0	g	0.000		0	RC	4				
13:0	g									
14:0	g	0.003		0	RC	4				
15:0	g									
16:0	g	0.113		0	RC	4				
17:0	g									
18:0	g	0.026		0	RC	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.253		0	RC	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.038		0	RC	4				
17:1	g									
18:1 undifferentiated	g	0.212		0	RC	4				
20:1	g	0.002		0	RC	4				
22:1 undifferentiated	g	0.000		0	RC	4				
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.117		0	RC	4				
18:2 undifferentiated	g	0.107		0	RC	4				
18:3 undifferentiated	g	0.011		0	RC	4				
18:4	g	0.000		0	RC	4				
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	RC	4				
20:5 n-3 (EPA)	g	0.000		0	RC	4				
22:5 n-3 (DPA)	g	0.000		0	RC	4				
22:6 n-3 (DHA)	g	0.000		0	RC	4				
Fatty acids, total trans	g	0.000		0	RC	4				
Cholesterol	mg	1		0	RC	4				
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	RC	4				
Caffeine	mg	0		0	RC	4				
Theobromine	mg	0		0	RC	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 Recipe No. G-05 from NFSMI, Healthy School Meals Resource System, and Team Nutrition

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27050
Sauce, sweet and sour, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.27		0	FLC	4		21.09		
Energy	kcal	150		0	NC	4		52		
Energy	kJ	627		0	NC	4		219		
Protein	g	0.27		0	FLC	4		0.09		
Total lipid (fat)	g	0.02		0	FLC	4		0.01		
Ash	g	1.22		0	FLC	4		0.43		
Carbohydrate, by difference	g	38.22		0	FLC	4		13.38		
Fiber, total dietary	g	0.1		0	FLC	4		0.1		
Sugars, total	g	18.75		0	FLC	4		6.56		
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	FLC	4		4		
Iron, Fe	mg	0.21		0	FLC	4		0.07		
Magnesium, Mg	mg	8		0	FLC	4		3		
Phosphorus, P	mg	7		0	FLC	4		2		
Potassium, K	mg	99		0	FLC	4		35		
Sodium, Na	mg	371		0	FLC	4		130		
Zinc, Zn	mg	0.09		0	FLC	4		0.03		
Copper, Cu	mg	0.079		0	FLC	4		0.028		
Manganese, Mn	mg	0.761		0	FLC	4		0.266		
Selenium, Se	µg	0.4		0	FLC	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.7		0	FLC	4		3.1		
Thiamin	mg	0.048		0	FLC	4		0.017		
Riboflavin	mg	0.019		0	FLC	4		0.007		
Niacin	mg	0.187		0	FLC	4		0.065		
Pantothenic acid	mg	0.093		0	FLC	4		0.033		
Vitamin B-6	mg	0.053		0	FLC	4		0.019		
Folate, total	µg	8		0	FLC	4		3		
Folic acid	µg	0		0	FLC	4		0		
Folate, food	µg	8		0	FLC	4		3		
Folate, DFE	mcg_DFE	8		0	NC	4		3		
Choline, total	mg	2.4		0	FLC	4		0.8		
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	1		0	FLC	4		0		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	6		0	FLC	4		2		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	10		0	FLC	4		4		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLC	4		0.00		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	0.2		0	FLC	4		0.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 27050
Sauce, sweet and sour, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		0	FLC	4		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLC	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLC	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	FLC	4		0.000		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated....g	0.000		0	FLC	4		0.000		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 2 Tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27049
Sauce, tartar, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.00		0	O	4		20.10		
Energy....kcal	211		0	NC	4		63		
Energy....kJ	831		0	NC	4		249		
Protein....g	1.00		0	NR	4		0.30		
Total lipid (fat)....g	16.70		0	LC	8		5.01		
Ash....g	1.96		0	FLC	4		0.59		
Carbohydrate, by difference....g	13.30		0	LC	8		3.99		
Fiber, total dietary....g	0.5		0	FLC	4		0.2		
Sugars, total....g	4.25		0	FLC	4		1.27		
Starch....g									
Minerals:									
Calcium, Ca....mg	26		0	FLC	4		8		
Iron, Fe....mg	0.25		0	FLC	4		0.07		
Magnesium, Mg....mg	6		0	FLC	4		2		
Phosphorus, P....mg	17		0	FLC	4		5		
Potassium, K....mg	68		0	FLC	4		20		
Sodium, Na....mg	667		0	FLC	4		200		
Zinc, Zn....mg	0.12		0	FLC	4		0.04		
Copper, Cu....mg	0.023		0	FLC	4		0.007		
Manganese, Mn....mg	0.107		0	FLC	4		0.032		
Selenium, Se....µg	0.9		0	FLC	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.3		0	FLC	4		0.7		
Thiamin....mg	0.016		0	FLC	4		0.005		
Riboflavin....mg	0.029		0	FLC	4		0.009		
Niacin....mg	0.093		0	FLC	4		0.028		
Pantothenic acid....mg	0.073		0	FLC	4		0.022		
Vitamin B-6....mg	0.044		0	FLC	4		0.013		
Folate, total....µg	5		0	FLC	4		2		
Folic acid....µg	0		0	FLC	4		0		
Folate, food....µg	5		0	FLC	4		2		
Folate, DFE....mcg_DFE	5		0	NC	4		2		
Choline, total....mg	8.0		0	FLC	4		2.4		
Betaine....mg									
Vitamin B-12....µg	0.02		0	FLC	4		0.01		
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE....mcg_RAE	11		0	FLC	4		3		
Retinol....µg	3		0	FLC	4		1		
Carotene, beta....µg	67		0	FLC	4		20		
Carotene, alpha....µg	15		0	FLC	4		5		
Cryptoxanthin, beta....µg	35		0	FLC	4		11		
Vitamin A, IU....IU	165		0	FLC	4		49		
Lycopene....µg	0		0	FLC	4		0		
Lutein + zeaxanthin....µg	55		0	FLC	4		16		
Vitamin E (alpha-tocopherol)....mg	1.68		0	FLC	4		0.50		
Vitamin E, added....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	2		0	FLC	4		0		
Vitamin K (phylloquinone)....µg	50.4		0	FLC	4		15.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 27049
Sauce, tartar, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.333		0	FLC	4		1.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.001		0	FLC	4		0.000		
15:0....g									
16:0....g	2.234		0	FLC	4		0.670		
17:0....g									
18:0....g	0.939		0	FLC	4		0.282		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.605		0	FLC	4		1.082		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLC	4		0.001		
17:1....g									
18:1 undifferentiated....g	3.565		0	FLC	4		1.069		
20:1....g	0.037		0	FLC	4		0.011		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	9.044		0	FLC	4		2.713		
18:2 undifferentiated....g	7.960		0	FLC	4		2.388		
18:3 undifferentiated....g	1.069		0	FLC	4		0.321		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0	FLC	4		0.001		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.011		0	FLC	4		0.003		
Fatty acids, total trans....g									
Cholesterol....mg	7		0	FLC	4		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 tablespoons

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06112
Sauce, teriyaki, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.69		1		1		194.95	12.18	24.37
Energy....kcal	89		0	NC	4		255	16	32
Energy....kJ	371		0	NC	4		1069	67	134
Protein (N x 6.25)....g	5.93		1		1		17.08	1.07	2.13
Total lipid (fat)....g	0.02		0	FLA	4		0.07	0.00	0.01
Ash....g	10.43		1		1		30.04	1.88	3.75
Carbohydrate, by difference....g	15.56		0	NC	4		44.81	2.80	5.60
Fiber, total dietary....g	0.1		0		4		0.3	0.0	0.0
Sugars, total....g	14.10		0	FLA	4		40.60	2.54	5.08
Starch....g									
Minerals:									
Calcium, Ca....mg	25		1		1		72	5	9
Iron, Fe....mg	1.70		1		1		4.90	0.31	0.61
Magnesium, Mg....mg	61		1		1		176	11	22
Phosphorus, P....mg	154		1		1		444	28	55
Potassium, K....mg	225		1		1		648	41	81
Sodium, Na....mg	3833		1		1		11039	690	1380
Zinc, Zn....mg	0.10		1		1		0.29	0.02	0.04
Copper, Cu....mg	0.100		1		1		0.288	0.018	0.036
Manganese, Mn....mg	0.000		1		1		0.000	0.000	0.000
Selenium, Se....µg	1.1		0	BFSN	4		3.2	0.2	0.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.030		1		1		0.086	0.005	0.011
Riboflavin....mg	0.070		1		1		0.202	0.013	0.025
Niacin....mg	1.270		1		1		3.658	0.229	0.457
Pantothenic acid....mg	0.200		1		1		0.576	0.036	0.072
Vitamin B-6....mg	0.100		1		1		0.288	0.018	0.036
Folate, total....µg	8		0	FLA	4		24	2	3
Folic acid....µg	0		0	FLA	4		0	0	0
Folate, food....µg	8		0	FLA	4		24	2	3
Folate, DFE....mcg_DFE	8		0	NC	4		24	2	3
Choline, total....mg	19.5		0	FLA	4		56.3	3.5	7.0
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	0
Retinol....µg	0		0	FLA	4		0	0	0
Carotene, beta....µg	0		0	FLA	4		0	0	0
Carotene, alpha....µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	0
Vitamin A, IU....IU	0		0	FLA	4		0	0	0
Lycopene....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06112
Sauce, teriyaki, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	0.000
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	0.000		0		1		0.000	0.000	0.000
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		1		0.000	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	FLA	4		0.000	0.000	0.000
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 288g: 1 cup

Measure 2 = 18g: 1 tbsp

Measure 3 = 36.0g: 1 fl oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06189
Sauce, teriyaki, ready-to-serve, reduced sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.70		0		4		25.09		
Energy	kcal	89		0	NC	4		32		
Energy	kJ	372		0	NC	4		134		
Protein (N x 6.25)	g	5.93		0		4		2.13		
Total lipid (fat)	g	0.02		0	FLA	4		0.01		
Ash	g	8.40		0		4		3.02		
Carbohydrate, by difference	g	15.58		0	NC	4		5.61		
Fiber, total dietary	g	0.1		0		4		0.0		
Sugars, total	g	14.10		0	FLA	4		5.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	25		0		4		9		
Iron, Fe	mg	1.70		0		4		0.61		
Magnesium, Mg	mg	61		0		4		22		
Phosphorus, P	mg	154		0		4		55		
Potassium, K	mg	225		0		4		81		
Sodium, Na	mg	1778		1	LC	8		640		
Zinc, Zn	mg	0.10		0		4		0.04		
Copper, Cu	mg	0.100		0		4		0.036		
Manganese, Mn	mg									
Selenium, Se	µg	0.8		0	BFSN	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.030		0		4		0.011		
Riboflavin	mg	0.070		0		4		0.025		
Niacin	mg	1.270		0		4		0.457		
Pantothenic acid	mg									
Vitamin B-6	mg	0.100		0		4		0.036		
Folate, total	µg	8		0	FLA	4		3		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	8		0	FLA	4		3		
Folate, DFE	mcg_DFE	8		0	NC	4		3		
Choline, total	mg	19.5		0	FLA	4		7.0		
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	0		0	FLA	4		0		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	1		0	FLA	4		0		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg	0.00		0	FLA	4		0.00		
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06189
Sauce, teriyaki, ready-to-serve, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		0		4		0.000		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.000		0		4		0.000		
17:0....g									
18:0....g	0.000		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4		0.000		
18:2 undifferentiated....g	0.000		0		4		0.000		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	FLA	4		0.000		
Cholesterol....mg	0		0		4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 2 Tbsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06973

Sauce, tomato chili sauce, bottled, no salt, low sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.00		1		1		185.64	11.56	
Energy	kcal	104		1		1		284	18	
Energy	kJ	435		1		1		1188	74	
Protein	g	2.50		1		1		6.83	0.43	
Total lipid (fat)	g	0.30		1		1		0.82	0.05	
Ash	g	0.48		0	NR	4		1.30	0.08	
Carbohydrate, by difference	g	28.73		0	NR	4		78.42	4.88	
Fiber, total dietary	g	0.5		0	FLA	4		1.3	0.1	
Sugars, total	g	8.96		0	FLA	4		24.45	1.52	
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		1		55	3	
Iron, Fe	mg	0.80		1		1		2.18	0.14	
Magnesium, Mg	mg	12		1		1		33	2	
Phosphorus, P	mg	52		1		1		142	9	
Potassium, K	mg	370		1		1		1010	63	
Sodium, Na	mg	20		1		1		55	3	
Zinc, Zn	mg	0.16		1		1		0.44	0.03	
Copper, Cu	mg	0.130		1		1		0.355	0.022	
Manganese, Mn	mg									
Selenium, Se	µg	1.1		0	BFSN	4		3.0	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.0		1		1		43.7	2.7	
Thiamin	mg	0.090		1		1		0.246	0.015	
Riboflavin	mg	0.070		1		1		0.191	0.012	
Niacin	mg	1.600		1		1		4.368	0.272	
Pantothenic acid	mg									
Vitamin B-6	mg	0.160		0		4		0.437	0.027	
Folate, total	µg	10		0	FLA	4		28	2	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	10		0	FLA	4		28	2	
Folate, DFE	mcg_DFE	10		0	NC	4		28	2	
Choline, total	mg	13.7		0	O	4		37.3	2.3	
Betaine	mg									
Vitamin B-12	µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	10		0	FLA	4		27	2	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	119		0	FLA	4		325	20	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	199		0	FLA	4		542	34	
Lycopene	µg	1103		0	FLA	4		3012	188	
Lutein + zeaxanthin	µg	33		0	FLA	4		89	6	
Vitamin E (alpha-tocopherol)	mg	0.25		0	FLA	4		0.69	0.04	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	1.2		0	FLA	4		3.3	0.2	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06973

Sauce, tomato chili sauce, bottled, no salt, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.044		0		4		0.120	0.007	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.003	0.000	
13:0....g									
14:0....g	0.003		0		4		0.008	0.001	
15:0....g									
16:0....g	0.029		0		4		0.079	0.005	
17:0....g									
18:0....g	0.010		0		4		0.027	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.042		0		4		0.115	0.007	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.003	0.000	
17:1....g									
18:1 undifferentiated....g	0.040		0		4		0.109	0.007	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.137		0		4		0.374	0.023	
18:2 undifferentiated....g	0.129		0		4		0.352	0.022	
18:3 undifferentiated....g	0.008		0		4		0.022	0.001	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 273g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06972
Sauce, tomato chili sauce, bottled, with salt

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.00		1		1		185.64	4.08	
Energy	kcal	104		1		1		284	6	
Energy	kJ	435		1		1		1188	26	
Protein	g	2.50		1		1		6.83	0.15	
Total lipid (fat)	g	0.30		1		1		0.82	0.02	
Ash	g	9.47		0	FLA	4		25.86	0.57	
Carbohydrate, by difference	g	19.79		0	FLA	4		54.03	1.19	
Fiber, total dietary	g	5.9		0		4		16.1	0.4	
Sugars, total	g	10.54		0	FLA	4		28.78	0.63	
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		1		55	1	
Iron, Fe	mg	0.80		1		1		2.18	0.05	
Magnesium, Mg	mg	12		1		1		33	1	
Phosphorus, P	mg	52		1		1		142	3	
Potassium, K	mg	370		1		1		1010	22	
Sodium, Na	mg	1338		1		1		3653	80	
Zinc, Zn	mg	0.16		1		1		0.44	0.01	
Copper, Cu	mg	0.130		1		1		0.355	0.008	
Manganese, Mn	mg									
Selenium, Se	µg	1.1		0	BFSN	4		3.0	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.0		1		1		43.7	1.0	
Thiamin	mg	0.090		1		1		0.246	0.005	
Riboflavin	mg	0.070		1		1		0.191	0.004	
Niacin	mg	1.600		1		1		4.368	0.096	
Pantothenic acid	mg									
Vitamin B-6	mg	0.160		0		4		0.437	0.010	
Folate, total	µg	9		0	FLA	4		25	1	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	9		0	FLA	4		25	1	
Folate, DFE	mcg_DFE	9		0	NC	4		25	1	
Choline, total	mg	13.7		0	O	4		37.3	0.8	
Betaine	mg									
Vitamin B-12	µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	34		0	FLA	4		93	2	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	402		0	FLA	4		1096	24	
Carotene, alpha	µg	13		0	FLA	4		35	1	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	680		0	FLA	4		1856	41	
Lycopene	µg	12819		0	FLA	4		34997	769	
Lutein + zeaxanthin	µg	1		0	FLA	4		2	0	
Vitamin E (alpha-tocopherol)	mg	1.92		0	FLA	4		5.24	0.12	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	5.2		0	FLA	4		14.1	0.3	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06972

Sauce, tomato chili sauce, bottled, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.045		0		4		0.123	0.003	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.002		0		4		0.005	0.000	
13:0....g									
14:0....g	0.006		0		4		0.016	0.000	
15:0....g									
16:0....g	0.027		0		4		0.074	0.002	
17:0....g									
18:0....g	0.009		0		4		0.025	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.038		0		4		0.104	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.005	0.000	
17:1....g									
18:1 undifferentiated....g	0.036		0		4		0.098	0.002	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.154		0		4		0.420	0.009	
18:2 undifferentiated....g	0.142		0		4		0.388	0.009	
18:3 undifferentiated....g	0.012		0		4		0.033	0.001	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 273g: 1 cup

Measure 2 = 6.0g: 1 packet

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06264
Sauce, white, thin, prepared-from-recipe, with butter (1)

NFSMI Recipe No. G-08
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	84.02		0	RC	4				
Energy ... kcal	72		0	NC	4				
Energy ... kJ	301		0	NC	4				
Protein ... g	3.95		0	RC	4				
Total lipid (fat) ... g	2.56		0	RC	4				
Ash ... g	1.18		0	RC	4				
Carbohydrate, by difference ... g	8.29		0	RC	4				
Fiber, total dietary ... g	0.1		0	RC	4				
Sugars, total ... g	5.29		0	RC	4				
Starch ... g									
Minerals:									
Calcium, Ca ... mg	131		0	RC	4				
Iron, Fe ... mg	0.22		0	RC	4				
Magnesium, Mg ... mg	12		0	RC	4				
Phosphorus, P ... mg	110		0	RC	4				
Potassium, K ... mg	167		0	RC	4				
Sodium, Na ... mg	184		0	RC	4				
Zinc, Zn ... mg	0.47		0	RC	4				
Copper, Cu ... mg	0.019		0	RC	4				
Manganese, Mn ... mg	0.031		0	RC	4				
Selenium, Se ... µg	4.7		0	RC	4				
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		0	RC	4				
Thiamin ... mg	0.068		0	RC	4				
Riboflavin ... mg	0.208		0	RC	4				
Niacin ... mg	0.319		0	RC	4				
Pantothenic acid ... mg	0.392		0	RC	4				
Vitamin B-6 ... mg	0.037		0	RC	4				
Folate, total ... µg	10		0	RC	4				
Folic acid ... µg	4		0	RC	4				
Folate, food ... µg	5		0	RC	4				
Folate, DFE ... mcg_DFE	13		0	NC	4				
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.55		0	NR	4				
Vitamin B-12, added ... µg	0.00		0	RC	4				
Vitamin A, RAE ... mcg_RAE	84		0	RC	4				
Retinol ... µg	83		0	RC	4				
Carotene, beta ... µg	5		0	RC	4				
Carotene, alpha ... µg	0		0	RC	4				
Cryptoxanthin, beta ... µg	0		0	RC	4				
Vitamin A, IU ... IU	286		0	RC	4				
Lycopene ... µg	0		0	RC	4				
Lutein + zeaxanthin ... µg	1		0	RC	4				
Vitamin E (alpha-tocopherol) ... mg	0.08		0	RC	4				
Vitamin E, added ... mg	0.00		0	RC	4				
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg	0.2		0	RC	4				
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 06264
Sauce, white, thin, prepared-from-recipe, with butter (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.600		0	RC	4				
4:0....g	0.101		0	RC	4				
6:0....g	0.061		0	RC	4				
8:0....g	0.037		0	RC	4				
10:0....g	0.078		0	RC	4				
12:0....g	0.079		0	RC	4				
13:0....g									
14:0....g	0.231		0	RC	4				
15:0....g									
16:0....g	0.683		0	RC	4				
17:0....g	0.017		0	RC	4				
18:0....g	0.309		0	RC	4				
20:0....g	0.004		0	RC	4				
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.656		0	RC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.032		0	RC	4				
16:1 c....g	0.029		0	RC	4				
16:1 t....g									
17:1....g									
18:1 undifferentiated....g	0.621		0	RC	4				
18:1 c....g	0.509		0	RC	4				
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.089		0	RC	4				
18:1-11t (18:1t n-7)....g									
20:1....g	0.003		0	RC	4				
22:1 undifferentiated....g	0.000		0	RC	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.112		0	RC	4				
18:2 undifferentiated....g	0.100		0	RC	4				
18:2 n-6 c,c....g	0.065		0	RC	4				
18:2 CLAs....g	0.008		0	RC	4				
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g	0.009		0	RC	4				
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011		0	RC	4				
18:3 n-3 c,c,c (ALA)....g	0.009		0	RC	4				
18:3 n-6 c,c,c....g									
18:3i....g									
18:4....g	0.000		0	RC	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		0	RC	4				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	RC	4				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4				
22:6 n-3 (DHA)....g	0.000		0	RC	4				
Fatty acids, total trans....g	0.098		0	RC	4				
Fatty acids, total trans-monoenoic....g	0.089		0	RC	4				
Fatty acids, total trans-polyenoic....g	0.009		0	RC	4				
Cholesterol....mg	8		0	RC	4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RC	4				
Caffeine....mg	0		0	RC	4				

NDB No. 06264
Sauce, white, thin, prepared-from-recipe, with butter (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	RC	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Footnotes:

1 Recipe No. G-08, NFSMI, Healthy School Meals Resource System, and Team Nutrition

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06971
Sauce, worcestershire

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.54		0	FLA	4		215.97	13.35	
Energy....kcal	78		0	NC	4		214	13	
Energy....kJ	326		0	NC	4		896	55	
Protein (N x 6.25)....g	0.00		1		1		0.00	0.00	
Total lipid (fat)....g	0.00		0		4		0.00	0.00	
Ash....g	2.00		0	NR	4		5.50	0.34	
Carbohydrate, by difference....g	19.46		0	NR	4		53.53	3.31	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	10.03		0	FLA	4		27.57	1.70	
Starch....g									
Minerals:									
Calcium, Ca....mg	107		1		1		294	18	
Iron, Fe....mg	5.30		1		1		14.58	0.90	
Magnesium, Mg....mg	13		1		1		36	2	
Phosphorus, P....mg	60		1		1		165	10	
Potassium, K....mg	800		1		1		2200	136	
Sodium, Na....mg	980		1		1		2695	167	
Zinc, Zn....mg	0.19		1		1		0.52	0.03	
Copper, Cu....mg	0.200		1		1		0.550	0.034	
Manganese, Mn....mg									
Selenium, Se....µg	0.5		0	RA	4		1.4	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.0		1		1		35.8	2.2	
Thiamin....mg	0.070		1		1		0.193	0.012	
Riboflavin....mg	0.130		1		1		0.358	0.022	
Niacin....mg	0.700		1		1		1.925	0.119	
Pantothenic acid....mg									
Vitamin B-6....mg	0.000		1		1		0.000	0.000	
Folate, total....µg	8		0	FLA	4		23	1	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	8		0	FLA	4		23	1	
Folate, DFE....mcg_DFE	8		0	NC	4		23	1	
Choline, total....mg	2.7		0	O	4		7.4	0.5	
Betaine....mg									
Vitamin B-12....µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	5		0	NC	4		13	1	
Retinol....µg	1		0	FLA	4		3	0	
Carotene, beta....µg	43		0	FLA	4		118	7	
Carotene, alpha....µg	1		0	FLA	4		4	0	
Cryptoxanthin, beta....µg	3		0	FLA	4		9	1	
Vitamin A, IU....IU	79		0	NC	4		217	13	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	48		0	FLA	4		132	8	
Vitamin E (alpha-tocopherol)....mg	0.08		0	FLA	4		0.22	0.01	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.0		0	FLA	4		2.8	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06971
Sauce, worcestershire

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		0		4		0.000	0.000	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.000		0		4		0.000	0.000	
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4		0.000	0.000	
18:2 undifferentiated....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 275g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06194
Soup, Chicken Broth, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	97.80		1	MA	12		229.83		
Energy....kcal	5		0	NC	4		12		
Energy....kJ	22		0	NC	4		52		
Protein....g	0.43		1	LC	8		1.00		
Total lipid (fat)....g	0.21		1	LC	8		0.50		
Ash....g	0.70		1	MA	12		1.65		
Carbohydrate, by difference....g	0.43		1	LC	8		1.00		
Fiber, total dietary....g	0.0		1	LC	8		0.0		
Sugars, total....g	0.00		1	FLA	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1	MA	12		14		
Iron, Fe....mg	0.20		1	MA	12		0.47		
Magnesium, Mg....mg	1		0	FLM	4		2		
Phosphorus, P....mg	13		0	FLM	4		31		
Potassium, K....mg	80		0	FLM	4		188		
Sodium, Na....mg	366		1	LC	8		860		
Zinc, Zn....mg	0.07		0	FLM	4		0.16		
Copper, Cu....mg	0.027		0	FLM	4		0.063		
Manganese, Mn....mg	0.046		0	FLM	4		0.108		
Selenium, Se....µg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	7.0		1	MA	12		16.5		
Thiamin....mg	0.001		0	FLM	4		0.002		
Riboflavin....mg	0.010		0	FLM	4		0.024		
Niacin....mg	0.505		0	FLM	4		1.187		
Pantothenic acid....mg	0.009		0	FLM	4		0.021		
Vitamin B-6....mg	0.005		0	FLM	4		0.012		
Folate, total....µg	0		0	FLA	4		1		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	0		0	FLA	4		1		
Folate, DFE....mcg_DFE	0		0	NC	4		1		
Choline, total....mg	3.5		0	T	4		8.2		
Betaine....mg									
Vitamin B-12....µg	0.04		0	FLM	4		0.09		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....µg	0		0	FLA	4		0		
Carotene, beta....µg	0		0	FLA	4		0		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	2		0	FLA	4		5		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06194
Soup, Chicken Broth, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.029		0	FLC	4		0.068		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.001		0	FLC	4		0.002		
15:0....g									
16:0....g	0.022		0	FLC	4		0.052		
17:0....g									
18:0....g	0.006		0	FLC	4		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.045		0	FLC	4		0.106		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	FLC	4		0.014		
17:1....g									
18:1 undifferentiated....g	0.037		0	FLC	4		0.087		
20:1....g	0.001		0	FLC	4		0.002		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.021		0	FLC	4		0.049		
18:2 undifferentiated....g	0.019		0	FLC	4		0.045		
18:3 undifferentiated....g	0.001		0	FLC	4		0.002		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MA	12		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		1	MA	12		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 235g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06314

Soup, HEALTHY CHOICE Chicken Noodle Soup, canned

ConAgra, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.73		1	MC	9		218.04		
Energy....kcal	41		1	MC	9		100		
Energy....kJ	173		0	MC	9		419		
Protein....g	3.69		1	MC	9		8.97		
Total lipid (fat)....g	0.63		0	NR	4		1.53		
Ash....g	0.75		1	MC	9		1.82		
Carbohydrate, by difference....g	5.20		1	MC	9		12.64		
Fiber, total dietary....g	0.8		1	MC	9		2.0		
Sugars, total....g	0.57		1	MC	9		1.39		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		1	MC	9		19		
Iron, Fe....mg	0.00		1	MC	9		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	195		1	MC	9		474		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	568		1	MC	9		1380		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.400		1	MC	9		0.972		
Fatty acids, total monounsaturated....g	0.000		1	MC	9		0.000		
Fatty acids, total polyunsaturated....g	0.180		1	MC	9		0.437		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	5		1	MC	9		12		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06314

Soup, HEALTHY CHOICE Chicken Noodle Soup, canned

Common Measures:

Measure 1 = 243g: 1 serving 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06315

Soup, HEALTHY CHOICE Chicken and Rice Soup, canned

ConAgra, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.31		1	MC	9		216.74		
Energy....kcal	37		1	MC	9		89		
Energy....kJ	156		0	MC	9		374		
Protein....g	2.53		1	MC	9		6.07		
Total lipid (fat)....g	0.55		0	NR	4		1.32		
Ash....g	0.90		1	MC	9		2.16		
Carbohydrate, by difference....g	5.71		1	MC	9		13.70		
Fiber, total dietary....g	0.8		1	MC	9		1.9		
Sugars, total....g	0.37		1	MC	9		0.89		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		1	MC	9		35		
Iron, Fe....mg	0.09		1	MC	9		0.22		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	181		1	MC	9		434		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MC	9		2.3		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	334		1	MC	9		802		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.170		1	MC	9		0.408		
Fatty acids, total monounsaturated....g	0.230		1	MC	9		0.552		
Fatty acids, total polyunsaturated....g	0.130		1	MC	9		0.312		
Fatty acids, total trans....g	0.000		1	MC	9		0.000		
Cholesterol....mg	7		1	MC	9		16		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06315

Soup, HEALTHY CHOICE Chicken and Rice Soup, canned

Common Measures:

Measure 1 = 240g: 1 serving 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06316

Soup, HEALTHY CHOICE Garden Vegetable Soup, canned

ConAgra, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.82		1	MC	9		213.58		
Energy....kcal	51		1	MC	9		124		
Energy....kJ	212		0	MC	9		520		
Protein....g	2.13		1	MC	9		5.24		
Total lipid (fat)....g	0.21		0	NR	4		0.52		
Ash....g	0.80		1	MC	9		1.97		
Carbohydrate, by difference....g	10.04		1	MC	9		24.70		
Fiber, total dietary....g	1.9		1	MC	9		4.7		
Sugars, total....g	2.13		1	MC	9		5.24		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	MC	9		39		
Iron, Fe....mg	0.00		1	MC	9		0.00		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	195		1	MC	9		480		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1	MC	9		2.5		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	618		1	MC	9		1520		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.050		1	MC	9		0.123		
Fatty acids, total monounsaturated....g	0.070		1	MC	9		0.172		
Fatty acids, total polyunsaturated....g	0.080		1	MC	9		0.197		
Fatty acids, total trans....g									
Cholesterol....mg	1		1	MC	9		2		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06316

Soup, HEALTHY CHOICE Garden Vegetable Soup, canned

Common Measures:

Measure 1 = 246g: 1 serving 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06984

Soup, SWANSON Chicken Broth 99% Fat Free

Campbell Soup Co.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	98.10		1	A	1		222.69		
Energy	kcal	4		0	NC	4		10		
Energy	kJ	18		0	NC	4		40		
Protein (N x 6.25)	g	0.54		1	A	1		1.22		
Total lipid (fat)	g	0.17		1	A	1		0.39		
Ash	g	1.05		1	A	1		2.39		
Carbohydrate, by difference	g	0.14		0	NC	4		0.31		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	0.15		1	A	1		0.35		
Sucrose	g	0.00		1	A	1		0.00		
Glucose (dextrose)	g	0.15		1	A	1		0.35		
Fructose	g	0.00		1	A	1		0.00		
Lactose	g	0.00		1	A	1		0.00		
Maltose	g	0.00		1	A	1		0.00		
Galactose	g	0.00		1	A	1		0.00		
Starch	g	0.00		1	A	1		0.00		
Minerals:										
Calcium, Ca	mg	4		1	A	1		9		
Iron, Fe	mg	0.14		1	A	1		0.31		
Magnesium, Mg	mg	1		1	A	1		3		
Phosphorus, P	mg	11		1	A	1		24		
Potassium, K	mg	30		1	A	1		68		
Sodium, Na	mg	409		1	A	1		928		
Zinc, Zn	mg	0.02		1	A	1		0.05		
Copper, Cu	mg	0.019		1	A	1		0.042		
Manganese, Mn	mg	0.011		1	A	1		0.025		
Selenium, Se	µg	2.2		1	A	1		5.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.007		1	A	1		0.017		
Riboflavin	mg	0.021		1	A	1		0.047		
Niacin	mg	0.558		1	A	1		1.267		
Pantothenic acid	mg	0.120		1	A	1		0.272		
Vitamin B-6	mg	0.014		1	A	1		0.032		
Folate, total	µg	1		1	A	1		2		
Folic acid	µg									
Folate, food	µg	1		1	A	1		2		
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.20		1	A	1		0.45		
Vitamin A, RAE	mcg_RAE									
Retinol	µg									
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU									
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	0.0		1	A	1		0.0		

NDB No. 06984
Soup, SWANSON Chicken Broth 99% Fat Free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		0	NC	4		0.000		
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.000		1	A	1		0.000		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.000		1	A	1		0.000		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.000		1	A	1		0.000		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.000		1	A	1		0.000		
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	NC	4		0.000		
18:2 undifferentiated....g	0.000		1	A	1		0.000		
18:3 undifferentiated....g	0.000		0	A	1		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		1	A	1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0	A	1		0.017		
Threonine....g	0.007		0	A	1		0.017		
Isoleucine....g	0.007		0	A	1		0.017		
Leucine....g	0.014		0	A	1		0.032		
Lysine....g	0.019		0	A	1		0.043		
Methionine....g	0.007		0	A	1		0.017		
Cystine....g	0.007		0	A	1		0.017		
Phenylalanine....g	0.007		0	A	1		0.017		
Tyrosine....g	0.007		0	A	1		0.017		
Valine....g	0.007		0	A	1		0.017		
Arginine....g	0.016		0	A	1		0.036		
Histidine....g	0.010		0	A	1		0.022		
Alanine....g	0.024		0	A	1		0.054		

NDB No. 06984
Soup, SWANSON Chicken Broth 99% Fat Free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid.....g	0.021		0	A	1		0.047		
Glutamic acid.....g	0.285		0	A	1		0.647		
Glycine.....g	0.029		0	A	1		0.066		
Proline.....g	0.016		0	A	1		0.036		
Serine.....g	0.010		0	A	1		0.022		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 227g: 1 serving 1 cup 8 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06190

Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.91		0		4		195.78		
Energy....kcal	74		1	MC	9		181		
Energy....kJ	310		1		9		759		
Protein (N x 6.25)....g	4.19		1	MC	9		10.27		
Total lipid (fat)....g	1.03		1	MC	9		2.52		
Ash....g	1.21		0	FLM	4		2.96		
Carbohydrate, by difference....g	13.66		1	MC	9		33.47		
Fiber, total dietary....g	4.0		1	MC	9		9.8		
Sugars, total....g	3.17		0	FLA	4		7.76		
Starch....g									
Minerals:									
Calcium, Ca....mg	38		1	MC	9		93		
Iron, Fe....mg	1.02		1	MC	9		2.50		
Magnesium, Mg....mg	19		0	FLM	4		47		
Phosphorus, P....mg	13		1	MC	9		32		
Potassium, K....mg	158		1	MC	9		387		
Sodium, Na....mg	187		1	MC	9		458		
Zinc, Zn....mg	0.53		0	FLM	4		1.30		
Copper, Cu....mg	0.082		0	FLM	4		0.201		
Manganese, Mn....mg	0.228		0	FLM	4		0.559		
Selenium, Se....µg	4.3		0	BFSN	4		10.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		1	MC	9		2.7		
Thiamin....mg	0.056		0	FLM	4		0.137		
Riboflavin....mg	0.029		0	FLM	4		0.071		
Niacin....mg	0.324		0	FLM	4		0.794		
Pantothenic acid....mg	0.128		0	FLM	4		0.314		
Vitamin B-6....mg	0.046		0	FLM	4		0.113		
Folate, total....µg	29		0	FLA	4		71		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	29		0	FLA	4		71		
Folate, DFE....mcg_DFE	29		0	NC	4		71		
Choline, total....mg	18.0		0	O	4		44.1		
Betaine....mg									
Vitamin B-12....µg	0.03		0	FLM	4		0.07		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	35		0	FLA	4		86		
Retinol....µg	0		0	FLA	4		0		
Carotene, beta....µg	349		0	FLA	4		854		
Carotene, alpha....µg	145		0	FLA	4		355		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	702		0	FLA	4		1719		
Lycopene....µg	915		0	FLA	4		2241		
Lutein + zeaxanthin....µg	36		0	FLA	4		87		
Vitamin E (alpha-tocopherol)....mg	0.39		0	FLA	4		0.94		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	5.1		0	FLA	4		12.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06190

Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.252		0	FLM	4		0.617		
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.001		0	FLM	4		0.002		
12:0....g	0.001		0	FLM	4		0.002		
13:0....g									
14:0....g	0.007		0	FLM	4		0.017		
15:0....g									
16:0....g	0.166		0	FLM	4		0.407		
17:0....g									
18:0....g	0.078		0	FLM	4		0.191		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.415		0	FLM	4		1.017		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0	FLM	4		0.037		
17:1....g									
18:1 undifferentiated....g	0.400		0	FLM	4		0.980		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.269		0	FLM	4		0.659		
18:2 undifferentiated....g	0.229		0	FLM	4		0.561		
18:3 undifferentiated....g	0.040		0	FLM	4		0.098		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	2		0	FLM	4		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06731
Soup, bean with bacon, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.90		1	A	1		231.13	95.72	
Energy....kcal	117		0	NC	4		381	158	
Energy....kJ	490				4		1596	661	
Protein....g	6.50		1	A	1		21.19	8.78	
Total lipid (fat)....g	2.10		1	A	1		6.85	2.84	
Ash....g	2.50		1	A	1		8.15	3.38	
Carbohydrate, by difference....g	18.00		0	NC	4		58.68	24.30	
Fiber, total dietary....g	4.6		1	A	1		15.0	6.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.37		1	A	1		4.47	1.85	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	736		1	A	1		2399	994	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.601		1	A	1		1.959	0.811	
Fatty acids, total monounsaturated....g	0.747		1	A	1		2.435	1.008	
Fatty acids, total polyunsaturated....g	0.446		1	A	1		1.454	0.602	
Fatty acids, total trans....g									
Cholesterol....mg	3		1	A	1		10	4	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 326g: 1 package yields

Measure 2 = 135g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06474
Soup, bean with bacon, dry, mix, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.73		0		1		237.78		
Energy	kcal	40		0	NC	4		106		
Energy	kJ	167		0		4		444		
Protein (N x 6.25)	g	2.07		0		1		5.49		
Total lipid (fat)	g	0.81		0		1		2.15		
Ash	g	1.21		0		1		3.21		
Carbohydrate, by difference	g	6.18		0	NC	4		16.38		
Fiber, total dietary	g	3.4		0		4		9.0		
Sugars, total	g	0.23		0	FLA	4		0.61		
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		4		56		
Iron, Fe	mg	0.50		0		4		1.33		
Magnesium, Mg	mg	11		0		4		29		
Phosphorus, P	mg	34		0		4		90		
Potassium, K	mg	123		0		1		326		
Sodium, Na	mg	350		0		1		928		
Zinc, Zn	mg	0.26		0		4		0.69		
Copper, Cu	mg	0.100		0		4		0.265		
Manganese, Mn	mg	0.200		0		4		0.530		
Selenium, Se	µg	2.2		0	BFSN	4		5.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		4		1.1		
Thiamin	mg	0.020		0		4		0.053		
Riboflavin	mg	0.100		0		4		0.265		
Niacin	mg	0.150		0		4		0.398		
Pantothenic acid	mg	0.020		0		4		0.053		
Vitamin B-6	mg	0.010		0		4		0.027		
Folate, total	µg	3		0		4		8		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	3		0		4		8		
Folate, DFE	mcg_DFE	3		0	NC	4		8		
Choline, total	mg	9.2		0	O	4		24.4		
Betaine	mg									
Vitamin B-12	µg	0.01		0		4		0.03		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		3		
Retinol	µg	0		0	FLA	4		1		
Carotene, beta	µg	11		0	FLA	4		30		
Carotene, alpha	µg	0		0	FLA	4		1		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	20		0	FLA	4		53		
Lycopene	µg	752		0	FLA	4		1993		
Lutein + zeaxanthin	µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.21		0	FLA	4		0.55		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.6		0	FLA	4		1.6		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06474
Soup, bean with bacon, dry, mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.360		0		1		0.954		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.020		0		1		0.053		
15:0....g									
16:0....g	0.200		0		1		0.530		
17:0....g									
18:0....g	0.130		0		1		0.345		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.350		0		1		0.928		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0		1		0.080		
17:1....g									
18:1 undifferentiated....g	0.310		0		1		0.822		
20:1....g	0.010		0		1		0.027		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.060		0		1		0.159		
18:2 undifferentiated....g	0.050		0		1		0.133		
18:3 undifferentiated....g	0.010		0		1		0.027		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	1		0		1		3		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz)

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06006
Soup, bean with frankfurters, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.70	0.516	10		1		178.05	215.96	
Energy....kcal	142		0	NC	4		373	453	
Energy....kJ	594		0		4		1563	1895	
Protein (N x 6.25)....g	7.60	0.132	10		1		19.99	24.24	
Total lipid (fat)....g	5.31	0.198	10		1		13.97	16.94	
Ash....g	2.64	0.086	10		1		6.94	8.42	
Carbohydrate, by difference....g	16.75		0	NC	4		44.05	53.43	
Fiber, total dietary....g	4.6		0		4		12.1	14.7	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	66	3.678	10		1		174	211	
Iron, Fe....mg	1.78	0.080	10		1		4.68	5.68	
Magnesium, Mg....mg	37		1		1		97	118	
Phosphorus, P....mg	126		1		1		331	402	
Potassium, K....mg	363		1		1		955	1158	
Sodium, Na....mg	831	8.124	5		1		2186	2651	
Zinc, Zn....mg	0.90		1		1		2.37	2.87	
Copper, Cu....mg	0.300		1		1		0.789	0.957	
Manganese, Mn....mg	0.600		1		1		1.578	1.914	
Selenium, Se....µg	6.9		0	BFSN	4		18.1	22.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.167	9		1		1.8	2.2	
Thiamin....mg	0.083	0.004	10		1		0.218	0.265	
Riboflavin....mg	0.049	0.002	10		1		0.129	0.156	
Niacin....mg	0.780	0.020	10		1		2.051	2.488	
Pantothenic acid....mg	0.070		0		4		0.184	0.223	
Vitamin B-6....mg	0.100		1		1		0.263	0.319	
Folate, total....µg	24		0		4		63	77	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	24		0		4		63	77	
Folate, DFE....mcg_DFE	24		0	NC	4		63	77	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.06		0		4		0.16	0.19	
Vitamin A, RAE....mcg_RAE	33		0	NC	4		87	106	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	662	47.898	10		1		1741	2112	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.610		0		1		4.234	5.136	
4:0....g									

NDB No. 06006
Soup, bean with frankfurters, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.050		1		1		0.132	0.160	
15:0....g									
16:0....g	1.070		1		1		2.814	3.413	
17:0....g									
18:0....g	0.450		1		1		1.184	1.436	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.080		0		1		5.470	6.635	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.110		1		1		0.289	0.351	
17:1....g									
18:1 undifferentiated....g	1.930		1		1		5.076	6.157	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.250		0		1		3.288	3.988	
18:2 undifferentiated....g	0.950		1		1		2.499	3.031	
18:3 undifferentiated....g	0.270		1		1		0.710	0.861	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	9		0		1		24	29	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0		1		0.210	0.255	
Threonine....g	0.314		0		1		0.826	1.002	
Isoleucine....g	0.371		0		1		0.976	1.183	
Leucine....g	0.626		0		1		1.646	1.997	
Lysine....g	0.518		0		1		1.362	1.652	
Methionine....g	0.096		0		1		0.252	0.306	
Cystine....g	0.084		0		1		0.221	0.268	
Phenylalanine....g	0.424		0		1		1.115	1.353	
Tyrosine....g	0.227		0		1		0.597	0.724	
Valine....g	0.418		0		1		1.099	1.333	
Arginine....g	0.399		0		1		1.049	1.273	
Histidine....g	0.198		0		1		0.521	0.632	
Alanine....g	0.379		0		1		0.997	1.209	
Aspartic acid....g	0.851		0		1		2.238	2.715	
Glutamic acid....g	1.401		0		1		3.685	4.469	
Glycine....g	0.367		0		1		0.965	1.171	
Proline....g	0.343		0		1		0.902	1.094	
Serine....g	0.376		0		1		0.989	1.199	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 263g: 1 cup (8 fl oz)

NDB No. 06006

Soup, bean with frankfurters, canned, condensed

Measure 2 = 319g: 1 can (11.25 oz)

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06406

Soup, bean with frankfurters, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.03		0		1		207.58	503.99	
Energy....kcal	75		0	NC	4		188	455	
Energy....kJ	314		0		4		785	1905	
Protein (N x 6.25)....g	3.99		0		1		9.98	24.22	
Total lipid (fat)....g	2.79		0		1		6.98	16.94	
Ash....g	1.39		0		1		3.48	8.44	
Carbohydrate, by difference....g	8.80		0	NC	4		22.00	53.42	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	35		0		1		88	212	
Iron, Fe....mg	0.94		0		1		2.35	5.71	
Magnesium, Mg....mg	19		0		1		48	115	
Phosphorus, P....mg	66		0		1		165	401	
Potassium, K....mg	191		0		1		478	1159	
Sodium, Na....mg	437		0		1		1093	2653	
Zinc, Zn....mg	0.47		0		1		1.18	2.87	
Copper, Cu....mg	0.158		0		1		0.395	0.959	
Manganese, Mn....mg	0.315		0		1		0.788	1.912	
Selenium, Se....µg	3.4		0	RA	4		8.5	20.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		1.0	2.4	
Thiamin....mg	0.044		0		1		0.110	0.267	
Riboflavin....mg	0.026		0		1		0.065	0.158	
Niacin....mg	0.410		0		1		1.025	2.489	
Pantothenic acid....mg	0.040		0		4		0.100	0.243	
Vitamin B-6....mg	0.053		0		1		0.133	0.322	
Folate, total....µg	12		0		4		30	73	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		0		4		30	73	
Folate, DFE....mcg_DFE	12		0	NC	4		30	73	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.03		0		4		0.08	0.18	
Vitamin A, RAE....mcg_RAE	17		0	NC	4		44	106	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	348		0		1		870	2112	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.850		0		1		2.125	5.160	
4:0....g									

NDB No. 06406

Soup, bean with frankfurters, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.030		0		1		0.075	0.182	
15:0....g									
16:0....g	0.560		0		1		1.400	3.399	
17:0....g									
18:0....g	0.240		0		1		0.600	1.457	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.090		0		1		2.725	6.616	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		0		1		0.150	0.364	
17:1....g									
18:1 undifferentiated....g	1.010		0		1		2.525	6.131	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.660		0		1		1.650	4.006	
18:2 undifferentiated....g	0.500		0		1		1.250	3.035	
18:3 undifferentiated....g	0.140		0		1		0.350	0.850	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	5		0		1		13	30	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		1		0.105	0.255	
Threonine....g	0.165		0		1		0.413	1.002	
Isoleucine....g	0.195		0		1		0.488	1.184	
Leucine....g	0.329		0		1		0.823	1.997	
Lysine....g	0.272		0		1		0.680	1.651	
Methionine....g	0.050		0		1		0.125	0.304	
Cystine....g	0.044		0		1		0.110	0.267	
Phenylalanine....g	0.223		0		1		0.558	1.354	
Tyrosine....g	0.119		0		1		0.298	0.722	
Valine....g	0.220		0		1		0.550	1.335	
Arginine....g	0.210		0		1		0.525	1.275	
Histidine....g	0.104		0		1		0.260	0.631	
Alanine....g	0.199		0		1		0.498	1.208	
Aspartic acid....g	0.447		0		1		1.118	2.713	
Glutamic acid....g	0.736		0		1		1.840	4.468	
Glycine....g	0.193		0		1		0.483	1.172	
Proline....g	0.180		0		1		0.450	1.093	
Serine....g	0.198		0		1		0.495	1.202	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

NDB No. 06406

Soup, bean with frankfurters, canned, prepared with equal volume water

Measure 2 = 607g: 1 can (11.25 oz), prepared

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06007
Soup, bean with ham, canned, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.63	0.209	10		1		191.07	429.32	
Energy....kcal	95		0	NC	4		231	519	
Energy....kJ	397		0		4		966	2170	
Protein (N x 6.25)....g	5.19	0.116	10		1		12.61	28.34	
Total lipid (fat)....g	3.50	0.070	10		1		8.51	19.11	
Ash....g	1.52	0.033	10		1		3.69	8.30	
Carbohydrate, by difference....g	11.16		0	NC	4		27.12	60.93	
Fiber, total dietary....g	4.6		0		4		11.2	25.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	32	0.897	10		1		78	175	
Iron, Fe....mg	1.33	0.068	10		1		3.23	7.26	
Magnesium, Mg....mg	19		0		4		46	104	
Phosphorus, P....mg	59		0		4		143	322	
Potassium, K....mg	175		0		1		425	956	
Sodium, Na....mg	400		10		1		972	2184	
Zinc, Zn....mg	0.44		0		4		1.07	2.40	
Copper, Cu....mg	0.160		0		4		0.389	0.874	
Manganese, Mn....mg	0.290		0		4		0.705	1.583	
Selenium, Se....µg	6.9		0	BFSN	4		16.8	37.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8	0.200	10		1		4.4	9.8	
Thiamin....mg	0.060	0.002	10		1		0.146	0.328	
Riboflavin....mg	0.060	0.003	10		1		0.146	0.328	
Niacin....mg	0.700	0.042	10		1		1.701	3.822	
Pantothenic acid....mg	0.040		0		4		0.097	0.218	
Vitamin B-6....mg	0.050		0		4		0.122	0.273	
Folate, total....µg	12		0		4		29	66	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		0		4		29	66	
Folate, DFE....mcg_DFE	12		0	NC	4		29	66	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.03		0		4		0.07	0.16	
Vitamin A, RAE....mcg_RAE	81		0	NC	4		198	444	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1626	168.364	10		1		3951	8878	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.370		0		1		3.329	7.480	
4:0....g									

NDB No. 06007
Soup, bean with ham, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.010		0		1		0.024	0.055	
13:0 g									
14:0 g	0.050		0		1		0.122	0.273	
15:0 g									
16:0 g	0.830		0		1		2.017	4.532	
17:0 g									
18:0 g	0.470		0		1		1.142	2.566	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.580		0		1		3.839	8.627	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.090		0		1		0.219	0.491	
17:1 g									
18:1 undifferentiated g	1.440		0		1		3.499	7.862	
20:1 g	0.040		0		1		0.097	0.218	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.390		0		1		0.948	2.129	
18:2 undifferentiated g	0.360		0		1		0.875	1.966	
18:3 undifferentiated g	0.040		0		1		0.097	0.218	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	9		0		1		22	49	
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup (8 fl oz)

Measure 2 = 546g: 1 can (19.25 oz)

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06004
Soup, bean with pork, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.17	0.447	16		1		228.75	91.22	
Energy	kcal	129		0	NC	4		421	168	
Energy	kJ	540		0		4		1760	702	
Protein (N x 6.25)	g	5.88	0.104	13		1		19.17	7.64	
Total lipid (fat)	g	4.42	0.124	13		1		14.41	5.75	
Ash	g	2.57	0.040	13		1		8.38	3.34	
Carbohydrate, by difference	g	16.97		0	NC	4		55.32	22.06	
Fiber, total dietary	g	5.9		0		1		19.2	7.7	
Sugars, total	g	3.00		0	FLA	4		9.79	3.90	
Starch	g									
Minerals:										
Calcium, Ca	mg	60	2.051	13		1		196	78	
Iron, Fe	mg	1.53	0.059	13		1		4.99	1.99	
Magnesium, Mg	mg	33		1		1		108	43	
Phosphorus, P	mg	98		1		1		319	127	
Potassium, K	mg	300		1		1		978	390	
Sodium, Na	mg	709	22.959	13		1		2311	922	
Zinc, Zn	mg	0.77		4		1		2.51	1.00	
Copper, Cu	mg	0.300		1		1		0.978	0.390	
Manganese, Mn	mg	0.500		1		1		1.630	0.650	
Selenium, Se	µg	6.4		2	A	1		20.9	8.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.134	13		1		3.9	1.6	
Thiamin	mg	0.065	0.004	13		1		0.212	0.085	
Riboflavin	mg	0.025	0.002	13		1		0.082	0.033	
Niacin	mg	0.421	0.012	13		1		1.372	0.547	
Pantothenic acid	mg	0.070		0		4		0.228	0.091	
Vitamin B-6	mg	0.031		2		1		0.101	0.040	
Folate, total	µg	24	1.200	3		1		77	31	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	24	1.200	3		1		77	31	
Folate, DFE	mcg_DFE	24		0	NC	4		77	31	
Choline, total	mg	26.7		0	O	4		87.0	34.7	
Betaine	mg									
Vitamin B-12	µg	0.03		0		4		0.10	0.04	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	34		0	FLA	4		111	44	
Retinol	µg	1		0	FLA	4		4	1	
Carotene, beta	µg	336		0	FLA	4		1095	437	
Carotene, alpha	µg	118		0	FLA	4		384	153	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	662		0	FLA	4		2158	861	
Lycopene	µg	5946		0	FLA	4		19384	7730	
Lutein + zeaxanthin	µg	9		0	FLA	4		29	12	
Vitamin E (alpha-tocopherol)	mg	0.87		0	FLA	4		2.83	1.13	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.4		0	FLA	4		7.8	3.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06004
Soup, bean with pork, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.140		0		1		3.716	1.482	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.020		1		1		0.065	0.026	
12:0....g	0.010		1		1		0.033	0.013	
13:0....g									
14:0....g	0.050		1		1		0.163	0.065	
15:0....g									
16:0....g	0.700		1		1		2.282	0.910	
17:0....g									
18:0....g	0.280		1		1		0.913	0.364	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.620		0		1		5.281	2.106	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		1		1		0.228	0.091	
17:1....g									
18:1 undifferentiated....g	1.520		1		1		4.955	1.976	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.360		0		1		4.434	1.768	
18:2 undifferentiated....g	1.020		1		1		3.325	1.326	
18:3 undifferentiated....g	0.330		1		1		1.076	0.429	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		7	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.062		0		1		0.202	0.081	
Threonine....g	0.243		0		1		0.792	0.316	
Isoleucine....g	0.287		0		1		0.936	0.373	
Leucine....g	0.484		0		1		1.578	0.629	
Lysine....g	0.400		0		1		1.304	0.520	
Methionine....g	0.074		0		1		0.241	0.096	
Cystine....g	0.065		0		1		0.212	0.085	
Phenylalanine....g	0.328		0		1		1.069	0.426	
Tyrosine....g	0.176		0		1		0.574	0.229	
Valine....g	0.323		0		1		1.053	0.420	
Arginine....g	0.308		0		1		1.004	0.400	
Histidine....g	0.153		0		1		0.499	0.199	
Alanine....g	0.293		0		1		0.955	0.381	
Aspartic acid....g	0.658		0		1		2.145	0.855	
Glutamic acid....g	1.083		0		1		3.531	1.408	
Glycine....g	0.284		0		1		0.926	0.369	
Proline....g	0.265		0		1		0.864	0.345	
Serine....g	0.290		0		1		0.945	0.377	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06004
Soup, bean with pork, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 326g: 1 can 11.5 oz

Measure 2 = 130g: .5 cup

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06404

Soup, bean with pork, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.35		0	RPI	6		227.03	28.42	
Energy....kcal	63		0	RPI	6		168	21	
Energy....kJ	264		0	RPI	6		703	88	
Protein (N x 6.25)....g	2.88		0	RPI	6		7.66	0.96	
Total lipid (fat)....g	2.16		0	RPI	6		5.75	0.72	
Ash....g	1.31		0	RPI	6		3.48	0.44	
Carbohydrate, by difference....g	8.31		0	RPI	6		22.09	2.77	
Fiber, total dietary....g	2.9		0	RPI	6		7.7	1.0	
Sugars, total....g	1.47		0	RPI	6		3.91	0.49	
Starch....g									
Minerals:									
Calcium, Ca....mg	31		0	RPA	1		82	10	
Iron, Fe....mg	0.75		0	RPA	1		1.99	0.25	
Magnesium, Mg....mg	17		0	RPA	1		44	6	
Phosphorus, P....mg	48		0	RPA	1		128	16	
Potassium, K....mg	147		0	RPA	1		391	49	
Sodium, Na....mg	349		0	RPA	1		928	116	
Zinc, Zn....mg	0.38		0	RPA	1		1.01	0.13	
Copper, Cu....mg	0.152		0	RPA	1		0.404	0.051	
Manganese, Mn....mg	0.245		0	RPA	1		0.651	0.082	
Selenium, Se....µg	3.1		0	RPI	6		8.3	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	RPI	6		1.6	0.2	
Thiamin....mg	0.032		0	RPI	6		0.085	0.011	
Riboflavin....mg	0.012		0	RPI	6		0.033	0.004	
Niacin....mg	0.206		0	RPI	6		0.548	0.069	
Pantothenic acid....mg	0.034		0	RPI	6		0.091	0.011	
Vitamin B-6....mg	0.015		0	RPI	6		0.040	0.005	
Folate, total....µg	12		0	RPI	6		31	4	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	12		0	RPI	6		31	4	
Folate, DFE....mcg_DFE	12		0	NC	4		31	4	
Choline, total....mg	13.1		0	RPI	6		34.8	4.4	
Betaine....mg									
Vitamin B-12....µg	0.01		0	RPI	6		0.04	0.00	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	17		0	RPI	6		44	6	
Retinol....µg	1		0	RPI	6		1	0	
Carotene, beta....µg	164		0	RPI	6		437	55	
Carotene, alpha....µg	58		0	RPI	6		153	19	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	324		0	RPI	6		862	108	
Lycopene....µg	2910		0	RPI	6		7742	969	
Lutein + zeaxanthin....µg	4		0	RPI	6		12	1	
Vitamin E (alpha-tocopherol)....mg	0.43		0	RPI	6		1.13	0.14	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.2		0	RPI	6		3.1	0.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06404

Soup, bean with pork, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.558		0	RPI	6		1.484	0.186	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.010		0	RPI	6		0.026	0.003	
12:0....g	0.005		0	RPI	6		0.013	0.002	
13:0....g									
14:0....g	0.024		0	RPI	6		0.065	0.008	
15:0....g									
16:0....g	0.343		0	RPI	6		0.911	0.114	
17:0....g									
18:0....g	0.137		0	RPI	6		0.365	0.046	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.793		0	RPI	6		2.109	0.264	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.034		0	RPI	6		0.091	0.011	
17:1....g									
18:1 undifferentiated....g	0.744		0	RPI	6		1.979	0.248	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.666		0	RPI	6		1.771	0.222	
18:2 undifferentiated....g	0.499		0	RPI	6		1.328	0.166	
18:3 undifferentiated....g	0.162		0	RPI	6		0.430	0.054	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0	RPI	6		3	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 266g: 1 serving 1 cup

Measure 2 = 33.3g: 1 fl oz

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06978

Soup, beef and mushroom, low sodium, chunk style

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	83.30		0		4		209.08		
Energy ... kcal	69		1		1		173		
Energy ... kJ	289		1		1		725		
Protein ... g	4.30		1		1		10.79		
Total lipid (fat) ... g	2.30		1		1		5.77		
Ash ... g	0.52		0	NR	4		1.30		
Carbohydrate, by difference ... g	9.58		0	NR	4		24.05		
Fiber, total dietary ... g	0.2		0		4		0.5		
Sugars, total ... g	0.84		0	FLA	4		2.11		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	13		1		1		33		
Iron, Fe ... mg	0.97		0		4		2.43		
Magnesium, Mg ... mg	2		0		4		5		
Phosphorus, P ... mg	50		0		4		126		
Potassium, K ... mg	140		0		4		351		
Sodium, Na ... mg	25		1		1		63		
Zinc, Zn ... mg	1.10		0		4		2.76		
Copper, Cu ... mg	0.100		0		4		0.251		
Manganese, Mn ... mg									
Selenium, Se ... µg	2.2		0	BFZN	4		5.5		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	3.0		1		1		7.5		
Thiamin ... mg	0.040		1		1		0.100		
Riboflavin ... mg	0.110		1		1		0.276		
Niacin ... mg	1.130		0		4		2.836		
Pantothenic acid ... mg									
Vitamin B-6 ... mg	0.060		0		4		0.151		
Folate, total ... µg	5		0	FLA	4		11		
Folic acid ... µg	0		0	FLA	4		0		
Folate, food ... µg	5		0	FLA	4		11		
Folate, DFE ... mcg_DFE	5		0	NC	4		11		
Choline, total ... mg	9.7		0	O	4		24.3		
Betaine ... mg									
Vitamin B-12 ... µg	0.26		0		4		0.65		
Vitamin B-12, added ... µg	0.00		0	Z	7		0.00		
Vitamin A, RAE ... mcg_RAE	98		0	FLA	4		247		
Retinol ... µg	0		0	FLA	4		0		
Carotene, beta ... µg	961		0	FLA	4		2412		
Carotene, alpha ... µg	438		0	FLA	4		1100		
Cryptoxanthin, beta ... µg	0		0	FLA	4		0		
Vitamin A, IU ... IU	1967		0	FLA	4		4937		
Lycopene ... µg	722		0	FLA	4		1811		
Lutein + zeaxanthin ... µg	47		0	FLA	4		118		
Vitamin E (alpha-tocopherol) ... mg	0.22		0	FLA	4		0.56		
Vitamin E, added ... mg	0.00		0	Z	7		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	3.5		0	FLA	4		8.7		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 06978

Soup, beef and mushroom, low sodium, chunk style

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.621		0		4		4.069		
4:0....g	0.000		0		4		0.000		
6:0....g	0.009		0		4		0.023		
8:0....g	0.116		0		4		0.291		
10:0....g	0.094		0		4		0.236		
12:0....g	0.692		0		4		1.737		
13:0....g									
14:0....g	0.281		0		4		0.705		
15:0....g									
16:0....g	0.295		0		4		0.740		
17:0....g									
18:0....g	0.132		0		4		0.331		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.394		0		4		0.989		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.025		0		4		0.063		
17:1....g									
18:1 undifferentiated....g	0.367		0		4		0.921		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.068		0		4		0.171		
18:2 undifferentiated....g	0.062		0		4		0.156		
18:3 undifferentiated....g	0.004		0		4		0.010		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		4		0.005		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	6		0		4		15		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06749

Soup, beef and vegetables, canned, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.43	0.219	10	A	1		466.94	221.09	
Energy	kcal	47		0	NC	4		246	117	
Energy	kJ	195		0	NC	4		1030	488	
Protein (N x 6.25)	g	3.20	0.070	10	A	1		16.90	8.00	
Total lipid (fat)	g	1.08	0.064	10	A	1		5.68	2.69	
Ash	g	1.24	0.030	10	A	1		6.53	3.09	
Carbohydrate, by difference	g	6.05		0	NR	4		31.94	15.13	
Fiber, total dietary	g	1.1	0.082	6	A	1		5.8	2.7	
Sugars, total	g	1.37	0.102	6	A	1		7.24	3.43	
Sucrose	g	0.75	0.113	6	A	1		3.96	1.87	
Glucose (dextrose)	g	0.28	0.023	6	A	1		1.49	0.71	
Fructose	g	0.34	0.008	6	A	1		1.79	0.85	
Lactose	g	0.00	0.000	6	A	1		0.00	0.00	
Maltose	g	0.00	0.000	6	A	1		0.00	0.00	
Galactose	g	0.00	0.000	6	A	1		0.00	0.00	
Starch	g	3.32	0.197	4	A	1		17.56	8.31	
Minerals:										
Calcium, Ca	mg	18	0.675	10	A	1		94	44	
Iron, Fe	mg	0.48	0.041	10	A	1		2.51	1.19	
Magnesium, Mg	mg	9	0.310	10	A	1		49	23	
Phosphorus, P	mg	47	1.161	10	A	1		247	117	
Potassium, K	mg	187	8.653	10	A	1		989	468	
Sodium, Na	mg	301	15.826	10	A	1		1590	753	
Zinc, Zn	mg	0.52	0.029	10	A	1		2.72	1.29	
Copper, Cu	mg	0.026	0.001	10	A	1		0.137	0.065	
Manganese, Mn	mg	0.063	0.003	10	A	1		0.333	0.157	
Selenium, Se	µg	3.0	0.022	6	A	1		15.6	7.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.015	0.000	10	A	1		0.078	0.037	
Riboflavin	mg	0.015	0.001	10	A	1		0.081	0.038	
Niacin	mg	0.948	0.039	10	A	1		5.005	2.370	
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg	10.5		0	AS	1		55.6	26.3	
Betaine	mg	1.0		2	A	1		5.5	2.6	
Vitamin B-12	µg									
Vitamin A, RAE	mcg_RAE									
Vitamin A, IU	IU	1903		0	AS	1		10048	4758	
Lycopene	µg	559		2	A	1		2949	1396	
Lutein + zeaxanthin	µg	95		2	A	1		504	239	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									

NDB No. 06749
Soup, beef and vegetables, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	10		1	A	1		53	25	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 528g: 1 can

Measure 2 = 250g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27045

Soup, beef and vegetables, reduced sodium, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	89.75	0.171	9	A	1		219.89	471.20	
Energy ... kcal	42		0	NC	4		102	218	
Energy ... kJ	174		0	NC	4		426	914	
Protein ... g	3.26	0.134	9	A	1		7.98	17.10	
Total lipid (fat) ... g	0.95	0.031	9	A	1		2.32	4.97	
Ash ... g	1.05	0.058	9	A	1		2.58	5.53	
Carbohydrate, by difference ... g	4.99		0	NC	4		12.23	26.20	
Fiber, total dietary ... g	0.8	0.029	4	A	1		2.1	4.5	
Sugars, total ... g	1.22	0.093	4	A	1		2.99	6.42	
Sucrose ... g	0.93	0.118	4	A	1		2.28	4.88	
Glucose (dextrose) ... g	0.05	0.046	4	A	1		0.11	0.24	
Fructose ... g	0.25	0.021	4	A	1		0.60	1.29	
Lactose ... g	0.00	0.000	4	A	1		0.00	0.00	
Maltose ... g	0.00	0.000	4	A	1		0.00	0.00	
Galactose ... g	0.00	0.000	4	A	1		0.00	0.00	
Starch ... g	3.00	0.126	5	A	1		7.35	15.75	
Minerals:									
Calcium, Ca ... mg	17	0.571	9	A	1		41	87	
Iron, Fe ... mg	0.45	0.040	9	A	1		1.09	2.34	
Magnesium, Mg ... mg	9	0.343	9	A	1		22	48	
Phosphorus, P ... mg	43	1.205	9	A	1		106	227	
Potassium, K ... mg	277	27.989	9	A	1		678	1454	
Sodium, Na ... mg	175	3.195	9	A	1		428	918	
Zinc, Zn ... mg	0.41	0.013	9	A	1		1.01	2.16	
Copper, Cu ... mg	0.026	0.001	9	A	1		0.063	0.136	
Manganese, Mn ... mg	0.048	0.001	9	A	1		0.118	0.253	
Selenium, Se ... µg	3.0	0.000	4	A	1		7.4	15.8	
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.015	0.000	9	A	1		0.036	0.077	
Riboflavin ... mg	0.015	0.001	9	A	1		0.038	0.080	
Niacin ... mg	0.907	0.057	9	A	1		2.221	4.760	
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27045

Soup, beef and vegetables, reduced sodium, canned, ready-to-serve

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 525g: 1 can

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06032

Soup, beef broth bouillon and consomme, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	94.76		0	FLA	4		117.50	293.76	
Energy....kcal	13		0	NC	4		17	42	
Energy....kJ	56		0	NC	4		70	174	
Protein (N x 6.25)....g	2.52		1	LC	8		3.12	7.81	
Total lipid (fat)....g	0.00	0.000	10		1		0.00	0.00	
Ash....g	2.14		0	FLA	4		2.66	6.65	
Carbohydrate, by difference....g	0.84		1	LC	8		1.04	2.60	
Fiber, total dietary....g	0.0		1	LC	8		0.0	0.0	
Sugars, total....g	0.00		1	LC	8		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.458	10		1		9	22	
Iron, Fe....mg	0.43	0.050	10		1		0.53	1.33	
Magnesium, Mg....mg	4		0	FLA	4		5	13	
Phosphorus, P....mg	26		1		1		32	81	
Potassium, K....mg	125		1		1		155	388	
Sodium, Na....mg	653		0	LC	8		810	2024	
Zinc, Zn....mg	0.01		0	FLA	4		0.01	0.02	
Copper, Cu....mg	0.002		0	FLA	4		0.002	0.006	
Manganese, Mn....mg	0.019		0	FLA	4		0.024	0.060	
Selenium, Se....µg	1.4		0	FLA	4		1.7	4.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.167	9		1		0.9	2.2	
Thiamin....mg	0.017	0.001	10		1		0.021	0.053	
Riboflavin....mg	0.023	0.001	10		1		0.029	0.071	
Niacin....mg	0.580	0.051	10		1		0.719	1.798	
Pantothenic acid....mg	0.039		0	FLA	4		0.048	0.120	
Vitamin B-6....mg	0.020		1		1		0.025	0.062	
Folate, total....µg	5		0	FLA	4		6	16	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	5		0	FLA	4		6	15	
Folate, DFE....mcg_DFE	5		0	NC	4		6	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.14		0	FLA	4		0.17	0.42	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	FLA	4		0	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLA	4		0.01	0.03	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06032

Soup, beef broth bouillon and consomme, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLA	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLA	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: .5 cup

Measure 2 = 310g: 1 can (10.5 oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06008
Soup, beef broth or bouillon canned, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	97.55	0.064	10		1		234.12	424.34	936.48
Energy	kcal	7		0	NC	4		17	30	67
Energy	kJ	29		0		4		70	127	281
Protein (N x 6.25)	g	1.14	0.016	10		1		2.74	4.96	10.94
Total lipid (fat)	g	0.22	0.059	10		1		0.53	0.96	2.11
Ash	g	1.05	0.017	10		1		2.52	4.57	10.08
Carbohydrate, by difference	g	0.04		0	NC	4		0.10	0.17	0.38
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g	0.00		0	FLA	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.327	10		1		14	26	58
Iron, Fe	mg	0.17	0.015	10		1		0.41	0.74	1.63
Magnesium, Mg	mg	2		0		4		5	9	19
Phosphorus, P	mg	13		1		1		31	57	125
Potassium, K	mg	54		1		4		130	235	518
Sodium, Na	mg	372		3	LC	8		893	1618	3571
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.010		0		4		0.024	0.044	0.096
Selenium, Se	µg	0.7	0.257	12	A	1		1.7	3.0	6.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	10		1		0.0	0.0	0.0
Thiamin	mg	0.002	0.001	10		1		0.005	0.009	0.019
Riboflavin	mg	0.021	0.000	10		1		0.050	0.091	0.202
Niacin	mg	0.780	0.020	10		1		1.872	3.393	7.488
Pantothenic acid	mg	0.020		0		4		0.048	0.087	0.192
Vitamin B-6	mg	0.010		0		4		0.024	0.044	0.096
Folate, total	µg	2		0		4		5	9	19
Folic acid	µg	0		0	Z	7		0	0	0
Folate, food	µg	2		0		4		5	9	19
Folate, DFE	mcg_DFE	2		0	NC	4		5	9	19
Choline, total	mg	2.9		0	BFSN	4		6.9	12.5	27.6
Betaine	mg									
Vitamin B-12	µg	0.07		0		4		0.17	0.30	0.67
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	0
Retinol	µg	0		0	FLA	4		0	0	0
Carotene, beta	µg	0		0	FLA	4		0	0	0
Carotene, alpha	µg	0		0	FLA	4		0	0	0
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	0
Vitamin A, IU	IU	0		0	FLA	4		0	0	0
Lycopene	µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin	µg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.01	0.02	0.04
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.0	0.0	0.0
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06008

Soup, beef broth or bouillon canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.110		0		1		0.264	0.479	1.056
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.010		0		1		0.024	0.044	0.096
15:0....g									
16:0....g	0.060		0		1		0.144	0.261	0.576
17:0....g									
18:0....g	0.040		0		1		0.096	0.174	0.384
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.090		0		1		0.216	0.392	0.864
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.024	0.044	0.096
17:1....g									
18:1 undifferentiated....g	0.080		0		1		0.192	0.348	0.768
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.010		0		1		0.024	0.044	0.096
18:2 undifferentiated....g	0.010		0		1		0.024	0.044	0.096
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	FLA	4		0	0	0
Theobromine....mg	0		0	FLA	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 435g: 1 can 14.5 oz

Measure 3 = 960g: 1 container 32 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06075
Soup, beef broth or bouillon, powder, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.27		3		1		0.12	0.20	
Energy	kcal	213		0	NC	4		8	13	
Energy	kJ	893		0	NC	4		32	54	
Protein (N x 6.25)	g	15.97		3		1		0.57	0.96	
Total lipid (fat)	g	8.89		3		1		0.32	0.53	
Ash	g	54.50		0	NR	4		1.96	3.27	
Carbohydrate, by difference	g	17.40		0	NR	4		0.63	1.04	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	16.71		0	FLA	4		0.60	1.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	60		1		1		2	4	
Iron, Fe	mg	1.00		0		1		0.04	0.06	
Magnesium, Mg	mg	51		2		1		2	3	
Phosphorus, P	mg	320		2		1		12	19	
Potassium, K	mg	446		2		1		16	27	
Sodium, Na	mg	26000		1	LC	8		936	1560	
Zinc, Zn	mg	0.00		0		1		0.00	0.00	
Copper, Cu	mg	0.000		0		1		0.000	0.000	
Manganese, Mn	mg	0.459		3		1		0.017	0.028	
Selenium, Se	µg	27.6		0	BFSN	4		1.0	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.070		1		1		0.003	0.004	
Riboflavin	mg	0.243		2		1		0.009	0.015	
Niacin	mg	4.467		2		1		0.161	0.268	
Pantothenic acid	mg	0.300		0		1		0.011	0.018	
Vitamin B-6	mg	0.200		0		1		0.007	0.012	
Folate, total	µg	32		0		1		1	2	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	32		0		1		1	2	
Folate, DFE	mcg_DFE	32		0	NC	4		1	2	
Choline, total	mg	113.4		0	O	4		4.1	6.8	
Betaine	mg									
Vitamin B-12	µg	1.00		0		1		0.04	0.06	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	0		0	FLA	4		0	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	2.17		0	FLA	4		0.08	0.13	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	3.2		0	FLA	4		0.1	0.2	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06075
Soup, beef broth or bouillon, powder, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.320		0		1		0.156	0.259	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.080		0		1		0.003	0.005	
13:0....g									
14:0....g	0.332		0		1		0.012	0.020	
15:0....g									
16:0....g	2.220		0		1		0.080	0.133	
17:0....g									
18:0....g	1.688		0		1		0.061	0.101	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.616		0		1		0.130	0.217	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.372		0		1		0.013	0.022	
17:1....g									
18:1 undifferentiated....g	3.215		0		1		0.116	0.193	
20:1....g	0.030		0		1		0.001	0.002	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.332		0		1		0.012	0.020	
18:2 undifferentiated....g	0.281		0		1		0.010	0.017	
18:3 undifferentiated....g	0.050		0		1		0.002	0.003	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	10		0		1		0	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.6g: 1 cube

Measure 2 = 6.0g: 1 packet

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06475

Soup, beef broth or bouillon, powder, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	98.69		0	RPI	6		236.86	29.51	
Energy....kcal	3		0	RPI	6		6	1	
Energy....kJ	11		0	RPI	6		26	3	
Protein (N x 6.25)....g	0.21		0	RPI	6		0.50	0.06	
Total lipid (fat)....g	0.08		0	RPI	6		0.19	0.02	
Ash....g	0.77		0	RPI	6		1.85	0.23	
Carbohydrate, by difference....g	0.25		0	RPI	6		0.60	0.07	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	0.20		0	RPI	6		0.47	0.06	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	RPI	6		9	1	
Iron, Fe....mg	0.02		0	RPA	1		0.05	0.01	
Magnesium, Mg....mg	2		0	RPA	1		4	0	
Phosphorus, P....mg	3		0	RPA	1		8	1	
Potassium, K....mg	6		0	RPA	1		14	2	
Sodium, Na....mg	382		0	NR	4		917	114	
Zinc, Zn....mg	0.01		0	RPA	1		0.02	0.00	
Copper, Cu....mg	0.010		0	RPI	6		0.023	0.003	
Manganese, Mn....mg	0.006		0	RPA	1		0.013	0.002	
Selenium, Se....µg	0.3		0	RPI	6		0.8	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin....mg	0.002		0	RPI	6		0.004	0.001	
Riboflavin....mg	0.003		0	RPI	6		0.007	0.001	
Niacin....mg	0.049		0	RPI	6		0.117	0.015	
Pantothenic acid....mg	0.004		0	RPI	6		0.009	0.001	
Vitamin B-6....mg	0.003		0	RPI	6		0.006	0.001	
Folate, total....µg	0		0	RPI	6		1	0	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	0		0	RPI	6		1	0	
Folate, DFE....mcg_DFE	0		0	NC	4		1	0	
Choline, total....mg	1.4		0	RPI	6		3.4	0.4	
Betaine....mg									
Vitamin B-12....µg	0.01		0	RPI	6		0.03	0.00	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....µg	0		0	RPI	6		0	0	
Carotene, beta....µg	0		0	RPI	6		0	0	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	RPI	6		0.03	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06475

Soup, beef broth or bouillon, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.040		0	RPI	6		0.095	0.012	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.001		0	RPI	6		0.002	0.000	
13:0....g									
14:0....g	0.003		0	RPI	6		0.007	0.001	
15:0....g									
16:0....g	0.020		0	RPI	6		0.048	0.006	
17:0....g									
18:0....g	0.015		0	RPI	6		0.037	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.033		0	RPI	6		0.079	0.010	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	RPI	6		0.008	0.001	
17:1....g									
18:1 undifferentiated....g	0.029		0	RPI	6		0.070	0.009	
20:1....g	0.000		0	RPI	6		0.001	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.003		0	RPI	6		0.007	0.001	
18:2 undifferentiated....g	0.003		0	RPI	6		0.006	0.001	
18:3 undifferentiated....g	0.000		0	RPI	6		0.001	0.000	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 serving 1 cup

Measure 2 = 29.9g: 1 fl oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06432

Soup, beef broth, bouillon, consomme, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	96.24		0		1		231.94	563.97	
Energy....kcal	12		0	NC	4		29	70	
Energy....kJ	50		0		4		121	294	
Protein (N x 6.25)....g	2.22		0		1		5.35	13.01	
Total lipid (fat)....g	0.00		0		1		0.00	0.00	
Ash....g	0.81		0		1		1.95	4.75	
Carbohydrate, by difference....g	0.73		0	NC	4		1.76	4.28	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		1		10	23	
Iron, Fe....mg	0.22		0		1		0.53	1.29	
Magnesium, Mg....mg	0		0		1		0	0	
Phosphorus, P....mg	13		0		1		31	76	
Potassium, K....mg	64		0		1		154	375	
Sodium, Na....mg	264		0		1		636	1547	
Zinc, Zn....mg	0.15		0		1		0.37	0.89	
Copper, Cu....mg	0.102		0		1		0.246	0.598	
Manganese, Mn....mg	0.152		0		1		0.366	0.891	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		1.0	2.3	
Thiamin....mg	0.009		0		1		0.022	0.053	
Riboflavin....mg	0.012		0		1		0.029	0.070	
Niacin....mg	0.295		0		1		0.711	1.729	
Pantothenic acid....mg	0.020		0		4		0.048	0.117	
Vitamin B-6....mg	0.010		0		1		0.024	0.059	
Folate, total....µg	1		0		1		3	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		3	7	
Folate, DFE....mcg_DFE	1		0	NC	4		3	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		1		0.000	0.000	
4:0....g									

NDB No. 06432

Soup, beef broth, bouillon, consomme, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.000		0		1		0.000	0.000	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		1		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.000		0		1		0.000	0.000	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06076
Soup, beef broth, cubed, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.30		1		1		0.12		
Energy	kcal	170		0	NC	4		6		
Energy	kJ	711		0		4		26		
Protein (N x 6.25)	g	17.30		1		1		0.62		
Total lipid (fat)	g	4.00		1		1		0.14		
Ash	g	59.30		1		1		2.13		
Carbohydrate, by difference	g	16.10		0	NC	4		0.58		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	14.51		0	FLA	4		0.52		
Starch	g									
Minerals:										
Calcium, Ca	mg	60		0		4		2		
Iron, Fe	mg	2.23		1		1		0.08		
Magnesium, Mg	mg	50		2		1		2		
Phosphorus, P	mg	225		1		1		8		
Potassium, K	mg	403		1		1		15		
Sodium, Na	mg	24000		1		1		864		
Zinc, Zn	mg	0.21		1		1		0.01		
Copper, Cu	mg	0.000		0		4		0.000		
Manganese, Mn	mg	0.386		1		1		0.014		
Selenium, Se	µg	27.6		0	BFSN	4		1.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.200		1		1		0.007		
Riboflavin	mg	0.240		1		1		0.009		
Niacin	mg	3.300		1		1		0.119		
Pantothenic acid	mg	0.300		0		4		0.011		
Vitamin B-6	mg	0.200		0		4		0.007		
Folate, total	µg	32		0		4		1		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	32		0		4		1		
Folate, DFE	mcg_DFE	32		0	NC	4		1		
Choline, total	mg	113.4		0	O	4		4.1		
Betaine	mg									
Vitamin B-12	µg	1.00		0		4		0.04		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	0		0	FLA	4		0		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	1		0	FLA	4		0		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06076
Soup, beef broth, cubed, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.990		0		1		0.072		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.040		0		1		0.001		
13:0....g									
14:0....g	0.150		0		1		0.005		
15:0....g									
16:0....g	1.000		0		1		0.036		
17:0....g									
18:0....g	0.760		0		1		0.027		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.670		0		1		0.060		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.170		0		1		0.006		
17:1....g									
18:1 undifferentiated....g	1.440		0		1		0.052		
20:1....g	0.010		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.160		0		1		0.006		
18:2 undifferentiated....g	0.120		0		1		0.004		
18:3 undifferentiated....g	0.020		0		1		0.001		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.6g: 1 cube

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06476
Soup, beef broth, cubed, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	98.69		0	RPI	6		236.86	29.51	
Energy....kcal	3		0	RPI	6		6	1	
Energy....kJ	11		0	RPI	6		26	3	
Protein (N x 6.25)....g	0.21		0	RPI	6		0.50	0.06	
Total lipid (fat)....g	0.08		0	RPI	6		0.19	0.02	
Ash....g	0.77		0	RPI	6		1.85	0.23	
Carbohydrate, by difference....g	0.25		0	RPI	6		0.60	0.07	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	0.20		0	RPI	6		0.47	0.06	
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0	RPI	6		9	1	
Iron, Fe....mg	0.02		0	RPA	1		0.05	0.01	
Magnesium, Mg....mg	2		0	RPA	1		4	0	
Phosphorus, P....mg	3		0	RPA	1		8	1	
Potassium, K....mg	6		0	RPA	1		14	2	
Sodium, Na....mg	260		0	RPA	1		625	78	
Zinc, Zn....mg	0.01		0	RPA	1		0.02	0.00	
Copper, Cu....mg	0.010		0	RPI	6		0.023	0.003	
Manganese, Mn....mg	0.006		0	RPA	1		0.013	0.002	
Selenium, Se....µg	0.3		0	RPI	6		0.8	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin....mg	0.002		0	RPI	6		0.004	0.001	
Riboflavin....mg	0.003		0	RPI	6		0.007	0.001	
Niacin....mg	0.049		0	RPI	6		0.117	0.015	
Pantothenic acid....mg	0.004		0	RPI	6		0.009	0.001	
Vitamin B-6....mg	0.003		0	RPI	6		0.006	0.001	
Folate, total....µg	0		0	RPI	6		1	0	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	0		0	RPI	6		1	0	
Folate, DFE....mcg_DFE	0		0	NC	4		1	0	
Choline, total....mg	1.4		0	RPI	6		3.4	0.4	
Betaine....mg									
Vitamin B-12....µg	0.01		0	RPI	6		0.03	0.00	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....µg	0		0	RPI	6		0	0	
Carotene, beta....µg	0		0	RPI	6		0	0	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	RPI	6		0.03	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06476
Soup, beef broth, cubed, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.040		0	RPI	6		0.095	0.012	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.001		0	RPI	6		0.002	0.000	
13:0....g									
14:0....g	0.003		0	RPI	6		0.007	0.001	
15:0....g									
16:0....g	0.020		0	RPI	6		0.048	0.006	
17:0....g									
18:0....g	0.015		0	RPI	6		0.037	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.033		0	RPI	6		0.079	0.010	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	RPI	6		0.008	0.001	
17:1....g									
18:1 undifferentiated....g	0.029		0	RPI	6		0.070	0.009	
20:1....g	0.000		0	RPI	6		0.001	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.003		0	RPI	6		0.007	0.001	
18:2 undifferentiated....g	0.003		0	RPI	6		0.006	0.001	
18:3 undifferentiated....g	0.000		0	RPI	6		0.001	0.000	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 serving 1 cup

Measure 2 = 29.9g: 1 fl oz

Calories Factors: Protein 4 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06147
Soup, beef mushroom, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.50		0		4		107.73	260.78	
Energy....kcal	61		0		4		77	186	
Energy....kJ	255		0		4		322	778	
Protein (N x 6.25)....g	4.60	0.069	5		1		5.80	14.03	
Total lipid (fat)....g	2.40	0.114	5		1		3.02	7.32	
Ash....g	2.30		0		4		2.90	7.02	
Carbohydrate, by difference....g	5.20		0		4		6.55	15.86	
Fiber, total dietary....g	0.2		0	BFSY	4		0.3	0.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	4	0.220	5		1		5	12	
Iron, Fe....mg	0.70	0.068	5		1		0.88	2.14	
Magnesium, Mg....mg	7		0		4		9	21	
Phosphorus, P....mg	29		0		4		37	88	
Potassium, K....mg	126		0		4		159	384	
Sodium, Na....mg	709		0	LC	8		893	2162	
Zinc, Zn....mg	1.10		0		4		1.39	3.36	
Copper, Cu....mg	0.200		0		4		0.252	0.610	
Manganese, Mn....mg	0.300		0		4		0.378	0.915	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	5		1		0.0	0.0	
Thiamin....mg	0.020	0.004	5		1		0.025	0.061	
Riboflavin....mg	0.060	0.002	5		1		0.076	0.183	
Niacin....mg	0.900	0.040	5		1		1.134	2.745	
Pantothenic acid....mg	0.190		0		4		0.239	0.580	
Vitamin B-6....mg	0.040		0		4		0.050	0.122	
Folate, total....µg	7		0		4		9	21	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7		0		4		9	21	
Folate, DFE....mcg_DFE	7		0	NC	4		9	21	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.16		0		4		0.20	0.49	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0	0.000	5		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.200		0		1		1.512	3.660	
4:0....g									

NDB No. 06147
Soup, beef mushroom, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.020		0		1		0.025	0.061	
13:0....g									
14:0....g	0.090		0		1		0.113	0.275	
15:0....g									
16:0....g	0.600		0		1		0.756	1.830	
17:0....g									
18:0....g	0.450		0		1		0.567	1.373	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.000		0		1		1.260	3.050	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		0		1		0.126	0.305	
17:1....g									
18:1 undifferentiated....g	0.860		0		1		1.084	2.623	
20:1....g	0.010		0		1		0.013	0.031	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.100		0		1		0.126	0.305	
18:2 undifferentiated....g	0.070		0		1		0.088	0.214	
18:3 undifferentiated....g	0.010		0		1		0.013	0.031	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	5		0		1		6	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup (4 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06547

Soup, beef mushroom, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.60		0		4		225.94	549.12	
Energy....kcal	30		0		4		73	178	
Energy....kJ	126		0		4		306	744	
Protein (N x 6.25)....g	2.37		0		1		5.78	14.05	
Total lipid (fat)....g	1.23		0		1		3.00	7.29	
Ash....g	1.20		0		4		2.93	7.12	
Carbohydrate, by difference....g	2.60		0		4		6.34	15.42	
Fiber, total dietary....g	0.1		0		4		0.2	0.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	2		0		1		5	12	
Iron, Fe....mg	0.36		0		1		0.88	2.13	
Magnesium, Mg....mg	4		0		4		10	24	
Phosphorus, P....mg	14		0		4		34	83	
Potassium, K....mg	63		0		4		154	374	
Sodium, Na....mg	386		0		4		942	2289	
Zinc, Zn....mg	0.60		0		4		1.46	3.56	
Copper, Cu....mg	0.100		0		4		0.244	0.593	
Manganese, Mn....mg	0.200		0		4		0.488	1.186	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9		0		1		4.6	11.3	
Thiamin....mg	0.016		0		1		0.039	0.095	
Riboflavin....mg	0.023		0		1		0.056	0.136	
Niacin....mg	0.391		0		1		0.954	2.319	
Pantothenic acid....mg	0.090		0		4		0.220	0.534	
Vitamin B-6....mg	0.020		0		4		0.049	0.119	
Folate, total....µg	4		0		4		10	24	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		10	24	
Folate, DFE....mcg_DFE	4		0	NC	4		10	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.08		0		4		0.20	0.47	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		0		1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.610		0		1		1.488	3.617	
4:0....g									

NDB No. 06547

Soup, beef mushroom, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010		0		1		0.024	0.059	
13:0....g									
14:0....g	0.050		0		1		0.122	0.297	
15:0....g									
16:0....g	0.310		0		1		0.756	1.838	
17:0....g									
18:0....g	0.230		0		1		0.561	1.364	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.510		0		1		1.244	3.024	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050		0		1		0.122	0.297	
17:1....g									
18:1 undifferentiated....g	0.440		0		1		1.074	2.609	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.050		0		1		0.122	0.297	
18:2 undifferentiated....g	0.040		0		1		0.098	0.237	
18:3 undifferentiated....g	0.010		0		1		0.024	0.059	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		7	18	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06009
Soup, beef noodle, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.42	0.127	31		1		105.53	257.48	
Energy....kcal	67		0	NC	4		84	204	
Energy....kJ	280		0		4		350	855	
Protein (N x 6.25)....g	3.85	0.050	28		1		4.81	11.74	
Total lipid (fat)....g	2.46	0.052	28		1		3.08	7.50	
Ash....g	2.12	0.063	28		1		2.65	6.47	
Carbohydrate, by difference....g	7.16		0	NC	4		8.95	21.84	
Fiber, total dietary....g	0.6		0		4		0.8	1.8	
Sugars, total....g	2.06		0	FLA	4		2.58	6.29	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.560	28		1		15	37	
Iron, Fe....mg	0.88	0.039	28		1		1.10	2.68	
Magnesium, Mg....mg	5		2		1		6	15	
Phosphorus, P....mg	37		2		1		46	113	
Potassium, K....mg	79		2		1		99	241	
Sodium, Na....mg	653		0	LC	8		816	1992	
Zinc, Zn....mg	1.23		6		1		1.53	3.74	
Copper, Cu....mg	0.110		4		1		0.138	0.336	
Manganese, Mn....mg	0.218		2		1		0.273	0.665	
Selenium, Se....µg	5.9		2	A	1		7.4	18.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.3	0.099	28		1		0.4	0.9	
Thiamin....mg	0.055	0.002	28		1		0.069	0.168	
Riboflavin....mg	0.047	0.001	28		1		0.059	0.143	
Niacin....mg	0.849	0.011	28		1		1.061	2.589	
Pantothenic acid....mg	0.160		0		4		0.200	0.488	
Vitamin B-6....mg	0.030	0.000	4		1		0.038	0.092	
Folate, total....µg	15		0	FLA	4		19	46	
Folic acid....µg	12		0	NC	4		14	35	
Folate, food....µg	4	0.203	3		1		4	11	
Folate, DFE....mcg_DFE	23		0	NC	4		29	70	
Choline, total....mg	14.0		0	O	4		17.5	42.6	
Betaine....mg									
Vitamin B-12....µg	0.16		1		1		0.20	0.49	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	11		0	FLA	4		13	32	
Retinol....µg	1		0	FLA	4		1	2	
Carotene, beta....µg	120		0	FLA	4		150	365	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	202		0	FLA	4		252	615	
Lycopene....µg	8507		0	FLA	4		10633	25945	
Lutein + zeaxanthin....µg	4		0	FLA	4		5	12	
Vitamin E (alpha-tocopherol)....mg	1.00		0	FLA	4		1.25	3.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.6		0	FLA	4		2.0	5.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06009
Soup, beef noodle, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.910		0		1		1.138	2.776	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.050		2		1		0.063	0.153	
15:0....g									
16:0....g	0.500		2		1		0.625	1.525	
17:0....g									
18:0....g	0.310		2		1		0.388	0.946	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.990		0		1		1.238	3.020	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		2		1		0.088	0.214	
17:1....g									
18:1 undifferentiated....g	0.870		2		1		1.088	2.654	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.390		0		1		0.488	1.190	
18:2 undifferentiated....g	0.330		2		1		0.413	1.007	
18:3 undifferentiated....g	0.050		2		1		0.063	0.153	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		5	12	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.037		0		1		0.046	0.113	
Threonine....g	0.123		0		1		0.154	0.375	
Isoleucine....g	0.149		0		1		0.186	0.454	
Leucine....g	0.251		0		1		0.314	0.766	
Lysine....g	0.209		0		1		0.261	0.637	
Methionine....g	0.072		0		1		0.090	0.220	
Cystine....g	0.046		0		1		0.058	0.140	
Phenylalanine....g	0.155		0		1		0.194	0.473	
Tyrosine....g	0.100		0		1		0.125	0.305	
Valine....g	0.166		0		1		0.208	0.506	
Arginine....g	0.158		0		1		0.198	0.482	
Histidine....g	0.089		0		1		0.111	0.271	
Alanine....g	0.177		0		1		0.221	0.540	
Aspartic acid....g	0.282		0		1		0.353	0.860	
Glutamic acid....g	1.063		0		1		1.329	3.242	
Glycine....g	0.180		0		1		0.225	0.549	
Proline....g	0.248		0		1		0.310	0.756	
Serine....g	0.138		0		1		0.173	0.421	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06009
Soup, beef noodle, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 125g: .5 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06409

Soup, beef noodle, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.16		0	RPI	6		224.87	546.51	
Energy	kcal	34		0	RPI	6		82	199	
Energy	kJ	140		0	RPI	6		342	832	
Protein (N x 6.25)	g	1.93		0	RPI	6		4.70	11.42	
Total lipid (fat)	g	1.23		0	RPI	6		3.00	7.29	
Ash	g	1.11		0	RPI	6		2.71	6.58	
Carbohydrate, by difference	g	3.58		0	RPI	6		8.74	21.23	
Fiber, total dietary	g	0.3		0	RPI	6		0.7	1.8	
Sugars, total	g	1.03		0	RPI	6		2.51	6.11	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	RPA	1		18	45	
Iron, Fe	mg	0.44		0	RPA	1		1.08	2.61	
Magnesium, Mg	mg	3		0	RPA	1		7	18	
Phosphorus, P	mg	19		0	RPA	1		45	110	
Potassium, K	mg	40		0	RPA	1		97	236	
Sodium, Na	mg	381		0	RPA	1		931	2262	
Zinc, Zn	mg	0.62		0	RPA	1		1.50	3.65	
Copper, Cu	mg	0.060		0	RPA	1		0.146	0.355	
Manganese, Mn	mg	0.109		0	RPA	1		0.266	0.647	
Selenium, Se	µg	3.0		0	RPI	6		7.2	17.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	RPI	6		0.4	0.9	
Thiamin	mg	0.028		0	RPI	6		0.067	0.163	
Riboflavin	mg	0.024		0	RPI	6		0.057	0.139	
Niacin	mg	0.425		0	RPI	6		1.036	2.517	
Pantothenic acid	mg	0.080		0	RPI	6		0.195	0.474	
Vitamin B-6	mg	0.015		0	RPI	6		0.037	0.089	
Folate, total	µg	8		0	RPI	6		18	44	
Folic acid	µg	6		0	RPI	6		14	34	
Folate, food	µg	2		0	RPI	6		4	10	
Folate, DFE	mcg_DFE	12		0	NC	4		28	68	
Choline, total	mg	7.0		0	RPI	6		17.0	41.4	
Betaine	mg									
Vitamin B-12	µg	0.08		0	RPI	6		0.20	0.47	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	5		0	RPI	6		13	31	
Retinol	µg	0		0	RPI	6		1	2	
Carotene, beta	µg	60		0	RPI	6		146	355	
Carotene, alpha	µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta	µg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	101		0	RPI	6		246	598	
Lycopene	µg	4253		0	RPI	6		10378	25222	
Lutein + zeaxanthin	µg	2		0	RPI	6		5	11	
Vitamin E (alpha-tocopherol)	mg	0.50		0	RPI	6		1.22	2.96	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.8		0	RPI	6		2.0	4.8	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06409

Soup, beef noodle, canned, prepared with equal volume water

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	0.455		0	RPI	6		1.110	2.698	
4:0	g	0.000		0	RPI	6		0.000	0.000	
6:0	g	0.000		0	RPI	6		0.000	0.000	
8:0	g	0.000		0	RPI	6		0.000	0.000	
10:0	g	0.000		0	RPI	6		0.000	0.000	
12:0	g	0.000		0	RPI	6		0.000	0.000	
13:0	g									
14:0	g	0.025		0	RPI	6		0.061	0.148	
15:0	g									
16:0	g	0.250		0	RPI	6		0.610	1.483	
17:0	g									
18:0	g	0.155		0	RPI	6		0.378	0.919	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.495		0	RPI	6		1.208	2.935	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.035		0	RPI	6		0.085	0.208	
17:1	g									
18:1 undifferentiated	g	0.435		0	RPI	6		1.061	2.580	
20:1	g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated	g	0.000		0	RPI	6		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.195		0	RPI	6		0.476	1.156	
18:2 undifferentiated	g	0.165		0	RPI	6		0.403	0.978	
18:3 undifferentiated	g	0.025		0	RPI	6		0.061	0.148	
18:4	g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)	g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)	g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)	g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	2		0	RPI	6		5	12	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	RPI	6		0.0	0.0	
Caffeine	mg	0		0	RPI	6		0	0	
Theobromine	mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06077
Soup, beef noodle, dry, mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.97		6		1		0.46		
Energy	kcal	324		0	NC	4		30		
Energy	kJ	1355		0	NC	4		125		
Protein (N x 6.25)	g	17.93		3		1		1.65		
Total lipid (fat)	g	6.39		3		1		0.59		
Ash	g	22.06		3		1		2.03		
Carbohydrate, by difference	g	48.64		0	NC	4		4.47		
Fiber, total dietary	g	2.7		0		4		0.2		
Sugars, total	g	5.10		0	FLA	4		0.47		
Starch	g									
Minerals:										
Calcium, Ca	mg	48		1		1		4		
Iron, Fe	mg	2.68		2		1		0.25		
Magnesium, Mg	mg	76		2		1		7		
Phosphorus, P	mg	320		2		1		29		
Potassium, K	mg	656		1		1		60		
Sodium, Na	mg	8408		5		1		774		
Zinc, Zn	mg	0.81		1		1		0.07		
Copper, Cu	mg	0.300		0		4		0.028		
Manganese, Mn	mg	0.700		0		4		0.064		
Selenium, Se	µg	36.0		0	BFSN	4		3.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		1		1		0.4		
Thiamin	mg	0.988		1		1		0.091		
Riboflavin	mg	0.494		2		1		0.045		
Niacin	mg	5.574		2		1		0.513		
Pantothenic acid	mg	0.020		0		4		0.002		
Vitamin B-6	mg	0.275		1		1		0.025		
Folate, total	µg	122		0	CASN	4		11		
Folic acid	µg	109		0	NC	4		10		
Folate, food	µg	13	0.757	3		1		1		
Folate, DFE	mcg_DFE	199		0	NC	4		18		
Choline, total	mg	85.2		0	O	4		7.8		
Betaine	mg									
Vitamin B-12	µg	0.02		0		4		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	103		0	FLA	4		10		
Retinol	µg	5		0	FLA	4		0		
Carotene, beta	µg	1026		0	FLA	4		94		
Carotene, alpha	µg	309		0	FLA	4		28		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	1984		0	FLA	4		183		
Lycopene	µg	893		0	FLA	4		82		
Lutein + zeaxanthin	µg	537		0	FLA	4		49		
Vitamin E (alpha-tocopherol)	mg	0.60		0	FLA	4		0.06		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	137.2		0	FLA	4		12.6		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06077
Soup, beef noodle, dry, mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.070		0		1		0.190		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.030		0		1		0.003		
13:0....g									
14:0....g	0.120		0		1		0.011		
15:0....g									
16:0....g	1.110		0		1		0.102		
17:0....g									
18:0....g	0.760		0		1		0.070		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.710		0		1		0.249		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.150		0		1		0.014		
17:1....g									
18:1 undifferentiated....g	2.510		0		1		0.231		
20:1....g	0.010		0		1		0.001		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.330		0		1		0.122		
18:2 undifferentiated....g	1.210		0		1		0.111		
18:3 undifferentiated....g	0.100		0		1		0.009		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	13		0		1		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.2g: 1 packet

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06980

Soup, beef stroganoff, canned, chunky style, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.90		0		4		191.76		
Energy	kcal	98		1		1		235		
Energy	kJ	410		1		1		984		
Protein	g	5.10		1		1		12.24		
Total lipid (fat)	g	4.60		1		1		11.04		
Ash	g	1.40		0	NR	4		3.36		
Carbohydrate, by difference	g	9.00		0	NC	4		21.60		
Fiber, total dietary	g	0.6		0		4		1.4		
Sugars, total	g	1.68		0	FLA	4		4.03		
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1		1		48		
Iron, Fe	mg	0.88		1		1		2.11		
Magnesium, Mg	mg	2		0		4		5		
Phosphorus, P	mg	50		0		4		120		
Potassium, K	mg	140		0		4		336		
Sodium, Na	mg	435		1		1		1044		
Zinc, Zn	mg	1.10		0		4		2.64		
Copper, Cu	mg	0.100		0		4		0.240		
Manganese, Mn	mg									
Selenium, Se	µg	7.6		0	BFSN	4		18.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.040		1		1		0.096		
Riboflavin	mg	0.090		1		1		0.216		
Niacin	mg	0.100		1		1		0.240		
Pantothenic acid	mg									
Vitamin B-6	mg	0.060		0		4		0.144		
Folate, total	µg	67		0	FLA	4		160		
Folic acid	µg	10		0	FLA	4		25		
Folate, food	µg	56		0	FLA	4		135		
Folate, DFE	mcg_DFE	74		0	NC	4		178		
Choline, total	mg	18.0		0	FLA	4		43.3		
Betaine	mg									
Vitamin B-12	µg	0.26		0		4		0.62		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	84		0	FLA	4		201		
Retinol	µg	51		0	FLA	4		123		
Carotene, beta	µg	365		0	FLA	4		875		
Carotene, alpha	µg	49		0	FLA	4		117		
Cryptoxanthin, beta	µg	1		0	FLA	4		3		
Vitamin A, IU	IU	820		0	FLA	4		1968		
Lycopene	µg	14		0	FLA	4		33		
Lutein + zeaxanthin	µg	386		0	FLA	4		927		
Vitamin E (alpha-tocopherol)	mg	0.41		0	FLA	4		0.99		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	102.8		0	FLA	4		246.8		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06980

Soup, beef stroganoff, canned, chunky style, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.324		0		4		5.578		
4:0.....g	0.082		0		4		0.197		
6:0.....g	0.048		0		4		0.115		
8:0.....g	0.028		0		4		0.067		
10:0.....g	0.066		0		4		0.158		
12:0.....g	0.073		0		4		0.175		
13:0.....g									
14:0.....g	0.307		0		4		0.737		
15:0.....g									
16:0.....g	1.123		0		4		2.695		
17:0.....g									
18:0.....g	0.541		0		4		1.298		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.556		0		4		3.734		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.127		0		4		0.305		
17:1.....g									
18:1 undifferentiated.....g	1.388		0		4		3.331		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.246		0		4		0.590		
18:2 undifferentiated.....g	0.193		0		4		0.463		
18:3 undifferentiated.....g	0.047		0		4		0.113		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0		4		0.014		
20:5 n-3 (EPA).....g	0.000		0		4		0.000		
22:5 n-3 (DPA).....g	0.000		0		4		0.000		
22:6 n-3 (DHA).....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0		4		50		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06733

Soup, beef with vegetables and barley, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.60		1	A	1		263.95	107.44	
Energy....kcal	61		0	NC	4		190	77	
Energy....kJ	255				4		796	324	
Protein....g	3.90		1	A	1		12.17	4.95	
Total lipid (fat)....g	1.40		1	A	1		4.37	1.78	
Ash....g	1.90		1	A	1		5.93	2.41	
Carbohydrate, by difference....g	8.20		0	NC	4		25.58	10.41	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	707		1	A	1		2206	898	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.480		1	A	1		1.498	0.610	
Fatty acids, total monounsaturated....g	0.567		1	A	1		1.769	0.720	
Fatty acids, total polyunsaturated....g	0.098		1	A	1		0.306	0.124	
Fatty acids, total trans....g									
Cholesterol....mg	6		1	A	1		19	8	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 312g: 1 package yields

Measure 2 = 127g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06002
Soup, black bean, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.33	0.486	10		1		193.60	235.03	
Energy	kcal	91		0	NC	4		235	285	
Energy	kJ	382		0	NC	4		982	1192	
Protein (N x 6.25)	g	4.83	0.125	10		1		12.41	15.07	
Total lipid (fat)	g	1.32	0.033	10		1		3.39	4.12	
Ash	g	3.10	0.047	10		1		7.97	9.67	
Carbohydrate, by difference	g	15.42		0	NC	4		39.63	48.11	
Fiber, total dietary	g	6.8		0		4		17.5	21.2	
Sugars, total	g	2.49		0	FLA	4		6.40	7.77	
Starch	g									
Minerals:										
Calcium, Ca	mg	35	2.579	10		1		90	109	
Iron, Fe	mg	1.50	0.097	10		1		3.86	4.68	
Magnesium, Mg	mg	33		1		1		85	103	
Phosphorus, P	mg	75		1		1		193	234	
Potassium, K	mg	250		1		1		643	780	
Sodium, Na	mg	970	40.000	3		1		2493	3026	
Zinc, Zn	mg	1.10		1		1		2.83	3.43	
Copper, Cu	mg	0.300		1		1		0.771	0.936	
Manganese, Mn	mg	0.500		1		1		1.285	1.560	
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2	0.133	10		1		0.5	0.6	
Thiamin	mg	0.042	0.002	10		1		0.108	0.131	
Riboflavin	mg	0.039	0.003	10		1		0.100	0.122	
Niacin	mg	0.410	0.023	10		1		1.054	1.279	
Pantothenic acid	mg	0.160		0		4		0.411	0.499	
Vitamin B-6	mg	0.070		1		1		0.180	0.218	
Folate, total	µg	66		0	FLA	4		170	207	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	66		0	FLA	4		170	207	
Folate, DFE	mcg_DFE	66		0	NC	4		170	207	
Choline, total	mg	15.5		0	O	4		39.9	48.4	
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	22		0	FLA	4		57	69	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	219		0	FLA	4		563	684	
Carotene, alpha	µg	80		0	FLA	4		207	251	
Cryptoxanthin, beta	µg	12		0	FLA	4		31	38	
Vitamin A, IU	IU	445		0	FLA	4		1143	1388	
Lycopene	µg	463		0	FLA	4		1191	1446	
Lutein + zeaxanthin	µg	36		0	FLA	4		91	111	
Vitamin E (alpha-tocopherol)	mg	0.36		0	FLA	4		0.92	1.12	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	1.8		0	FLA	4		4.6	5.5	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06002
Soup, black bean, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.340		0		1		0.874	1.061	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.010		0		1		0.026	0.031	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.020		0		1		0.051	0.062	
15:0....g	0.000		0	FLA	4		0.000	0.000	
16:0....g	0.210		0		1		0.540	0.655	
17:0....g	0.000		0	FLA	4		0.000	0.000	
18:0....g	0.080		0		1		0.206	0.250	
20:0....g	0.000		0	FLA	4		0.000	0.000	
22:0....g	0.000		0	FLA	4		0.000	0.000	
24:0....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.480		0		1		1.234	1.498	
14:1....g	0.000		0	FLA	4		0.000	0.000	
15:1....g	0.000		0	FLA	4		0.000	0.000	
16:1 undifferentiated....g	0.020		0		1		0.051	0.062	
17:1....g									
18:1 undifferentiated....g	0.450		0		1		1.157	1.404	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.410		0		1		1.054	1.279	
18:2 undifferentiated....g	0.310		0		1		0.797	0.967	
18:3 undifferentiated....g	0.100		0		1		0.257	0.312	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLA	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	FLA	4		0.000	0.000	
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 257g: 1 cup (8 fl oz)

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06402

Soup, black bean, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.62		0	RPI	6		216.41	525.69	
Energy	kcal	46		0	RPI	6		113	274	
Energy	kJ	191		0	RPI	6		472	1146	
Protein	g	2.42		0	RPI	6		5.97	14.49	
Total lipid (fat)	g	0.66		0	RPI	6		1.63	3.96	
Ash	g	1.60		0	RPI	6		3.95	9.60	
Carbohydrate, by difference	g	7.71		0	RPI	6		19.04	46.26	
Fiber, total dietary	g	3.4		0	RPI	6		8.4	20.4	
Sugars, total	g	1.24		0	RPI	6		3.07	7.47	
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0	RPA	1		47	114	
Iron, Fe	mg	0.75		0	RPA	1		1.85	4.51	
Magnesium, Mg	mg	17		0	RPA	1		42	102	
Phosphorus, P	mg	38		0	RPA	1		93	225	
Potassium, K	mg	125		0	RPA	1		309	751	
Sodium, Na	mg	487		0	RPA	1		1203	2921	
Zinc, Zn	mg	0.55		0	RPA	1		1.36	3.32	
Copper, Cu	mg	0.155		0	RPA	1		0.383	0.929	
Manganese, Mn	mg	0.250		0	RPA	1		0.618	1.501	
Selenium, Se	µg	0.0		0	RPI	6		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RPI	6		0.2	0.6	
Thiamin	mg	0.021		0	RPI	6		0.052	0.126	
Riboflavin	mg	0.020		0	RPI	6		0.048	0.117	
Niacin	mg	0.205		0	RPI	6		0.506	1.230	
Pantothenic acid	mg	0.080		0	RPI	6		0.198	0.480	
Vitamin B-6	mg	0.035		0	RPI	6		0.086	0.210	
Folate, total	µg	33		0	RPI	6		82	199	
Folic acid	µg	0		0	RPI	6		0	0	
Folate, food	µg	33		0	RPI	6		82	199	
Folate, DFE	mcg_DFE	33		0	NC	4		82	199	
Choline, total	mg	7.8		0	RPI	6		19.2	46.6	
Betaine	mg									
Vitamin B-12	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	11		0	RPI	6		27	67	
Retinol	µg	0		0	RPI	6		0	0	
Carotene, beta	µg	110		0	RPI	6		271	657	
Carotene, alpha	µg	40		0	RPI	6		99	241	
Cryptoxanthin, beta	µg	6		0	RPI	6		15	37	
Vitamin A, IU	IU	222		0	RPI	6		549	1335	
Lycopene	µg	232		0	RPI	6		572	1390	
Lutein + zeaxanthin	µg	18		0	RPI	6		44	107	
Vitamin E (alpha-tocopherol)	mg	0.18		0	RPI	6		0.44	1.08	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.9		0	RPI	6		2.2	5.3	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06402

Soup, black bean, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.170		0	RPI	6		0.420	1.020	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.005		0	RPI	6		0.012	0.030	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.010		0	RPI	6		0.025	0.060	
15:0....g	0.000		0	RPI	6		0.000	0.000	
16:0....g	0.105		0	RPI	6		0.259	0.630	
17:0....g	0.000		0	RPI	6		0.000	0.000	
18:0....g	0.040		0	RPI	6		0.099	0.240	
20:0....g	0.000		0	RPI	6		0.000	0.000	
22:0....g	0.000		0	RPI	6		0.000	0.000	
24:0....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total monounsaturated....g	0.240		0	RPI	6		0.593	1.440	
14:1....g	0.000		0	RPI	6		0.000	0.000	
15:1....g	0.000		0	RPI	6		0.000	0.000	
16:1 undifferentiated....g	0.010		0	RPI	6		0.025	0.060	
17:1....g									
18:1 undifferentiated....g	0.225		0	RPI	6		0.556	1.350	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.205		0	RPI	6		0.506	1.230	
18:2 undifferentiated....g	0.155		0	RPI	6		0.383	0.930	
18:3 undifferentiated....g	0.050		0	RPI	6		0.124	0.300	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	RPI	6		0.000	0.000	
20:3 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g	0.000		0	RPI	6		0.000	0.000	
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06981

Soup, bouillon cubes and granules, low sodium, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.30		0		4		0.06	0.08	
Energy	kcal	438		0	FLA	4		11	16	
Energy	kJ	1832		0	FLA	4		48	66	
Protein	g	16.70		0		4		0.43	0.60	
Total lipid (fat)	g	13.89		0		4		0.36	0.50	
Ash	g	2.00		0	FLA	4		0.05	0.07	
Carbohydrate, by difference	g	64.88		0	FLA	4		1.69	2.34	
Fiber, total dietary	g	0.2		0		4		0.0	0.0	
Sugars, total	g	14.47		0	FLA	4		0.38	0.52	
Starch	g									
Minerals:										
Calcium, Ca	mg	187		0		4		5	7	
Iron, Fe	mg	1.03		0		4		0.03	0.04	
Magnesium, Mg	mg	56		0		4		1	2	
Phosphorus, P	mg	166		0		4		4	6	
Potassium, K	mg	309		0		4		8	11	
Sodium, Na	mg	1067		0		4		28	38	
Zinc, Zn	mg	0.09		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg									
Selenium, Se	µg	27.6		0	BFZN	4		0.7	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		4		0.0	0.0	
Thiamin	mg	0.100		0		4		0.003	0.004	
Riboflavin	mg	0.430		0		4		0.011	0.015	
Niacin	mg	2.460		0		4		0.064	0.089	
Pantothenic acid	mg									
Vitamin B-6	mg	0.100		0		4		0.003	0.004	
Folate, total	µg	21		0	FLA	4		1	1	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	21		0	FLA	4		1	1	
Folate, DFE	mcg_DFE	21		0	NC	4		1	1	
Choline, total	mg	114.5		0	O	4		3.0	4.1	
Betaine	mg									
Vitamin B-12	µg	0.30		0		4		0.01	0.01	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	25		0	FLA	4		1	1	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	264		0	FLA	4		7	10	
Carotene, alpha	µg	70		0	FLA	4		2	3	
Cryptoxanthin, beta	µg	1		0	FLA	4		0	0	
Vitamin A, IU	IU	500		0	FLA	4		13	18	
Lycopene	µg	19		0	FLA	4		1	1	
Lutein + zeaxanthin	µg	272		0	FLA	4		7	10	
Vitamin E (alpha-tocopherol)	mg	0.72		0	FLA	4		0.02	0.03	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	66.9		0	FLA	4		1.7	2.4	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06981

Soup, bouillon cubes and granules, low sodium, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.433		0		4		0.089	0.124	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.010		0		4		0.000	0.000	
15:0....g									
16:0....g	2.563		0		4		0.067	0.092	
17:0....g									
18:0....g	0.661		0		4		0.017	0.024	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.365		0		4		0.139	0.193	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.561		0		4		0.015	0.020	
17:1....g									
18:1 undifferentiated....g	4.645		0		4		0.121	0.167	
20:1....g	0.110		0		4		0.003	0.004	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.485		0		4		0.117	0.161	
18:2 undifferentiated....g	4.324		0		4		0.112	0.156	
18:3 undifferentiated....g	0.130		0		4		0.003	0.005	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	13		0		4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.6g: 1 tsp

Measure 2 = 3.6g: 1 cube

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06584
Soup, broccoli cheese, canned, condensed, commercial

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.70		0	MA	12		250.58	100.07	
Energy	kcal	87		0	MC	9		264	105	
Energy	kJ	364		0		9		1103	440	
Protein	g	2.10		0	MA	12		6.36	2.54	
Total lipid (fat)	g	5.30		0	MA	12		16.06	6.41	
Ash	g	2.30		0	MA	12		6.97	2.78	
Carbohydrate, by difference	g	7.70		0	MC	9		23.33	9.32	
Fiber, total dietary	g	1.8		0	MA	12		5.5	2.2	
Sugars, total	g	2.12		0	FLA	4		6.43	2.57	
Starch	g									
Minerals:										
Calcium, Ca	mg	41		0	MA	12		124	50	
Iron, Fe	mg	0.30		0	FLA	4		0.91	0.36	
Magnesium, Mg	mg	13		0	FLA	4		39	16	
Phosphorus, P	mg	42		0	FLA	4		127	51	
Potassium, K	mg	207		0	MA	12		627	250	
Sodium, Na	mg	661		1	LC	8		2003	800	
Zinc, Zn	mg	0.26		0	FLA	4		0.79	0.31	
Copper, Cu	mg	0.030		0	FLA	4		0.091	0.036	
Manganese, Mn	mg									
Selenium, Se	µg	1.5		0	FLA	4		4.5	1.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0	MA	12		6.1	2.4	
Thiamin	mg	0.020		0	MA	12		0.061	0.024	
Riboflavin	mg	0.040		0	MA	12		0.121	0.048	
Niacin	mg	0.248		0	MA	12		0.751	0.300	
Pantothenic acid	mg									
Vitamin B-6	mg	0.064		0	MA	12		0.194	0.077	
Folate, total	µg	40		0	FLA	4		122	49	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	40		0	FLA	4		122	49	
Folate, DFE	mcg_DFE	40		0	NC	4		122	49	
Choline, total	mg	18.4		0	O	4		55.6	22.2	
Betaine	mg									
Vitamin B-12	µg	0.02		0	MA	12		0.06	0.02	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	66		0	FLA	4		201	80	
Retinol	µg	30		0	FLA	4		91	36	
Carotene, beta	µg	435		0	FLA	4		1317	526	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	825		0	NC	4		2499	998	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	540		0	FLA	4		1635	653	
Vitamin E (alpha-tocopherol)	mg	0.72		0	FLA	4		2.18	0.87	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	51.8		0	FLA	4		157.0	62.7	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06584

Soup, broccoli cheese, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.600		0	MA	12		4.848	1.936	
4:0....g	0.016		0	MA	12		0.048	0.019	
6:0....g	0.007		0	MA	12		0.021	0.008	
8:0....g	0.004		0	MA	12		0.012	0.005	
10:0....g	0.008		0	MA	12		0.024	0.010	
12:0....g	0.010		0	MA	12		0.030	0.012	
13:0....g									
14:0....g	0.060		0	MA	12		0.182	0.073	
15:0....g									
16:0....g	0.975		0	MA	12		2.954	1.180	
17:0....g									
18:0....g	0.510		0	MA	12		1.545	0.617	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.000		0	MA	12		6.060	2.420	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.017		0	MA	12		0.052	0.021	
17:1....g									
18:1 undifferentiated....g	1.979		0	MA	12		5.996	2.395	
20:1....g	0.000		0	MA	12		0.000	0.000	
22:1 undifferentiated....g	0.000		0	MA	12		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.700		0	MA	12		5.151	2.057	
18:2 undifferentiated....g	1.535		0	MA	12		4.651	1.857	
18:3 undifferentiated....g	0.165		0	MA	12		0.500	0.200	
18:4....g	0.000		0	MA	12		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	MA	12		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	MA	12		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	MA	12		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	MA	12		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	4		0	MA	12		12	5	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 303g: 1 can 10.7 oz (10.75 oz)

Measure 2 = 121g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06011
Soup, cheese, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.15	0.477	10		1		99.52	240.71	
Energy	kcal	121		0	NC	4		156	378	
Energy	kJ	506		0		4		653	1580	
Protein (N x 6.25)	g	4.22	0.197	10		1		5.44	13.17	
Total lipid (fat)	g	8.15	0.154	10		1		10.51	25.43	
Ash	g	2.29	0.041	10		1		2.95	7.14	
Carbohydrate, by difference	g	8.19		0	NC	4		10.57	25.55	
Fiber, total dietary	g	0.8		0		4		1.0	2.5	
Sugars, total	g	0.60		0	FLA	4		0.77	1.87	
Starch	g									
Minerals:										
Calcium, Ca	mg	111	8.256	10		1		143	346	
Iron, Fe	mg	0.58	0.095	10		1		0.75	1.81	
Magnesium, Mg	mg	3		1		1		4	9	
Phosphorus, P	mg	106		1		1		137	331	
Potassium, K	mg	120		1		1		155	374	
Sodium, Na	mg	693		0	LC	8		893	2161	
Zinc, Zn	mg	0.50		1		1		0.65	1.56	
Copper, Cu	mg	0.100		1		1		0.129	0.312	
Manganese, Mn	mg	0.200		1		1		0.258	0.624	
Selenium, Se	µg	3.6		0	RA	4		4.6	11.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.013	0.001	10		1		0.017	0.041	
Riboflavin	mg	0.105	0.008	10		1		0.135	0.328	
Niacin	mg	0.310	0.023	10		1		0.400	0.967	
Pantothenic acid	mg	0.070		0		4		0.090	0.218	
Vitamin B-6	mg	0.020		1		1		0.026	0.062	
Folate, total	µg	3		0		4		4	9	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	3		0		4		4	9	
Folate, DFE	mcg_DFE	3		0	NC	4		4	9	
Choline, total	mg	13.3		0	O	4		17.2	41.5	
Betaine	mg									
Vitamin B-12	µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	73		0	FLA	4		94	226	
Retinol	µg	69		0	FLA	4		89	216	
Carotene, beta	µg	39		0	FLA	4		51	123	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	297		0	NC	4		383	926	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	1		0	FLA	4		1	3	
Vitamin E (alpha-tocopherol)	mg	0.56		0	FLA	4		0.72	1.75	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	4.7		0	FLA	4		6.1	14.8	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06011
Soup, cheese, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.190		0		1		6.695	16.193	
4:0....g	0.260		0		1		0.335	0.811	
6:0....g	0.130		0		1		0.168	0.406	
8:0....g	0.070		0		1		0.090	0.218	
10:0....g	0.150		0		1		0.194	0.468	
12:0....g	0.130		0		1		0.168	0.406	
13:0....g									
14:0....g	0.820		0		1		1.058	2.558	
15:0....g									
16:0....g	2.410		0		1		3.109	7.519	
17:0....g									
18:0....g	0.990		0		1		1.277	3.089	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.310		0		1		2.980	7.207	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.250		0		1		0.323	0.780	
17:1....g									
18:1 undifferentiated....g	1.940		0		1		2.503	6.053	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.230		0		1		0.297	0.718	
18:2 undifferentiated....g	0.140		0		1		0.181	0.437	
18:3 undifferentiated....g	0.090		0		1		0.116	0.281	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	23		0		1		30	72	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		0		1		0.072	0.175	
Threonine....g	0.148		0		1		0.191	0.462	
Isoleucine....g	0.251		0		1		0.324	0.783	
Leucine....g	0.399		0		1		0.515	1.245	
Lysine....g	0.296		0		1		0.382	0.924	
Methionine....g	0.091		0		1		0.117	0.284	
Cystine....g	0.035		0		1		0.045	0.109	
Phenylalanine....g	0.217		0		1		0.280	0.677	
Tyrosine....g	0.194		0		1		0.250	0.605	
Valine....g	0.296		0		1		0.382	0.924	
Arginine....g	0.126		0		1		0.163	0.393	
Histidine....g	0.114		0		1		0.147	0.356	
Alanine....g	0.137		0		1		0.177	0.427	
Aspartic acid....g	0.296		0		1		0.382	0.924	
Glutamic acid....g	1.300		0		1		1.677	4.056	
Glycine....g	0.091		0		1		0.117	0.284	
Proline....g	0.445		0		1		0.574	1.388	
Serine....g	0.194		0		1		0.250	0.605	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06011
Soup, cheese, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129g: .5 cup

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06211

Soup, cheese, canned, prepared with equal volume milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.44		0		1		206.92	502.06	
Energy....kcal	92		0	NC	4		231	560	
Energy....kJ	385		0		4		966	2344	
Protein (N x 6.25)....g	3.77		0		1		9.46	22.96	
Total lipid (fat)....g	5.80		0		1		14.56	35.32	
Ash....g	1.52		0		1		3.82	9.26	
Carbohydrate, by difference....g	6.47		0	NC	4		16.24	39.40	
Fiber, total dietary....g	0.4		0		4		1.0	2.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	115		0		1		289	700	
Iron, Fe....mg	0.32		0		1		0.80	1.95	
Magnesium, Mg....mg	8		0		1		20	49	
Phosphorus, P....mg	100		0		1		251	609	
Potassium, K....mg	136		0		1		341	828	
Sodium, Na....mg	406		0		1		1019	2473	
Zinc, Zn....mg	0.27		0		1		0.69	1.67	
Copper, Cu....mg	0.056		0		1		0.141	0.341	
Manganese, Mn....mg	0.103		0		1		0.259	0.627	
Selenium, Se....µg	2.8		0	RA	4		7.0	17.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		1.3	3.0	
Thiamin....mg	0.025		0		1		0.063	0.152	
Riboflavin....mg	0.133		0		1		0.334	0.810	
Niacin....mg	0.200		0		1		0.502	1.218	
Pantothenic acid....mg	0.190		0		4		0.477	1.157	
Vitamin B-6....mg	0.031		0		1		0.078	0.189	
Folate, total....µg	4		0		4		10	24	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		10	24	
Folate, DFE....mcg_DFE	4		0	NC	4		10	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.17		0		1		0.43	1.04	
Vitamin A, RAE....mcg_RAE	143		0	NC	4		359	871	
Retinol....µg	142		0	NC	4		356	865	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	495		0		1		1242	3015	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.630		0		1		9.111	22.107	
4:0....g	0.180		0		1		0.452	1.096	

NDB No. 06211

Soup, cheese, canned, prepared with equal volume milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.100		0		1		0.251	0.609	
8:0 g	0.050		0		1		0.126	0.305	
10:0 g	0.110		0		1		0.276	0.670	
12:0 g	0.110		0		1		0.276	0.670	
13:0 g									
14:0 g	0.580		0		1		1.456	3.532	
15:0 g									
16:0 g	1.650		0		1		4.142	10.049	
17:0 g									
18:0 g	0.690		0		1		1.732	4.202	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.630		0		1		4.091	9.927	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.160		0		1		0.402	0.974	
17:1 g									
18:1 undifferentiated g	1.390		0		1		3.489	8.465	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.180		0		1		0.452	1.096	
18:2 undifferentiated g	0.110		0		1		0.276	0.670	
18:3 undifferentiated g	0.070		0		1		0.176	0.426	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	19		0		1		48	116	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.051		0		1		0.128	0.311	
Threonine g	0.148		0		1		0.371	0.901	
Isoleucine g	0.226		0		1		0.567	1.376	
Leucine g	0.361		0		1		0.906	2.198	
Lysine g	0.279		0		1		0.700	1.699	
Methionine g	0.087		0		1		0.218	0.530	
Cystine g	0.033		0		1		0.083	0.201	
Phenylalanine g	0.189		0		1		0.474	1.151	
Tyrosine g	0.177		0		1		0.444	1.078	
Valine g	0.259		0		1		0.650	1.577	
Arginine g	0.123		0		1		0.309	0.749	
Histidine g	0.102		0		1		0.256	0.621	
Alanine g	0.125		0		1		0.314	0.761	
Aspartic acid g	0.274		0		1		0.688	1.669	
Glutamic acid g	1.002		0		1		2.515	6.102	
Glycine g	0.081		0		1		0.203	0.493	
Proline g	0.383		0		1		0.961	2.332	
Serine g	0.187		0		1		0.469	1.139	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06211

Soup, cheese, canned, prepared with equal volume milk

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 609g: 1 can (11 oz), prepared

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06411

Soup, cheese, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.12		0		1		217.66	528.72	
Energy....kcal	63		0	NC	4		156	378	
Energy....kJ	264		0		4		651	1582	
Protein (N x 6.25)....g	2.19		0		1		5.41	13.14	
Total lipid (fat)....g	4.24		0		1		10.47	25.44	
Ash....g	1.19		0		1		2.94	7.14	
Carbohydrate, by difference....g	4.26		0	NC	4		10.52	25.56	
Fiber, total dietary....g	0.4		0		4		1.0	2.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	57		0		1		141	342	
Iron, Fe....mg	0.30		0		1		0.74	1.80	
Magnesium, Mg....mg	2		0		1		5	12	
Phosphorus, P....mg	55		0		1		136	330	
Potassium, K....mg	62		0		1		153	372	
Sodium, Na....mg	388		0		1		958	2328	
Zinc, Zn....mg	0.26		0		1		0.64	1.56	
Copper, Cu....mg	0.052		0		1		0.128	0.312	
Manganese, Mn....mg	0.104		0		1		0.257	0.624	
Selenium, Se....µg	1.8		0	RA	4		4.4	10.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.007		0		1		0.017	0.042	
Riboflavin....mg	0.055		0		1		0.136	0.330	
Niacin....mg	0.161		0		1		0.398	0.966	
Pantothenic acid....mg	0.040		0		4		0.099	0.240	
Vitamin B-6....mg	0.010		0		1		0.025	0.060	
Folate, total....µg	2		0		4		5	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		5	12	
Folate, DFE....mcg_DFE	2		0	NC	4		5	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	120		0	NC	4		295	717	
Retinol....µg	117		0	NC	4		289	702	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	440		0		1		1087	2640	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.700		0		1		6.669	16.200	
4:0....g	0.130		0		1		0.321	0.780	

NDB No. 06411

Soup, cheese, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.070		0		1		0.173	0.420	
8:0 g	0.040		0		1		0.099	0.240	
10:0 g	0.080		0		1		0.198	0.480	
12:0 g	0.070		0		1		0.173	0.420	
13:0 g									
14:0 g	0.430		0		1		1.062	2.580	
15:0 g									
16:0 g	1.250		0		1		3.088	7.500	
17:0 g									
18:0 g	0.510		0		1		1.260	3.060	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.200		0		1		2.964	7.200	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.130		0		1		0.321	0.780	
17:1 g									
18:1 undifferentiated g	1.010		0		1		2.495	6.060	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.120		0		1		0.296	0.720	
18:2 undifferentiated g	0.070		0		1		0.173	0.420	
18:3 undifferentiated g	0.050		0		1		0.124	0.300	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	12		0		1		30	72	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.029		0		1		0.072	0.174	
Threonine g	0.077		0		1		0.190	0.462	
Isoleucine g	0.130		0		1		0.321	0.780	
Leucine g	0.207		0		1		0.511	1.242	
Lysine g	0.154		0		1		0.380	0.924	
Methionine g	0.047		0		1		0.116	0.282	
Cystine g	0.018		0		1		0.044	0.108	
Phenylalanine g	0.113		0		1		0.279	0.678	
Tyrosine g	0.101		0		1		0.249	0.606	
Valine g	0.154		0		1		0.380	0.924	
Arginine g	0.066		0		1		0.163	0.396	
Histidine g	0.059		0		1		0.146	0.354	
Alanine g	0.071		0		1		0.175	0.426	
Aspartic acid g	0.154		0		1		0.380	0.924	
Glutamic acid g	0.676		0		1		1.670	4.056	
Glycine g	0.047		0		1		0.116	0.282	
Proline g	0.231		0		1		0.571	1.386	
Serine g	0.101		0		1		0.249	0.606	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

NDB No. 06411

Soup, cheese, canned, prepared with equal volume water

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06081
Soup, chicken broth cubes, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		1		1		0.12		
Energy	kcal	198		0	NC	4		10		
Energy	kJ	828		0		4		40		
Protein (N x 6.25)	g	14.60		1		1		0.70		
Total lipid (fat)	g	4.70		1		1		0.23		
Ash	g	54.70		1		1		2.63		
Carbohydrate, by difference	g	23.50		0	NC	4		1.13		
Fiber, total dietary	g	0.0		0		4		0.0		
Sugars, total	g	0.00		0	FLA	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	190		0		4		9		
Iron, Fe	mg	1.87		1		1		0.09		
Magnesium, Mg	mg	56		2		1		3		
Phosphorus, P	mg	191		1		1		9		
Potassium, K	mg	374		1		1		18		
Sodium, Na	mg	24000		1		1		1152		
Zinc, Zn	mg	0.20		1		1		0.01		
Copper, Cu	mg	0.000		0		4		0.000		
Manganese, Mn	mg	0.377		1		1		0.018		
Selenium, Se	µg	27.9		0	BFSN	4		1.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.0		
Thiamin	mg	0.190		1		1		0.009		
Riboflavin	mg	0.380		1		1		0.018		
Niacin	mg	3.900		1		1		0.187		
Pantothenic acid	mg	0.600		0		4		0.029		
Vitamin B-6	mg	0.100		0		4		0.005		
Folate, total	µg	32		0		4		2		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	32		0		4		2		
Folate, DFE	mcg_DFE	32		0	NC	4		2		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.30		0		4		0.01		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	0		0	FLA	4		0		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	2		0	FLA	4		0		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.09		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.200		0	NC	4		0.058		
4:0	g									

NDB No. 06081
Soup, chicken broth cubes, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g	0.000		0		1		0.000		
13:0 ... g									
14:0 ... g	0.030		0		1		0.001		
15:0 ... g									
16:0 ... g	0.930		0		1		0.045		
17:0 ... g									
18:0 ... g	0.240		0		1		0.012		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.920		0	NC	4		0.092		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.200		0		1		0.010		
17:1 ... g									
18:1 undifferentiated ... g	1.680		0		1		0.081		
20:1 ... g	0.040		0		1		0.002		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.620		0	NC	4		0.078		
18:2 undifferentiated ... g	1.570		0		1		0.075		
18:3 undifferentiated ... g	0.050		0		1		0.002		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0		1		1		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.8g: 1 cube

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06481
Soup, chicken broth cubes, dry, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	97.43		0		1		236.75	177.32	
Energy....kcal	5		0	NC	4		12	9	
Energy....kJ	21		0		4		51	38	
Protein (N x 6.25)....g	0.39		0		1		0.95	0.71	
Total lipid (fat)....g	0.12		0		1		0.29	0.22	
Ash....g	1.44		0		1		3.50	2.62	
Carbohydrate, by difference....g	0.62		0	NC	4		1.51	1.13	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		4		12	9	
Iron, Fe....mg	0.05		0		1		0.12	0.09	
Magnesium, Mg....mg	1		0		1		2	2	
Phosphorus, P....mg	5		0		1		12	9	
Potassium, K....mg	10		0		1		24	18	
Sodium, Na....mg	326		0		1		792	593	
Zinc, Zn....mg	0.01		0		1		0.01	0.01	
Copper, Cu....mg	0.000		0		4		0.000	0.000	
Manganese, Mn....mg	0.010		0		1		0.024	0.018	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0	0.0	
Thiamin....mg	0.005		0		1		0.012	0.009	
Riboflavin....mg	0.010		0		1		0.024	0.018	
Niacin....mg	0.103		0		1		0.250	0.187	
Pantothenic acid....mg	0.020		0		4		0.049	0.036	
Vitamin B-6....mg	0.000		0		4		0.000	0.000	
Folate, total....µg	1		0		4		2	2	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		4		2	2	
Folate, DFE....mcg_DFE	1		0	NC	4		2	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.01		0		4		0.02	0.02	
Vitamin A, RAE....mcg_RAE	1		0	NC	4		2	2	
Retinol....µg	1		0	NC	4		2	2	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	7		0		4		17	13	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.030		0		1		0.073	0.055	
4:0....g									

NDB No. 06481
Soup, chicken broth cubes, dry, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.020		0		1		0.049	0.036	
17:0....g									
18:0....g	0.010		0		1		0.024	0.018	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.050		0		1		0.122	0.091	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.024	0.018	
17:1....g									
18:1 undifferentiated....g	0.040		0		1		0.097	0.073	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0		1		0.097	0.073	
18:2 undifferentiated....g	0.040		0		1		0.097	0.073	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup (8 fl oz)

Measure 2 = 182g: 1 cube (6 fl oz prepared)

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06080
Soup, chicken broth or bouillon, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.27		4		1		0.09	0.05	
Energy	kcal	267		0	NC	4		11	5	
Energy	kJ	1117		0		4		45	22	
Protein (N x 6.25)	g	16.66		4		1		0.67	0.33	
Total lipid (fat)	g	13.88		4		1		0.56	0.28	
Ash	g	49.18		4		1		1.97	0.98	
Carbohydrate, by difference	g	18.01		0	NC	4		0.72	0.36	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	17.36		0	FLA	4		0.69	0.35	
Starch	g									
Minerals:										
Calcium, Ca	mg	187		1		1		7	4	
Iron, Fe	mg	1.03		1		1		0.04	0.02	
Magnesium, Mg	mg	56		2		1		2	1	
Phosphorus, P	mg	166		2		1		7	3	
Potassium, K	mg	309		1		1		12	6	
Sodium, Na	mg	23875		4	LC	8		955	478	
Zinc, Zn	mg	0.09		1		1		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.150		0		4		0.006	0.003	
Selenium, Se	µg	28.0		0	BFSN	4		1.1	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		1		1		0.0	0.0	
Thiamin	mg	0.100		1		1		0.004	0.002	
Riboflavin	mg	0.430		2		1		0.017	0.009	
Niacin	mg	2.460		2		1		0.098	0.049	
Pantothenic acid	mg	0.600		0		4		0.024	0.012	
Vitamin B-6	mg	0.100		0		4		0.004	0.002	
Folate, total	µg	32		0		4		1	1	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	32		0		4		1	1	
Folate, DFE	mcg_DFE	32		0	NC	4		1	1	
Choline, total	mg	114.6		0	BFSN	4		4.6	2.3	
Betaine	mg									
Vitamin B-12	µg	0.30		0		4		0.01	0.01	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	0		0	FLA	4		0	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	2		0	FLA	4		0	0	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.46		0	FLA	4		0.02	0.01	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.0	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06080
Soup, chicken broth or bouillon, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.430		0		1		0.137	0.069	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.010		0		1		0.000	0.000	
13:0....g									
14:0....g	0.010		0		1		0.000	0.000	
15:0....g									
16:0....g	2.560		0		1		0.102	0.051	
17:0....g									
18:0....g	0.660		0		1		0.026	0.013	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.360		0		1		0.214	0.107	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.600		0		1		0.024	0.012	
17:1....g									
18:1 undifferentiated....g	4.640		0		1		0.186	0.093	
20:1....g	0.120		0		1		0.005	0.002	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.480		0		1		0.179	0.090	
18:2 undifferentiated....g	4.320		0		1		0.173	0.086	
18:3 undifferentiated....g	0.130		0		1		0.005	0.003	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	13		0		1		1	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.0g: 1 cube

Measure 2 = 2.0g: 1 teaspoon

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06480

Soup, chicken broth or bouillon, dry, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	98.28		0	RPI	6		236.85	29.58	
Energy....kcal	4		0	RPI	6		11	1	
Energy....kJ	19		0	RPI	6		45	6	
Protein (N x 6.25)....g	0.28		0	RPI	6		0.67	0.08	
Total lipid (fat)....g	0.23		0	RPI	6		0.56	0.07	
Ash....g	0.92		0	RPI	6		2.21	0.28	
Carbohydrate, by difference....g	0.30		0	RPI	6		0.72	0.09	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	0.29		0	RPI	6		0.70	0.09	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	RPA	1		15	2	
Iron, Fe....mg	0.02		0	RPA	1		0.05	0.01	
Magnesium, Mg....mg	2		0	RPA	1		4	1	
Phosphorus, P....mg	3		0	RPA	1		7	1	
Potassium, K....mg	6		0	RPA	1		14	2	
Sodium, Na....mg	401		0	NR	4		966	121	
Zinc, Zn....mg	0.01		0	RPA	1		0.02	0.00	
Copper, Cu....mg	0.010		0	RPI	6		0.023	0.003	
Manganese, Mn....mg	0.003		0	RPI	6		0.007	0.001	
Selenium, Se....µg	0.5		0	RPI	6		1.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin....mg	0.002		0	RPI	6		0.004	0.001	
Riboflavin....mg	0.007		0	RPI	6		0.017	0.002	
Niacin....mg	0.041		0	RPI	6		0.099	0.012	
Pantothenic acid....mg	0.010		0	RPI	6		0.024	0.003	
Vitamin B-6....mg	0.002		0	RPI	6		0.004	0.001	
Folate, total....µg	1		0	RPI	6		1	0	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	1		0	RPI	6		1	0	
Folate, DFE....mcg_DFE	1		0	NC	4		1	0	
Choline, total....mg	1.9		0	RPI	6		4.6	0.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	RPI	6		0.01	0.00	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	RPI	6		0	0	
Retinol....µg	0		0	RPI	6		0	0	
Carotene, beta....µg	0		0	RPI	6		0	0	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	RPI	6		0	0	
Lycopene....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	RPI	6		0.02	0.00	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	RPI	6		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06480

Soup, chicken broth or bouillon, dry, prepared with water

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	0.057		0	RPI	6		0.137	0.017	
4:0	g	0.000		0	RPI	6		0.000	0.000	
6:0	g	0.000		0	RPI	6		0.000	0.000	
8:0	g	0.000		0	RPI	6		0.000	0.000	
10:0	g	0.000		0	RPI	6		0.000	0.000	
12:0	g	0.000		0	RPI	6		0.000	0.000	
13:0	g									
14:0	g	0.000		0	RPI	6		0.000	0.000	
15:0	g									
16:0	g	0.043		0	RPI	6		0.103	0.013	
17:0	g									
18:0	g	0.011		0	RPI	6		0.026	0.003	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.089		0	RPI	6		0.215	0.027	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0	RPI	6		0.024	0.003	
17:1	g									
18:1 undifferentiated	g	0.077		0	RPI	6		0.186	0.023	
20:1	g	0.002		0	RPI	6		0.005	0.001	
22:1 undifferentiated	g	0.000		0	RPI	6		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.074		0	RPI	6		0.180	0.022	
18:2 undifferentiated	g	0.072		0	RPI	6		0.173	0.022	
18:3 undifferentiated	g	0.002		0	RPI	6		0.005	0.001	
18:4	g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)	g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)	g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)	g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	0		0	RPI	6		1	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	RPI	6		0.0	0.0	
Caffeine	mg	0		0	RPI	6		0	0	
Theobromine	mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup 8 fl oz

Measure 2 = 30.1g: 1 fl oz

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06013
Soup, chicken broth, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.96	0.293	10		1		115.87	280.48	
Energy....kcal	31		0	NC	4		39	95	
Energy....kJ	130		0		4		163	396	
Protein (N x 6.25)....g	4.42	0.085	10		1		5.57	13.48	
Total lipid (fat)....g	1.04	0.175	10		1		1.31	3.17	
Ash....g	1.83	0.030	10		1		2.31	5.58	
Carbohydrate, by difference....g	0.75		0	NC	4		0.95	2.29	
Fiber, total dietary....g	0.0		0		4		0.0	0.0	
Sugars, total....g	0.35		0	O	4		0.44	1.06	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.804	10		1		8	18	
Iron, Fe....mg	0.41	0.078	10		1		0.52	1.25	
Magnesium, Mg....mg	2		1		1		3	6	
Phosphorus, P....mg	60		1		1		76	183	
Potassium, K....mg	170		1		1		214	519	
Sodium, Na....mg	621		1	LC	8		782	1894	
Zinc, Zn....mg	0.20		1		1		0.25	0.61	
Copper, Cu....mg	0.100		1		1		0.126	0.305	
Manganese, Mn....mg	0.200		1		1		0.252	0.610	
Selenium, Se....µg	2.3		0	BFSN	4		2.9	7.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	10		1		0.0	0.0	
Thiamin....mg	0.006	0.001	10		1		0.008	0.018	
Riboflavin....mg	0.046	0.002	10		1		0.058	0.140	
Niacin....mg	2.230	0.117	10		1		2.810	6.802	
Pantothenic acid....mg	0.040		0		4		0.050	0.122	
Vitamin B-6....mg	0.020		1		1		0.025	0.061	
Folate, total....µg	4		0		4		5	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		5	12	
Folate, DFE....mcg_DFE	4		0	NC	4		5	12	
Choline, total....mg	9.4		0	O	4		11.9	28.8	
Betaine....mg									
Vitamin B-12....µg	0.20		1		1		0.25	0.61	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	0		0	FLA	4		0	0	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLA	4		0.02	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06013
Soup, chicken broth, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.310		0		1		0.391	0.946	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.010		0		1		0.013	0.031	
15:0....g									
16:0....g	0.230		0		1		0.290	0.702	
17:0....g									
18:0....g	0.060		0		1		0.076	0.183	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.470		0		1		0.592	1.434	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		0		1		0.076	0.183	
17:1....g									
18:1 undifferentiated....g	0.390		0		1		0.491	1.190	
20:1....g	0.010		0		1		0.013	0.031	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.220		0		1		0.277	0.671	
18:2 undifferentiated....g	0.200		0		1		0.252	0.610	
18:3 undifferentiated....g	0.010		0		1		0.013	0.031	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0		1		1	3	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup (4 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06183
Soup, chicken broth, canned, less/reduced sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	97.32		1	MC	9		233.57		
Energy....kcal	7		0	NC	4		17		
Energy....kJ	30		0		4		73		
Protein....g	1.36		1	MC	9		3.26		
Total lipid (fat)....g	0.00		1	MC	9		0.00		
Ash....g	0.89		1	MC	9		2.14		
Carbohydrate, by difference....g	0.38		0	NC	4		0.91		
Fiber, total dietary....g	0.0		1	MC	9		0.0		
Sugars, total....g	0.22		0	FLA	4		0.54		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	FLM	4		19		
Iron, Fe....mg	0.26		1	MC	9		0.62		
Magnesium, Mg....mg	1		0	FLM	4		2		
Phosphorus, P....mg	18		0	FLM	4		43		
Potassium, K....mg	85		1	MC	9		204		
Sodium, Na....mg	231		1	MC	9		554		
Zinc, Zn....mg	0.08		0	FLM	4		0.19		
Copper, Cu....mg	0.035		0	FLM	4		0.084		
Manganese, Mn....mg	0.062		0	FLM	4		0.149		
Selenium, Se....µg	0.0		0	BFSN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		1	MC	9		1.0		
Thiamin....mg	0.002		0	FLM	4		0.005		
Riboflavin....mg	0.014		0	FLM	4		0.034		
Niacin....mg	0.686		0	FLM	4		1.646		
Pantothenic acid....mg	0.012		0	FLM	4		0.029		
Vitamin B-6....mg	0.006		0	FLM	4		0.014		
Folate, total....µg	3		0	FLA	4		6		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	3		0	FLA	4		6		
Folate, DFE....mcg_DFE	3		0	NC	4		6		
Choline, total....mg	3.1		0	BFSN	4		7.5		
Betaine....mg									
Vitamin B-12....µg	0.06		0	FLM	4		0.14		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....µg	0		0	FLA	4		0		
Carotene, beta....µg	0		0	FLA	4		0		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	0		0	NC	4		0		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.01		0	FLA	4		0.02		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06183
Soup, chicken broth, canned, less/reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		1	MC	9		0.000		
4:0....g	0.000		1	MC	9		0.000		
6:0....g	0.000		1	MC	9		0.000		
8:0....g	0.000		1	MC	9		0.000		
10:0....g	0.000		1	MC	9		0.000		
12:0....g	0.000		1	MC	9		0.000		
13:0....g									
14:0....g	0.000		1	MC	9		0.000		
15:0....g									
16:0....g	0.000		1	MC	9		0.000		
17:0....g									
18:0....g	0.000		1	MC	9		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		1	MC	9		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1	MC	9		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		1	MC	9		0.000		
20:1....g	0.000		1	MC	9		0.000		
22:1 undifferentiated....g	0.000		1	MC	9		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		1	MC	9		0.000		
18:2 undifferentiated....g	0.000		1	MC	9		0.000		
18:3 undifferentiated....g	0.000		1	MC	9		0.000		
18:4....g	0.000		1	MC	9		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	MC	9		0.000		
20:5 n-3 (EPA)....g	0.000		1	MC	9		0.000		
22:5 n-3 (DPA)....g	0.000		1	MC	9		0.000		
22:6 n-3 (DHA)....g	0.000		1	MC	9		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		1	MC	9		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06413

Soup, chicken broth, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	95.95		0		1		234.12	568.98	
Energy	kcal	16		0	NC	4		39	95	
Energy	kJ	67		0		4		163	397	
Protein (N x 6.25)	g	2.02		0		1		4.93	11.98	
Total lipid (fat)	g	0.57		0		1		1.39	3.38	
Ash	g	1.02		0		1		2.49	6.05	
Carbohydrate, by difference	g	0.38		0	NC	4		0.93	2.25	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g	0.29		0	FLA	4		0.71	1.74	
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		10	24	
Iron, Fe	mg	0.21		0		1		0.51	1.25	
Magnesium, Mg	mg	1		0		1		2	6	
Phosphorus, P	mg	30		0		1		73	178	
Potassium, K	mg	86		0		1		210	510	
Sodium, Na	mg	306		1	LC	8		747	1815	
Zinc, Zn	mg	0.10		0		1		0.25	0.60	
Copper, Cu	mg	0.051		0		1		0.124	0.302	
Manganese, Mn	mg	0.102		0		1		0.249	0.605	
Selenium, Se	µg	0.0		1	A	1		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.004		0		1		0.010	0.024	
Riboflavin	mg	0.029		0		1		0.071	0.172	
Niacin	mg	1.372		0		1		3.348	8.136	
Pantothenic acid	mg	0.020		0		4		0.049	0.119	
Vitamin B-6	mg	0.010		0		1		0.024	0.059	
Folate, total	µg	2		0		4		5	12	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	2		0		4		5	12	
Folate, DFE	mcg_DFE	2		0	NC	4		5	12	
Choline, total	mg	4.7		0	O	4		11.5	27.9	
Betaine	mg									
Vitamin B-12	µg	0.10		0		1		0.24	0.59	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	0		0	FLA	4		0	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	0		0	FLA	4		0	0	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.04	0.09	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.0	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06413

Soup, chicken broth, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.160		0		1		0.390	0.949	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.010		0		1		0.024	0.059	
15:0....g									
16:0....g	0.120		0		1		0.293	0.712	
17:0....g									
18:0....g	0.030		0		1		0.073	0.178	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.240		0		1		0.586	1.423	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0		1		0.073	0.178	
17:1....g									
18:1 undifferentiated....g	0.200		0		1		0.488	1.186	
20:1....g	0.010		0		1		0.024	0.059	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.110		0		1		0.268	0.652	
18:2 undifferentiated....g	0.100		0		1		0.244	0.593	
18:3 undifferentiated....g	0.010		0		1		0.024	0.059	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06970
Soup, chicken broth, low sodium, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	96.00		0		4		230.40		
Energy....kcal	16		0		4		38		
Energy....kJ	67		0		4		161		
Protein....g	2.00		0		4		4.80		
Total lipid (fat)....g	0.60		0		4		1.44		
Ash....g	0.20		0	NR	4		0.48		
Carbohydrate, by difference....g	1.20		0	NR	4		2.88		
Fiber, total dietary....g	0.0		0		7		0.0		
Sugars, total....g	0.13		0	FLA	4		0.31		
Starch....g									
Minerals:									
Calcium, Ca....mg	4		0		4		10		
Iron, Fe....mg	0.21		0		4		0.50		
Magnesium, Mg....mg	1		0		4		2		
Phosphorus, P....mg	30		0		4		72		
Potassium, K....mg	86		0		4		206		
Sodium, Na....mg	30		0		4		72		
Zinc, Zn....mg	0.10		0		4		0.24		
Copper, Cu....mg	0.051		0		4		0.122		
Manganese, Mn....mg									
Selenium, Se....µg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		4		0.0		
Thiamin....mg	0.000		0		4		0.000		
Riboflavin....mg	0.030		0		4		0.072		
Niacin....mg	1.370		0		4		3.288		
Pantothenic acid....mg									
Vitamin B-6....mg	0.010		0		4		0.024		
Folate, total....µg	0		0	FLA	4		1		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	0		0	FLA	4		1		
Folate, DFE....mcg_DFE	0		0	NC	4		1		
Choline, total....mg	3.1		0	BFSN	4		7.5		
Betaine....mg									
Vitamin B-12....µg	0.10		0		4		0.24		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0		
Retinol....µg	0		0	FLA	4		0		
Carotene, beta....µg	0		0	FLA	4		0		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	0		0	FLA	4		0		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.01		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06970
Soup, chicken broth, low sodium, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.179		0		4		0.430		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.011		0		4		0.026		
15:0....g									
16:0....g	0.137		0		4		0.329		
17:0....g									
18:0....g	0.032		0		4		0.077		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.274		0		4		0.658		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.032		0		4		0.077		
17:1....g									
18:1 undifferentiated....g	0.232		0		4		0.557		
20:1....g	0.011		0		4		0.026		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.126		0		4		0.302		
18:2 undifferentiated....g	0.116		0		4		0.278		
18:3 undifferentiated....g	0.011		0		4		0.026		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06725

Soup, chicken corn chowder, chunky, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.10		1	A	1		442.52	197.04	
Energy....kcal	99		0	NC	4		534	238	
Energy....kJ	414		0		4		2233	994	
Protein....g	3.10		1	A	1		16.71	7.44	
Total lipid (fat)....g	6.30		1	A	1		33.96	15.12	
Ash....g	1.00		1	A	1		5.39	2.40	
Carbohydrate, by difference....g	7.50		0	NC	4		40.43	18.00	
Fiber, total dietary....g	0.9		1	A	1		4.9	2.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	299		1	A	1		1612	718	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	1.750		1	A	1		9.433	4.200	
Fatty acids, total monounsaturated....g	1.270		1	A	1		6.845	3.048	
Fatty acids, total polyunsaturated....g	1.900		1	A	1		10.241	4.560	
Fatty acids, total trans....g									
Cholesterol....mg	11		1	A	1		59	26	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06017
Soup, chicken gumbo, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.02	0.269	10		1		110.91	268.46	
Energy....kcal	45		0	NC	4		57	137	
Energy....kJ	188		0		4		237	574	
Protein (N x 6.25)....g	2.10	0.060	10		1		2.65	6.41	
Total lipid (fat)....g	1.14	0.040	10		1		1.44	3.48	
Ash....g	2.07	0.070	10		1		2.61	6.31	
Carbohydrate, by difference....g	6.67		0	NC	4		8.40	20.34	
Fiber, total dietary....g	1.6		0		4		2.0	4.9	
Sugars, total....g	1.93		0	FLA	4		2.43	5.87	
Starch....g									
Minerals:									
Calcium, Ca....mg	19	1.668	10		1		24	58	
Iron, Fe....mg	0.71	0.102	10		1		0.89	2.17	
Magnesium, Mg....mg	3		1		1		4	9	
Phosphorus, P....mg	20		1		1		25	61	
Potassium, K....mg	60		1		1		76	183	
Sodium, Na....mg	693		0	LC	8		873	2114	
Zinc, Zn....mg	0.30		1		1		0.38	0.92	
Copper, Cu....mg	0.100		1		1		0.126	0.305	
Manganese, Mn....mg	0.200		1		1		0.252	0.610	
Selenium, Se....µg	6.7		0	RA	4		8.4	20.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		1		4		5.0	12.2	
Thiamin....mg	0.200		1		4		0.252	0.610	
Riboflavin....mg	0.300		1		4		0.378	0.915	
Niacin....mg	0.530	0.021	10		1		0.668	1.617	
Pantothenic acid....mg	0.160		0		4		0.202	0.488	
Vitamin B-6....mg	0.050		1		1		0.063	0.153	
Folate, total....µg	5		0		4		6	15	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		6	15	
Folate, DFE....mcg_DFE	5		0	NC	4		6	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0		4		0.03	0.06	
Vitamin A, RAE....mcg_RAE	5		0	NC	4		6	15	
Retinol....µg	0		0	FLA	4		0	1	
Carotene, beta....µg	57		0	FLA	4		72	174	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	2		0	FLA	4		3	6	
Vitamin A, IU....IU	98		0	NC	4		123	298	
Lycopene....µg	1416		0	FLA	4		1784	4319	
Lutein + zeaxanthin....µg	74		0	FLA	4		94	227	
Vitamin E (alpha-tocopherol)....mg	0.36		0	FLA	4		0.46	1.10	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	5.7		0	FLA	4		7.2	17.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.260		0		1		0.328	0.793	
4:0....g									

NDB No. 06017
Soup, chicken gumbo, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.010		1		1		0.013	0.031	
15:0....g									
16:0....g	0.200		1		1		0.252	0.610	
17:0....g									
18:0....g	0.050		1		1		0.063	0.153	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.520		0		1		0.655	1.586	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050		1		1		0.063	0.153	
17:1....g									
18:1 undifferentiated....g	0.460		1		1		0.580	1.403	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.280		0		1		0.353	0.854	
18:2 undifferentiated....g	0.250		1		1		0.315	0.763	
18:3 undifferentiated....g	0.010		1		1		0.013	0.031	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		4	9	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		0		1		0.023	0.055	
Threonine....g	0.066		0		1		0.083	0.201	
Isoleucine....g	0.079		0		1		0.100	0.241	
Leucine....g	0.134		0		1		0.169	0.409	
Lysine....g	0.129		0		1		0.163	0.393	
Methionine....g	0.036		0		1		0.045	0.110	
Cystine....g	0.014		0		1		0.018	0.043	
Phenylalanine....g	0.077		0		1		0.097	0.235	
Tyrosine....g	0.055		0		1		0.069	0.168	
Valine....g	0.093		0		1		0.117	0.284	
Arginine....g	0.098		0		1		0.123	0.299	
Histidine....g	0.046		0		1		0.058	0.140	
Alanine....g	0.120		0		1		0.151	0.366	
Aspartic acid....g	0.177		0		1		0.223	0.540	
Glutamic acid....g	0.529		0		1		0.667	1.613	
Glycine....g	0.132		0		1		0.166	0.403	
Proline....g	0.120		0		1		0.151	0.366	
Serine....g	0.072		0		1		0.091	0.220	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06017

Soup, chicken gumbo, canned, condensed

Common Measures:

Measure 1 = 126g: .5 cup (4 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06417

Soup, chicken gumbo, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.84		0		1		228.97	556.47	
Energy	kcal	23		0	NC	4		56	136	
Energy	kJ	96		0		4		235	571	
Protein (N x 6.25)	g	1.08		0		1		2.64	6.40	
Total lipid (fat)	g	0.59		0		1		1.44	3.50	
Ash	g	1.06		0		1		2.59	6.29	
Carbohydrate, by difference	g	3.43		0	NC	4		8.37	20.34	
Fiber, total dietary	g	0.8		0		4		2.0	4.7	
Sugars, total	g	1.02		0	FLA	4		2.50	6.08	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		24	59	
Iron, Fe	mg	0.37		0		1		0.90	2.19	
Magnesium, Mg	mg	2		0		1		5	12	
Phosphorus, P	mg	10		0		1		24	59	
Potassium, K	mg	31		0		1		76	184	
Sodium, Na	mg	391		0		1		954	2319	
Zinc, Zn	mg	0.15		0		1		0.38	0.91	
Copper, Cu	mg	0.051		0		1		0.124	0.302	
Manganese, Mn	mg	0.103		0		1		0.251	0.611	
Selenium, Se	µg	3.3		0	RA	4		8.1	19.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		4.9	11.9	
Thiamin	mg	0.010		0		4		0.024	0.059	
Riboflavin	mg	0.020		0		4		0.049	0.119	
Niacin	mg	0.272		0		1		0.664	1.613	
Pantothenic acid	mg	0.080		0		4		0.195	0.474	
Vitamin B-6	mg	0.026		0		1		0.063	0.154	
Folate, total	µg	2		0		4		5	12	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	2		0		4		5	12	
Folate, DFE	mcg_DFE	2		0	NC	4		5	12	
Choline, total	mg	3.6		0	BFSN	4		8.9	21.6	
Betaine	mg									
Vitamin B-12	µg	0.01		0		4		0.02	0.06	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0	FLA	4		7	17	
Retinol	µg	0		0	FLA	4		0	1	
Carotene, beta	µg	32		0	FLA	4		77	188	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	2		0	FLA	4		5	12	
Vitamin A, IU	IU	55		0	NC	4		134	327	
Lycopene	µg	990		0	FLA	4		2415	5870	
Lutein + zeaxanthin	µg	28		0	FLA	4		67	164	
Vitamin E (alpha-tocopherol)	mg	0.15		0	FLA	4		0.35	0.86	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.6		0	FLA	4		6.4	15.5	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									

NDB No. 06417

Soup, chicken gumbo, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.130		0		1		0.317	0.771	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.100		0		1		0.244	0.593	
17:0....g									
18:0....g	0.030		0		1		0.073	0.178	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.270		0		1		0.659	1.601	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0		1		0.073	0.178	
17:1....g									
18:1 undifferentiated....g	0.240		0		1		0.586	1.423	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.140		0		1		0.342	0.830	
18:2 undifferentiated....g	0.130		0		1		0.317	0.771	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		5	12	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.022	0.053	
Threonine....g	0.034		0		1		0.083	0.202	
Isoleucine....g	0.041		0		1		0.100	0.243	
Leucine....g	0.069		0		1		0.168	0.409	
Lysine....g	0.066		0		1		0.161	0.391	
Methionine....g	0.019		0		1		0.046	0.113	
Cystine....g	0.007		0		1		0.017	0.042	
Phenylalanine....g	0.040		0		1		0.098	0.237	
Tyrosine....g	0.028		0		1		0.068	0.166	
Valine....g	0.048		0		1		0.117	0.285	
Arginine....g	0.050		0		1		0.122	0.297	
Histidine....g	0.024		0		1		0.059	0.142	
Alanine....g	0.062		0		1		0.151	0.368	
Aspartic acid....g	0.091		0		1		0.222	0.540	
Glutamic acid....g	0.272		0		1		0.664	1.613	
Glycine....g	0.068		0		1		0.166	0.403	
Proline....g	0.062		0		1		0.151	0.368	
Serine....g	0.037		0		1		0.090	0.219	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	

NDB No. 06417

Soup, chicken gumbo, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06726

Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.20		1	A	1		453.84	202.08	
Energy....kcal	80		0	NC	4		431	192	
Energy....kJ	335				4		1804	803	
Protein....g	3.00		1	A	1		16.17	7.20	
Total lipid (fat)....g	4.40		1	A	1		23.72	10.56	
Ash....g	1.30		1	A	1		7.01	3.12	
Carbohydrate, by difference....g	7.10		0	NC	4		38.27	17.04	
Fiber, total dietary....g	1.4		1	A	1		7.5	3.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.48		1	A	1		2.59	1.15	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	339		1	A	1		1827	814	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		1	A	1		10.8	4.8	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		1	A	1		0	0	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.150		1	A	1		6.199	2.760	
Fatty acids, total monounsaturated....g	0.837		1	A	1		4.511	2.009	
Fatty acids, total polyunsaturated....g	1.740		1	A	1		9.379	4.176	
Fatty acids, total trans....g									
Cholesterol....mg	6		1	A	1		32	14	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06726

Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06149
Soup, chicken mushroom, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.40		0		4		101.30	245.22	
Energy....kcal	109		0		4		137	332	
Energy....kJ	456		0		4		575	1391	
Protein (N x 6.25)....g	3.50	0.091	5		1		4.41	10.68	
Total lipid (fat)....g	7.30	0.120	5		1		9.20	22.27	
Ash....g	1.20		0		4		1.51	3.66	
Carbohydrate, by difference....g	7.60		0		4		9.58	23.18	
Fiber, total dietary....g	0.2		0		4		0.3	0.6	
Sugars, total....g	1.31		0	FLA	4		1.65	4.01	
Starch....g									
Minerals:									
Calcium, Ca....mg	23	0.537	5		1		29	70	
Iron, Fe....mg	0.70	0.129	5		1		0.88	2.14	
Magnesium, Mg....mg	7		0		4		9	21	
Phosphorus, P....mg	22		0		4		28	67	
Potassium, K....mg	126		0		4		159	384	
Sodium, Na....mg	661		0	LC	8		833	2016	
Zinc, Zn....mg	0.80		0		4		1.01	2.44	
Copper, Cu....mg	0.040		0		4		0.050	0.122	
Manganese, Mn....mg	0.100		0		4		0.126	0.305	
Selenium, Se....µg	2.9		0	RA	4		3.7	8.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	5		1		0.0	0.0	
Thiamin....mg	0.020	0.005	5		1		0.025	0.061	
Riboflavin....mg	0.090	0.005	5		1		0.113	0.275	
Niacin....mg	1.300	0.048	5		1		1.638	3.965	
Pantothenic acid....mg	0.200		0		4		0.252	0.610	
Vitamin B-6....mg	0.040		0		4		0.050	0.122	
Folate, total....µg	2		0		4		3	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		3	6	
Folate, DFE....mcg_DFE	2		0	NC	4		3	6	
Choline, total....mg	11.0		0	O	4		13.8	33.4	
Betaine....mg									
Vitamin B-12....µg	0.05		0		4		0.06	0.15	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	9		0	NC	4		11	26	
Retinol....µg	8		0	FLA	4		11	26	
Carotene, beta....µg	3		0	FLA	4		4	9	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	33		0	NC	4		41	100	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLA	4		1	2	
Vitamin E (alpha-tocopherol)....mg	0.64		0	FLA	4		0.81	1.96	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.1		0	FLA	4		1.4	3.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06149
Soup, chicken mushroom, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.920		0		1		2.419	5.856	
4:0....g	0.010		0		1		0.013	0.031	
6:0....g	0.010		0		1		0.013	0.031	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.010		0		1		0.013	0.031	
12:0....g	0.010		0		1		0.013	0.031	
13:0....g									
14:0....g	0.070		0		1		0.088	0.214	
15:0....g									
16:0....g	1.260		0		1		1.588	3.843	
17:0....g									
18:0....g	0.500		0		1		0.630	1.525	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.210		0		1		4.045	9.791	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.210		0		1		0.265	0.641	
17:1....g									
18:1 undifferentiated....g	2.940		0		1		3.704	8.967	
20:1....g	0.040		0		1		0.050	0.122	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.850		0		1		2.331	5.643	
18:2 undifferentiated....g	1.750		0		1		2.205	5.338	
18:3 undifferentiated....g	0.090		0		1		0.113	0.275	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	8		0		1		10	24	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup (4 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4.2

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06549

Soup, chicken mushroom, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.00		0		4		219.60	533.70	
Energy....kcal	54		0		4		132	320	
Energy....kJ	226		0		4		551	1340	
Protein (N x 6.25)....g	1.80		0		1		4.39	10.67	
Total lipid (fat)....g	3.75		0		1		9.15	22.24	
Ash....g	0.60		0		4		1.46	3.56	
Carbohydrate, by difference....g	3.80		0		4		9.27	22.53	
Fiber, total dietary....g	0.1		0		4		0.2	0.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		1		29	71	
Iron, Fe....mg	0.36		0		1		0.88	2.13	
Magnesium, Mg....mg	4		0		4		10	24	
Phosphorus, P....mg	11		0		4		27	65	
Potassium, K....mg	63		0		4		154	374	
Sodium, Na....mg	327		1	LC	8		798	1939	
Zinc, Zn....mg	0.40		0		4		0.98	2.37	
Copper, Cu....mg	0.100		0		4		0.244	0.593	
Manganese, Mn....mg	0.100		0		4		0.244	0.593	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.010		0		1		0.024	0.059	
Riboflavin....mg	0.046		0		1		0.112	0.273	
Niacin....mg	0.668		0		1		1.630	3.961	
Pantothenic acid....mg	0.100		0		4		0.244	0.593	
Vitamin B-6....mg	0.020		0		4		0.049	0.119	
Folate, total....µg	0		0		4		0	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	0		0		4		0	1	
Folate, DFE....mcg_DFE	0		0	NC	4		0	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0		4		0.05	0.12	
Vitamin A, RAE....mcg_RAE	23		0	NC	4		57	138	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	465		0		1		1135	2757	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.980		0		1		2.391	5.811	
4:0....g	0.010		0		1		0.024	0.059	

NDB No. 06549

Soup, chicken mushroom, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.010		0		1		0.024	0.059	
13:0 g									
14:0 g	0.040		0		1		0.098	0.237	
15:0 g									
16:0 g	0.640		0		1		1.562	3.795	
17:0 g									
18:0 g	0.260		0		1		0.634	1.542	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.650		0		1		4.026	9.785	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100		0		1		0.244	0.593	
17:1 g									
18:1 undifferentiated g	1.510		0		1		3.684	8.954	
20:1 g	0.020		0		1		0.049	0.119	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.950		0		1		2.318	5.634	
18:2 undifferentiated g	0.900		0		1		2.196	5.337	
18:3 undifferentiated g	0.040		0		1		0.098	0.237	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	4		0		1		10	24	
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4.2

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06019
Soup, chicken noodle, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.48	0.234	8	A	1		110.23	265.08	
Energy....kcal	52		0	NC	4		65	157	
Energy....kJ	217		0	NC	4		274	658	
Protein (N x 6.25)....g	2.59	0.043	8	A	1		3.26	7.84	
Total lipid (fat)....g	1.94	0.106	8	A	1		2.44	5.88	
Ash....g	1.96	0.075	8	A	1		2.47	5.95	
Carbohydrate, by difference....g	6.03		0	NC	4		7.59	18.26	
Fiber, total dietary....g	0.3		0	FLC	4		0.4	0.9	
Sugars, total....g	0.54		0	FLC	4		0.69	1.65	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.223	8	A	1		11	27	
Iron, Fe....mg	1.35	0.221	8	A	1		1.70	4.09	
Magnesium, Mg....mg	8	0.392	8	A	1		10	23	
Phosphorus, P....mg	35	1.396	8	A	1		44	106	
Potassium, K....mg	44	1.566	8	A	1		55	132	
Sodium, Na....mg	706		1	LC	8		890	2139	
Zinc, Zn....mg	0.32	0.018	8	A	1		0.40	0.96	
Copper, Cu....mg	0.121	0.022	8	A	1		0.152	0.365	
Manganese, Mn....mg	0.104	0.009	8	A	1		0.130	0.314	
Selenium, Se....µg	9.9		2	A	1		12.5	30.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	FLC	4		0.0	0.1	
Thiamin....mg	0.113	0.022	4	A	1		0.142	0.342	
Riboflavin....mg	0.093	0.019	4	A	1		0.117	0.281	
Niacin....mg	1.103	0.169	4	A	1		1.390	3.343	
Pantothenic acid....mg	0.152		2	A	1		0.191	0.459	
Vitamin B-6....mg	0.041		0	FLC	4		0.051	0.124	
Folate, total....µg	16		0	FLC	4		21	50	
Folic acid....µg	12		0	FLC	4		16	37	
Folate, food....µg	4		0	FLC	4		5	12	
Folate, DFE....mcg_DFE	25		0	NC	4		32	76	
Choline, total....mg	11.2		0	AS	1		14.1	34.0	
Betaine....mg	11.9		2	A	1	C	15.0	36.0	
Vitamin B-12....µg	0.04		0	FLC	4		0.05	0.11	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	22		0	FLC	4		28	66	
Retinol....µg	2		0	FLC	4		2	5	
Carotene, beta....µg	243		0	FLC	4		306	735	
Carotene, alpha....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLC	4		0	0	
Vitamin A, IU....IU	410		0	NC	4		517	1243	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	7		0	FLC	4		9	22	
Vitamin E (alpha-tocopherol)....mg	0.05		0	FLC	4		0.07	0.17	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	FLC	4		0.01	0.01	
Tocopherol, gamma....mg	0.10		0	FLC	4		0.12	0.29	
Tocopherol, delta....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	FLC	4		0.1	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06019
Soup, chicken noodle, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.542		0	NC	4		0.683	1.642	
4:0....g	0.000		0	FLC	4		0.000	0.000	
6:0....g	0.000		0	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	
10:0....g	0.000		0	FLC	4		0.000	0.000	
12:0....g	0.002		2	A	1		0.003	0.006	
13:0....g									
14:0....g	0.011		2	A	1		0.013	0.032	
15:0....g	0.002		2	A	1		0.003	0.006	
16:0....g	0.401		2	A	1		0.505	1.214	
17:0....g	0.005		2	A	1		0.006	0.015	
18:0....g	0.109		2	A	1		0.137	0.330	
20:0....g	0.006		1	A	1		0.008	0.018	
22:0....g	0.005		1	A	1		0.006	0.015	
24:0....g	0.002		1	A	1		0.003	0.006	
Fatty acids, total monounsaturated....g	0.855		2	NC	4		1.077	2.589	
14:1....g	0.005		2	A	1		0.006	0.014	
15:1....g	0.008		2	A	1		0.009	0.023	
16:1 undifferentiated....g	0.106		2	A	1		0.134	0.321	
17:1....g	0.017		2	A	1		0.021	0.052	
18:1 undifferentiated....g	0.696		2	A	1		0.876	2.107	
20:1....g	0.016		2	A	1		0.020	0.048	
22:1 undifferentiated....g	0.008		2	A	1		0.010	0.024	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.540		2	NC	4		0.680	1.636	
18:2 undifferentiated....g	0.491		2	A	1		0.618	1.486	
18:3 undifferentiated....g	0.037		2	A	1		0.046	0.111	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g	0.004		2	A	1		0.004	0.011	
20:3 undifferentiated....g	0.002		2	A	1		0.003	0.006	
20:4 undifferentiated....g	0.008		2	A	1		0.009	0.023	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g	0.006		0	FLC	4		0.008	0.018	
Cholesterol....mg	11		2	A	1		14	33	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup

Measure 2 = 303g: 1 can (10.7oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06419

Soup, chicken noodle, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.82		0	RPI	6		232.68		
Energy....kcal	25		0	RPI	6		63		
Energy....kJ	106		0	RPI	6		264		
Protein (N x 6.25)....g	1.27		0	RPI	6		3.14		
Total lipid (fat)....g	0.95		0	RPI	6		2.35		
Ash....g	1.01		0	RPI	6		2.51		
Carbohydrate, by difference....g	2.95		0	RPI	6		7.31		
Fiber, total dietary....g	0.2		0	RPI	6		0.4		
Sugars, total....g	0.27		0	RPI	6		0.66		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0	RPA	1		15		
Iron, Fe....mg	0.66		0	RPA	1		1.64		
Magnesium, Mg....mg	4		0	RPA	1		10		
Phosphorus, P....mg	17		0	RPA	1		43		
Potassium, K....mg	22		0	RPA	1		54		
Sodium, Na....mg	349		1	LC	8		866		
Zinc, Zn....mg	0.16		0	RPA	1		0.39		
Copper, Cu....mg	0.064		0	RPA	1		0.159		
Manganese, Mn....mg	0.051		0	RPA	1		0.126		
Selenium, Se....µg	4.8		0	RPI	6		12.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0		
Thiamin....mg	0.055		0	RPI	6		0.137		
Riboflavin....mg	0.045		0	RPI	6		0.113		
Niacin....mg	0.540		0	RPI	6		1.339		
Pantothenic acid....mg	0.074		0	RPI	6		0.184		
Vitamin B-6....mg	0.020		0	RPI	6		0.050		
Folate, total....µg	8		0	RPI	6		20		
Folic acid....µg	6		0	RPI	6		15		
Folate, food....µg	2		0	RPI	6		5		
Folate, DFE....mcg_DFE	12		0	NC	4		30		
Choline, total....mg	5.5		0	RPI	6		13.6		
Betaine....mg									
Vitamin B-12....µg	0.02		0	RPI	6		0.05		
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00		
Vitamin A, RAE....mcg_RAE	11		0	RPI	6		27		
Retinol....µg	1		0	RPI	6		2		
Carotene, beta....µg	119		0	RPI	6		295		
Carotene, alpha....µg	0		0	RPI	6		0		
Cryptoxanthin, beta....µg	0		0	RPI	6		0		
Vitamin A, IU....IU	201		0	RPI	6		498		
Lycopene....µg	0		0	RPI	6		0		
Lutein + zeaxanthin....µg	4		0	RPI	6		9		
Vitamin E (alpha-tocopherol)....mg	0.03		0	RPI	6		0.07		
Vitamin E, added....mg	0.00		0	RPI	6		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	RPI	6		0.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06419

Soup, chicken noodle, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.262		0	RPI	6		0.650		
4:0....g	0.000		0	RPI	6		0.000		
6:0....g	0.000		0	RPI	6		0.000		
8:0....g	0.000		0	RPI	6		0.000		
10:0....g	0.000		0	RPI	6		0.000		
12:0....g	0.001		0	RPI	6		0.002		
13:0....g									
14:0....g	0.005		0	RPI	6		0.013		
15:0....g	0.001		0	RPA	1		0.002		
16:0....g	0.196		0	RPI	6		0.486		
17:0....g	0.002		0	RPA	1		0.006		
18:0....g	0.053		0	RPI	6		0.132		
20:0....g	0.003		0	RPA	1		0.007		
22:0....g	0.002		0	RPA	1		0.006		
24:0....g	0.001		0	RPA	1		0.002		
Fatty acids, total monounsaturated....g	0.418		0	RPI	6		1.037		
14:1....g	0.002		0	RPA	1		0.005		
15:1....g	0.004		0	RPA	1		0.009		
16:1 undifferentiated....g	0.052		0	RPI	6		0.129		
17:1....g	0.008		0	RPA	1		0.021		
18:1 undifferentiated....g	0.340		0	RPI	6		0.844		
20:1....g	0.008		0	RPI	6		0.019		
22:1 undifferentiated....g	0.004		0	RPI	6		0.010		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.264		0	RPI	6		0.655		
18:2 undifferentiated....g	0.240		0	RPI	6		0.595		
18:3 undifferentiated....g	0.018		0	RPI	6		0.044		
18:4....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c....g	0.002		0	RPA	1		0.004		
20:3 undifferentiated....g	0.001		0	RPA	1		0.002		
20:4 undifferentiated....g	0.004		0	RPI	6		0.009		
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000		
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans....g	0.003		0	RPI	6		0.007		
Cholesterol....mg	5		0	RPI	6		13		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	0		0	RPI	6		0		
Theobromine....mg	0		0	RPI	6		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 serving 1 cup

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06128
Soup, chicken noodle, dry, mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.94	0.844	4	A	1		3.66	0.55	
Energy	kcal	377		0	NC	4		279	42	
Energy	kJ	1576		0	NC	4		1166	175	
Protein (N x 6.25)	g	15.42	1.082	4	A	1		11.41	1.71	
Total lipid (fat)	g	6.51	0.561	4	A	1		4.82	0.72	
Ash	g	10.80	0.881	4	A	1		7.99	1.20	
Carbohydrate, by difference	g	62.32		0	NC	4		46.12	6.92	
Fiber, total dietary	g	3.2		2	A	1		2.3	0.4	
Sugars, total	g	1.90		2	A	1		1.40	0.21	
Sucrose	g	1.11		2	A	1		0.82	0.12	
Glucose (dextrose)	g	0.00		2	A	1		0.00	0.00	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.78		2	A	1		0.58	0.09	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g	50.83		2	A	1		37.61	5.64	
Minerals:										
Calcium, Ca	mg	55	0.733	4	A	1		41	6	
Iron, Fe	mg	2.44	0.514	4	A	1		1.81	0.27	
Magnesium, Mg	mg	38	1.344	4	A	1		28	4	
Phosphorus, P	mg	195	5.662	4	A	1		144	22	
Potassium, K	mg	306	23.607	4	A	1		226	34	
Sodium, Na	mg	3643	350.667	4	A	1		2696	404	
Zinc, Zn	mg	1.65	0.285	4	A	1		1.22	0.18	
Copper, Cu	mg	0.286	0.125	4	A	1		0.212	0.032	
Manganese, Mn	mg	0.468	0.019	4	A	1		0.346	0.052	
Selenium, Se	µg	32.4	7.972	4	A	1		24.0	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0	0.0	
Thiamin	mg	0.575		2	A	1		0.426	0.064	
Riboflavin	mg	0.381		2	A	1		0.282	0.042	
Niacin	mg	4.880		2	A	1		3.611	0.542	
Pantothenic acid	mg	0.895		2	A	1		0.662	0.099	
Vitamin B-6	mg	0.236		2	A	1		0.174	0.026	
Folate, total	µg	71		2	A	1		53	8	
Folic acid	µg	62		0	NC	4		46	7	
Folate, food	µg	9	0.215	3		1		7	1	
Folate, DFE	mcg_DFE	115		0	NC	4		85	13	
Choline, total	mg	61.7		0	BFAN	4		45.7	6.9	
Betaine	mg									
Vitamin B-12	µg	0.75		2	A	1		0.56	0.08	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	8		0	NC	4		6	1	
Retinol	µg	8		0	FLA	4		6	1	
Carotene, beta	µg	9		0	FLA	4		7	1	
Carotene, alpha	µg	4		0	FLA	4		3	0	
Cryptoxanthin, beta	µg	1		0	FLA	4		0	0	
Vitamin A, IU	IU	44		0	NC	4		33	5	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	43		0	FLA	4		32	5	
Vitamin E (alpha-tocopherol)	mg	0.33		1	A	1		0.24	0.04	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.04		1	A	1		0.03	0.00	
Tocopherol, gamma	mg	0.66		1	A	1		0.49	0.07	
Tocopherol, delta	mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									

NDB No. 06128
Soup, chicken noodle, dry, mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.1		0	FLA	4		0.1	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.947		2	NC	4		1.441	0.216	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.020		1	A	1		0.015	0.002	
12:0....g	0.025		2	A	1		0.019	0.003	
13:0....g	0.004		1	A	1		0.003	0.000	
14:0....g	0.110		2	A	1		0.081	0.012	
15:0....g	0.020		2	A	1		0.015	0.002	
16:0....g	1.350		2	A	1		0.999	0.150	
17:0....g	0.020		2	A	1		0.015	0.002	
18:0....g	0.400		2	A	1		0.296	0.044	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.010		1	A	1		0.007	0.001	
24:0....g	0.010		1	A	1		0.007	0.001	
Fatty acids, total monounsaturated....g	2.263		2	NC	4		1.675	0.251	
14:1....g	0.020		2	A	1		0.015	0.002	
15:1....g	0.010		2	A	1		0.007	0.001	
16:1 undifferentiated....g	0.235		2	A	1		0.174	0.026	
17:1....g	0.035		2	A	1		0.026	0.004	
18:1 undifferentiated....g	1.928		2	A	1		1.427	0.214	
20:1....g	0.030		2	A	1		0.022	0.003	
22:1 undifferentiated....g	0.010		1	A	1		0.007	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.390		2	NC	4		1.028	0.154	
18:2 undifferentiated....g	1.295		2	A	1		0.958	0.144	
18:3 undifferentiated....g	0.050		2	A	1		0.037	0.006	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g	0.010		2	A	1		0.007	0.001	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.035		2	A	1		0.026	0.004	
20:5 n-3 (EPA)....g	0.001		0	FLA	4		0.001	0.000	
22:5 n-3 (DPA)....g	0.002		0	FLA	4		0.002	0.000	
22:6 n-3 (DHA)....g	0.004		0	FLA	4		0.003	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	74		0	MC	9		55	8	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.146		1	A	1		0.108	0.016	
Threonine....g	0.610		1	A	1		0.451	0.068	
Isoleucine....g	0.687		1	A	1		0.508	0.076	
Leucine....g	1.157		1	A	1		0.856	0.128	
Lysine....g	0.805		1	A	1		0.596	0.089	
Methionine....g	0.264		1	A	1		0.195	0.029	
Cystine....g	0.165		1	A	1		0.122	0.018	
Phenylalanine....g	0.726		1	A	1		0.537	0.081	
Tyrosine....g	0.473		1	A	1		0.350	0.053	
Valine....g	0.764		1	A	1		0.565	0.085	
Arginine....g	0.880		1	A	1		0.651	0.098	
Histidine....g	0.400		1	A	1		0.296	0.044	
Alanine....g	0.750		1	A	1		0.555	0.083	
Aspartic acid....g	1.112		1	A	1		0.823	0.123	
Glutamic acid....g	3.884		1	A	1		2.874	0.431	
Glycine....g	0.666		1	A	1		0.493	0.074	
Proline....g	1.312		1	A	1		0.971	0.146	
Serine....g	0.740		1	A	1		0.548	0.082	
Hydroxyproline....g									

NDB No. 06128
Soup, chicken noodle, dry, mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 74g: 1 packet

Measure 2 = 11.1g: 1 packet (6 fl oz)

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06528

Soup, chicken noodle, dry, mix, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.16		0		1		230.69		
Energy	kcal	23		0	NC	4		56		
Energy	kJ	96		0		4		236		
Protein (N x 6.25)	g	0.84		0	BFSN	4		2.06		
Total lipid (fat)	g	0.55		0	BFSN	4		1.35		
Ash	g	0.78		0	BFSN	4		1.91		
Carbohydrate, by difference	g	3.67		0	BFSN	4		8.99		
Fiber, total dietary	g	0.1		0	BFSN	4		0.2		
Sugars, total	g	0.31		0	FLA	4		0.76		
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	BFSN	4		5		
Iron, Fe	mg	0.20		0	BFSN	4		0.49		
Magnesium, Mg	mg	3		0	BFSN	4		7		
Phosphorus, P	mg	12		0	BFSN	4		29		
Potassium, K	mg	13		0	BFSN	4		32		
Sodium, Na	mg	229		0	BFSN	4		561		
Zinc, Zn	mg	0.08		0	BFSN	4		0.20		
Copper, Cu	mg	0.014		0	BFSN	4		0.034		
Manganese, Mn	mg	0.032		0	BFSN	4		0.078		
Selenium, Se	µg	3.8		0	BFSN	4		9.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFSN	4		0.0		
Thiamin	mg	0.081		0	BFSN	4		0.198		
Riboflavin	mg	0.030		0	BFSN	4		0.074		
Niacin	mg	0.431		0	BFSN	4		1.056		
Pantothenic acid	mg	0.042		0	BFSN	4		0.103		
Vitamin B-6	mg	0.010		0	BFSN	4		0.025		
Folate, total	µg	7		0	BFSN	4		17		
Folic acid	µg	6		0	NC	4		16		
Folate, food	µg	1		0		1		1		
Folate, DFE	mcg_DFE	11		0	NC	4		28		
Choline, total	mg	4.9		0	O	4		12.1		
Betaine	mg									
Vitamin B-12	µg	0.02		0	BFSN	4		0.05		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		2		
Retinol	µg	0		0	FLA	4		1		
Carotene, beta	µg	5		0	FLA	4		13		
Carotene, alpha	µg	1		0	FLA	4		4		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	11		0	NC	4		28		
Lycopene	µg	0		0	FLA	4		1		
Lutein + zeaxanthin	µg	8		0	FLA	4		19		
Vitamin E (alpha-tocopherol)	mg	0.05		0	FLA	4		0.11		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	1.4		0	FLA	4		3.5		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06528

Soup, chicken noodle, dry, mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.122		0	BFFN	4		0.299		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.002		0	BFFN	4		0.005		
15:0....g									
16:0....g	0.090		0	BFFN	4		0.221		
17:0....g									
18:0....g	0.028		0	BFFN	4		0.069		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.205		0	BFFN	4		0.502		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0	BFFN	4		0.039		
17:1....g									
18:1 undifferentiated....g	0.186		0	BFFN	4		0.456		
20:1....g	0.002		0	BFFN	4		0.005		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.155		0	BFFN	4		0.380		
18:2 undifferentiated....g	0.142		0	BFFN	4		0.348		
18:3 undifferentiated....g	0.008		0	BFFN	4		0.020		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	BFFN	4		0.005		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.001		0	BFFN	4		0.002		
Fatty acids, total trans....g									
Cholesterol....mg	4		0	BFSN	4		10		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06966

Soup, chicken noodle, low sodium, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.82		0	RPI	6		232.68	29.09	
Energy	kcal	25		0	RPI	6		63	8	
Energy	kJ	106		0	RPI	6		264	33	
Protein	g	1.27		0	RPI	6		3.14	0.39	
Total lipid (fat)	g	0.95		0	RPI	6		2.35	0.29	
Ash	g	1.01		0	RPI	6		2.51	0.31	
Carbohydrate, by difference	g	2.95		0	RPI	6		7.31	0.91	
Fiber, total dietary	g	0.2		0	RPI	6		0.4	0.0	
Sugars, total	g	0.27		0	RPI	6		0.66	0.08	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	RPA	1		15	2	
Iron, Fe	mg	0.66		0	RPA	1		1.64	0.21	
Magnesium, Mg	mg	4		0	RPA	1		10	1	
Phosphorus, P	mg	17		0	RPA	1		43	5	
Potassium, K	mg	22		0	RPA	1		54	7	
Sodium, Na	mg	173		0	FLA	4		430	54	
Zinc, Zn	mg	0.16		0	RPA	1		0.39	0.05	
Copper, Cu	mg	0.064		0	RPA	1		0.159	0.020	
Manganese, Mn	mg	0.051		0	RPA	1		0.126	0.016	
Selenium, Se	µg	4.8		0	RPI	6		12.0	1.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0	0.0	
Thiamin	mg	0.055		0	RPI	6		0.137	0.017	
Riboflavin	mg	0.045		0	RPI	6		0.113	0.014	
Niacin	mg	0.540		0	RPI	6		1.339	0.167	
Pantothenic acid	mg	0.074		0	RPI	6		0.184	0.023	
Vitamin B-6	mg	0.020		0	RPI	6		0.050	0.006	
Folate, total	µg	8		0	RPI	6		20	2	
Folic acid	µg	6		0	RPI	6		15	2	
Folate, food	µg	2		0	RPI	6		5	1	
Folate, DFE	mcg_DFE	12		0	NC	4		30	4	
Choline, total	mg	5.5		0	RPI	6		13.6	1.7	
Betaine	mg									
Vitamin B-12	µg	0.02		0	RPI	6		0.05	0.01	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	11		0	RPI	6		27	3	
Retinol	µg	1		0	RPI	6		2	0	
Carotene, beta	µg	119		0	RPI	6		295	37	
Carotene, alpha	µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta	µg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	201		0	RPI	6		498	62	
Lycopene	µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin	µg	4		0	RPI	6		9	1	
Vitamin E (alpha-tocopherol)	mg	0.03		0	RPI	6		0.07	0.01	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.0		0	RPI	6		0.1	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06966

Soup, chicken noodle, low sodium, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.262		0	RPI	6		0.650	0.081	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.001		0	RPI	6		0.002	0.000	
13:0....g									
14:0....g	0.005		0	RPI	6		0.013	0.002	
15:0....g	0.001		0	RPA	1		0.002	0.000	
16:0....g	0.196		0	RPI	6		0.486	0.061	
17:0....g	0.002		0	RPA	1		0.006	0.001	
18:0....g	0.053		0	RPI	6		0.132	0.017	
20:0....g	0.003		0	RPA	1		0.007	0.001	
22:0....g	0.002		0	RPA	1		0.006	0.001	
24:0....g	0.001		0	RPA	1		0.002	0.000	
Fatty acids, total monounsaturated....g	0.418		0	RPI	6		1.037	0.130	
14:1....g	0.002		0	RPA	1		0.005	0.001	
15:1....g	0.004		0	RPA	1		0.009	0.001	
16:1 undifferentiated....g	0.052		0	RPI	6		0.129	0.016	
17:1....g	0.008		0	RPA	1		0.021	0.003	
18:1 undifferentiated....g	0.340		0	RPI	6		0.844	0.106	
20:1....g	0.008		0	RPI	6		0.019	0.002	
22:1 undifferentiated....g	0.004		0	RPI	6		0.010	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.264		0	RPI	6		0.655	0.082	
18:2 undifferentiated....g	0.240		0	RPI	6		0.595	0.074	
18:3 undifferentiated....g	0.018		0	RPI	6		0.044	0.006	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g	0.002		0	RPA	1		0.004	0.001	
20:3 undifferentiated....g	0.001		0	RPA	1		0.002	0.000	
20:4 undifferentiated....g	0.004		0	RPI	6		0.009	0.001	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g	0.003		0	RPI	6		0.007	0.001	
Cholesterol....mg	5		0	RPI	6		13	2	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 serving 1 cup

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27044
Soup, chicken noodle, reduced sodium, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	90.46	0.207	12	A	1		221.63	466.79	
Energy ... kcal	41		0	NC	4		99	209	
Energy ... kJ	170		0	NC	4		417	877	
Protein ... g	3.29	0.163	12	A	1		8.05	16.96	
Total lipid (fat) ... g	1.34	0.084	12	A	1		3.28	6.90	
Ash ... g	1.07	0.060	12	A	1		2.63	5.53	
Carbohydrate, by difference ... g	3.84		0	NC	4		9.41	19.82	
Fiber, total dietary ... g	0.8	0.042	6	A	1		1.9	4.0	
Sugars, total ... g	0.34	0.011	6	A	1		0.84	1.77	
Sucrose ... g	0.34	0.011	6	A	1		0.84	1.77	
Glucose (dextrose) ... g	0.00	0.000	6	A	1		0.00	0.00	
Fructose ... g	0.00	0.000	6	A	1		0.00	0.00	
Lactose ... g	0.00	0.000	6	A	1		0.00	0.00	
Maltose ... g	0.00	0.000	6	A	1		0.00	0.00	
Galactose ... g	0.00	0.000	6	A	1		0.00	0.00	
Starch ... g	3.43	0.323	6	A	1		8.41	17.72	
Minerals:									
Calcium, Ca ... mg	11	0.275	12	A	1		27	58	
Iron, Fe ... mg	0.33	0.012	12	A	1		0.82	1.73	
Magnesium, Mg ... mg	8	0.321	12	A	1		19	41	
Phosphorus, P ... mg	42	1.030	12	A	1		103	217	
Potassium, K ... mg	285	22.520	12	A	1		699	1471	
Sodium, Na ... mg	186	3.695	12	A	1		456	961	
Zinc, Zn ... mg	0.18	0.009	12	A	1		0.43	0.92	
Copper, Cu ... mg	0.025	0.000	12	A	1		0.061	0.129	
Manganese, Mn ... mg	0.053	0.001	12	A	1		0.129	0.272	
Selenium, Se ... µg	4.5	0.240	6	A	1		11.1	23.3	
Vitamins:									
Vitamin C, total ascorbic acid ... mg									
Thiamin ... mg	0.032	0.006	12	A	1		0.077	0.163	
Riboflavin ... mg	0.022	0.002	12	A	1		0.054	0.113	
Niacin ... mg	1.396	0.134	12	A	1		3.420	7.202	
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... µg									
Folate, DFE ... mcg_DFE									
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg									
Vitamin A, RAE ... mcg_RAE									
Vitamin A, IU ... IU									
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27044

Soup, chicken noodle, reduced sodium, canned, ready-to-serve

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 516g: 1 can

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06022
Soup, chicken rice, canned, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.78	0.220	13		1		208.27	467.74	
Energy....kcal	53		0	NC	4		127	286	
Energy....kJ	222		0		4		532	1195	
Protein (N x 6.25)....g	5.11	0.116	10		1		12.26	27.54	
Total lipid (fat)....g	1.33	0.047	10		1		3.19	7.17	
Ash....g	1.37	0.068	10		1		3.29	7.38	
Carbohydrate, by difference....g	5.41		0	NC	4		12.98	29.16	
Fiber, total dietary....g	0.4		0		4		1.0	2.2	
Sugars, total....g	0.60		0	FLA	4		1.45	3.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.991	10		1		34	75	
Iron, Fe....mg	0.78	0.057	10		1		1.87	4.20	
Magnesium, Mg....mg	4		0		4		10	22	
Phosphorus, P....mg	30		0		4		72	162	
Potassium, K....mg	45		0		4		108	243	
Sodium, Na....mg	370	7.341	10		1		888	1994	
Zinc, Zn....mg	0.40		0		4		0.96	2.16	
Copper, Cu....mg	0.100		0		4		0.240	0.539	
Manganese, Mn....mg	0.100		0		4		0.240	0.539	
Selenium, Se....µg	4.5		0	RA	4		10.8	24.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6	0.267	10		1		3.8	8.6	
Thiamin....mg	0.010	0.000	10		1		0.024	0.054	
Riboflavin....mg	0.041	0.002	10		1		0.098	0.221	
Niacin....mg	1.710	0.051	10		1		4.104	9.217	
Pantothenic acid....mg	0.150		0		4		0.360	0.809	
Vitamin B-6....mg	0.020		0		4		0.048	0.108	
Folate, total....µg	2	0.244	3		1		4	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2	0.244	3		1		4	9	
Folate, DFE....mcg_DFE	2		0	NC	4		4	9	
Choline, total....mg	4.9		0	O	4		11.8	26.5	
Betaine....mg									
Vitamin B-12....µg	0.13		0		4		0.31	0.70	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	122		0	NC	4		293	657	
Retinol....µg	1		0	FLA	4		3	7	
Carotene, beta....µg	1183		0	FLA	4		2839	6377	
Carotene, alpha....µg	529		0	FLA	4		1270	2852	
Cryptoxanthin, beta....µg	1		0	FLA	4		2	4	
Vitamin A, IU....IU	2418		0	NC	4		5802	13031	
Lycopene....µg	13		0	FLA	4		32	72	
Lutein + zeaxanthin....µg	96		0	FLA	4		230	517	
Vitamin E (alpha-tocopherol)....mg	0.24		0	FLA	4		0.59	1.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	7.2		0	FLA	4		17.2	38.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06022
Soup, chicken rice, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.400		0		1		0.960	2.156	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.010		0		1		0.024	0.054	
15:0....g									
16:0....g	0.290		0		1		0.696	1.563	
17:0....g									
18:0....g	0.080		0		1		0.192	0.431	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.600		0		1		1.440	3.234	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.080		0		1		0.192	0.431	
17:1....g									
18:1 undifferentiated....g	0.500		0		1		1.200	2.695	
20:1....g	0.020		0		1		0.048	0.108	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.280		0		1		0.672	1.509	
18:2 undifferentiated....g	0.260		0		1		0.624	1.401	
18:3 undifferentiated....g	0.010		0		1		0.024	0.054	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	5		0		1		12	27	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can 19 oz

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06485
Soup, chicken rice, dry, mix, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.84		0		1		225.22	28.15	
Energy	kcal	24		0	NC	4		58	7	
Energy	kJ	100		0		4		241	30	
Protein (N x 6.25)	g	0.97		0		1		2.33	0.29	
Total lipid (fat)	g	0.57		0		1		1.37	0.17	
Ash	g	0.97		0		1		2.33	0.29	
Carbohydrate, by difference	g	3.66		0	NC	4		8.78	1.10	
Fiber, total dietary	g	0.3		0		4		0.7	0.1	
Sugars, total	g	0.29		0	FLA	4		0.69	0.09	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		7	1	
Iron, Fe	mg	0.00		0		1		0.00	0.00	
Magnesium, Mg	mg	0		0		4		0	0	
Phosphorus, P	mg	4		0		1		10	1	
Potassium, K	mg	4		0		1		10	1	
Sodium, Na	mg	388		0		1		931	116	
Zinc, Zn	mg	0.05		0		4		0.12	0.02	
Copper, Cu	mg	0.020		0		4		0.048	0.006	
Manganese, Mn	mg	0.080		0		4		0.192	0.024	
Selenium, Se	µg	2.1		0	BFSN	4		5.0	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.000		0		1		0.000	0.000	
Riboflavin	mg	0.000		0		1		0.000	0.000	
Niacin	mg	0.144		0		1		0.346	0.043	
Pantothenic acid	mg	0.030		0		4		0.072	0.009	
Vitamin B-6	mg	0.010		0		4		0.024	0.003	
Folate, total	µg	0		0		4		0	0	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	0		0		4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	4.9		0	O	4		11.8	1.5	
Betaine	mg									
Vitamin B-12	µg	0.03		0		4		0.07	0.01	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	1		0	FLA	4		3	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	2		0	FLA	4		5	1	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	1		0	FLA	4		3	0	
Vitamin E (alpha-tocopherol)	mg	0.02		0	FLA	4		0.05	0.01	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.1		0	FLA	4		0.3	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06485

Soup, chicken rice, dry, mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.130		0		1		0.312	0.039	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.090		0		1		0.216	0.027	
17:0....g									
18:0....g	0.030		0		1		0.072	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.250		0		1		0.600	0.075	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.048	0.006	
17:1....g									
18:1 undifferentiated....g	0.230		0		1		0.552	0.069	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.170		0		1		0.408	0.051	
18:2 undifferentiated....g	0.160		0		1		0.384	0.048	
18:3 undifferentiated....g	0.010		0		1		0.024	0.003	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0		1		2	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup 8 fl oz

Measure 2 = 30.0g: 1 fl oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06208

Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.90		0	FLC	4		215.36		
Energy....kcal	65		0	FLC	4		159		
Energy....kJ	272		0		4		666		
Protein....g	1.16		0	FLC	4		2.84		
Total lipid (fat)....g	4.46		0	FLC	4		10.93		
Ash....g	1.31		0	FLC	4		3.21		
Carbohydrate, by difference....g	5.20		0	FLC	4		12.74		
Fiber, total dietary....g	0.3		0	FLC	4		0.7		
Sugars, total....g	0.64		0	FLA	4		1.57		
Starch....g									
Minerals:									
Calcium, Ca....mg	15		0	FLC	4		37		
Iron, Fe....mg	0.16		0	FLC	4		0.39		
Magnesium, Mg....mg	5		0	FLC	4		12		
Phosphorus, P....mg	19		0	FLC	4		47		
Potassium, K....mg	73		0	FLC	4		179		
Sodium, Na....mg	416		0	FLC	4		1019		
Zinc, Zn....mg	0.16		0	FLC	4		0.39		
Copper, Cu....mg	0.040		0	FLC	4		0.098		
Manganese, Mn....mg									
Selenium, Se....µg	3.7		0	BFSN	4		9.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		0	FLC	4		9.8		
Thiamin....mg	0.015		0	FLC	4		0.037		
Riboflavin....mg	0.017		0	FLC	4		0.042		
Niacin....mg	0.346		0	FLC	4		0.848		
Pantothenic acid....mg									
Vitamin B-6....mg	0.042		0	FLC	4		0.103		
Folate, total....µg	9		0	FLA	4		23		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	9		0	FLA	4		23		
Folate, DFE....mcg_DFE	9		0	NC	4		23		
Choline, total....mg	12.0		0	O	4		29.4		
Betaine....mg									
Vitamin B-12....µg	0.02		0	FLC	4		0.05		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	19		0	NC	4		46		
Retinol....µg	0		0	FLA	4		0		
Carotene, beta....µg	186		0	FLA	4		456		
Carotene, alpha....µg	77		0	FLA	4		188		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	375		0	NC	4		919		
Lycopene....µg	54		0	FLA	4		132		
Lutein + zeaxanthin....µg	33		0	FLA	4		80		
Vitamin E (alpha-tocopherol)....mg	0.06		0	FLA	4		0.15		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.3		0	FLA	4		5.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06208

Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.636		0	FLC	4		4.008		
4:0....g	0.065		0	FLC	4		0.159		
6:0....g	0.037		0	FLC	4		0.091		
8:0....g	0.021		0	FLC	4		0.051		
10:0....g	0.047		0	FLC	4		0.115		
12:0....g	0.051		0	FLC	4		0.125		
13:0....g									
14:0....g	0.205		0	FLC	4		0.502		
15:0....g									
16:0....g	0.795		0	FLC	4		1.948		
17:0....g									
18:0....g	0.367		0	FLC	4		0.899		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.605		0	FLC	4		3.932		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.065		0	FLC	4		0.159		
17:1....g									
18:1 undifferentiated....g	1.507		0	FLC	4		3.692		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.974		0	FLC	4		2.386		
18:2 undifferentiated....g	0.871		0	FLC	4		2.134		
18:3 undifferentiated....g	0.092		0	FLC	4		0.225		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.005		0	FLC	4		0.012		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.001		0	FLC	4		0.002		
22:6 n-3 (DHA)....g	0.002		0	FLC	4		0.005		
Fatty acids, total trans....g									
Cholesterol....mg	7		0	FLC	4		17		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06025
Soup, chicken vegetable, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.52	0.065	14		1		103.48	259.13	
Energy....kcal	61		0	NC	4		74	185	
Energy....kJ	255		0		4		309	773	
Protein (N x 6.25)....g	2.94	0.042	14		1		3.56	8.91	
Total lipid (fat)....g	2.32	0.048	14		1		2.81	7.03	
Ash....g	2.22	0.010	14		1		2.69	6.73	
Carbohydrate, by difference....g	7.01		0	NC	4		8.48	21.24	
Fiber, total dietary....g	0.7		0		4		0.8	2.1	
Sugars, total....g	1.26		0	FLA	4		1.53	3.83	
Starch....g									
Minerals:									
Calcium, Ca....mg	14		11		1		17	42	
Iron, Fe....mg	0.71	0.051	14		1		0.86	2.15	
Magnesium, Mg....mg	5		1		1		6	15	
Phosphorus, P....mg	33		2		1		40	100	
Potassium, K....mg	126		2		1		152	382	
Sodium, Na....mg	733		0	LC	8		887	2221	
Zinc, Zn....mg	0.30		1		1		0.36	0.91	
Copper, Cu....mg	0.099		5		1		0.120	0.300	
Manganese, Mn....mg	0.300		1		1		0.363	0.909	
Selenium, Se....µg	4.5		0	BFSN	4		5.4	13.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8	0.286	13		1		1.0	2.4	
Thiamin....mg	0.036	0.002	14		1		0.044	0.109	
Riboflavin....mg	0.046	0.001	14		1		0.056	0.139	
Niacin....mg	1.004	0.023	14		1		1.215	3.042	
Pantothenic acid....mg	0.140		0		4		0.169	0.424	
Vitamin B-6....mg	0.039	0.000	14		1		0.047	0.118	
Folate, total....µg	4		0		4		5	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		5	12	
Folate, DFE....mcg_DFE	4		0	NC	4		5	12	
Choline, total....mg	8.9		0	O	4		10.7	26.9	
Betaine....mg									
Vitamin B-12....µg	0.10		0		4		0.12	0.30	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	109		0	NC	4		132	330	
Retinol....µg	2		0	FLA	4		3	7	
Carotene, beta....µg	1042		0	FLA	4		1261	3159	
Carotene, alpha....µg	466		0	FLA	4		564	1411	
Cryptoxanthin, beta....µg	3		0	FLA	4		4	10	
Vitamin A, IU....IU	2136		0	NC	4		2585	6473	
Lycopene....µg	328		0	FLA	4		397	993	
Lutein + zeaxanthin....µg	73		0	FLA	4		89	223	
Vitamin E (alpha-tocopherol)....mg	0.25		0	FLA	4		0.31	0.77	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.3		0	FLA	4		4.0	10.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06025
Soup, chicken vegetable, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.690		0		1		0.835	2.091	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.020		0		1		0.024	0.061	
15:0....g									
16:0....g	0.500		0		1		0.605	1.515	
17:0....g									
18:0....g	0.140		0		1		0.169	0.424	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.040		0		1		1.258	3.151	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.130		0		1		0.157	0.394	
17:1....g									
18:1 undifferentiated....g	0.870		0		1		1.053	2.636	
20:1....g	0.030		0		1		0.036	0.091	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.490		0		1		0.593	1.485	
18:2 undifferentiated....g	0.450		0		1		0.545	1.364	
18:3 undifferentiated....g	0.020		0		1		0.024	0.061	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	7		0		1		8	21	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0		1		0.030	0.076	
Threonine....g	0.092		0		1		0.111	0.279	
Isoleucine....g	0.111		0		1		0.134	0.336	
Leucine....g	0.188		0		1		0.227	0.570	
Lysine....g	0.181		0		1		0.219	0.548	
Methionine....g	0.050		0		1		0.061	0.152	
Cystine....g	0.020		0		1		0.024	0.061	
Phenylalanine....g	0.108		0		1		0.131	0.327	
Tyrosine....g	0.077		0		1		0.093	0.233	
Valine....g	0.130		0		1		0.157	0.394	
Arginine....g	0.138		0		1		0.167	0.418	
Histidine....g	0.065		0		1		0.079	0.197	
Alanine....g	0.168		0		1		0.203	0.509	
Aspartic acid....g	0.248		0		1		0.300	0.751	
Glutamic acid....g	0.741		0		1		0.897	2.245	
Glycine....g	0.185		0		1		0.224	0.561	
Proline....g	0.169		0		1		0.204	0.512	
Serine....g	0.101		0		1		0.122	0.306	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06025
Soup, chicken vegetable, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 121g: .5 cup

Measure 2 = 303g: 1 can (10.7 oz)

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06425

Soup, chicken vegetable, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.64		0		1		229.75		
Energy....kcal	31		0	NC	4		77		
Energy....kJ	130		0		4		322		
Protein (N x 6.25)....g	1.50		0		1		3.72		
Total lipid (fat)....g	1.18		0		1		2.93		
Ash....g	1.13		0		1		2.80		
Carbohydrate, by difference....g	3.56		0	NC	4		8.83		
Fiber, total dietary....g	0.4		0		4		1.0		
Sugars, total....g	0.54		0	FLA	4		1.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0		1		17		
Iron, Fe....mg	0.36		0		1		0.89		
Magnesium, Mg....mg	3		0		1		7		
Phosphorus, P....mg	17		0		1		42		
Potassium, K....mg	64		0		1		159		
Sodium, Na....mg	392		0		1		972		
Zinc, Zn....mg	0.15		0		1		0.38		
Copper, Cu....mg	0.051		0		1		0.126		
Manganese, Mn....mg	0.152		0		1		0.377		
Selenium, Se....µg	2.2		0	RA	4		5.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0		1		1.0		
Thiamin....mg	0.018		0		1		0.045		
Riboflavin....mg	0.023		0		1		0.057		
Niacin....mg	0.510		0		1		1.265		
Pantothenic acid....mg	0.070		0		4		0.174		
Vitamin B-6....mg	0.020		0		1		0.050		
Folate, total....µg	2		0		4		5		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	2		0		4		5		
Folate, DFE....mcg_DFE	2		0	NC	4		5		
Choline, total....mg	4.3		0	O	4		10.8		
Betaine....mg									
Vitamin B-12....µg	0.05		0		4		0.12		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	42		0	FLA	4		104		
Retinol....µg	4		0	FLA	4		10		
Carotene, beta....µg	369		0	FLA	4		916		
Carotene, alpha....µg	163		0	FLA	4		405		
Cryptoxanthin, beta....µg	3		0	FLA	4		8		
Vitamin A, IU....IU	768		0	NC	4		1905		
Lycopene....µg	54		0	FLA	4		135		
Lutein + zeaxanthin....µg	47		0	FLA	4		117		
Vitamin E (alpha-tocopherol)....mg	0.17		0	FLA	4		0.43		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	3.5		0	FLA	4		8.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06425

Soup, chicken vegetable, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.350		0		1		0.868		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.010		0		1		0.025		
15:0....g									
16:0....g	0.260		0		1		0.645		
17:0....g									
18:0....g	0.070		0		1		0.174		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.530		0		1		1.314		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		0		1		0.174		
17:1....g									
18:1 undifferentiated....g	0.440		0		1		1.091		
20:1....g	0.010		0		1		0.025		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.250		0		1		0.620		
18:2 undifferentiated....g	0.230		0		1		0.570		
18:3 undifferentiated....g	0.010		0		1		0.025		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		10		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.032		
Threonine....g	0.047		0		1		0.117		
Isoleucine....g	0.056		0		1		0.139		
Leucine....g	0.096		0		1		0.238		
Lysine....g	0.092		0		1		0.228		
Methionine....g	0.025		0		1		0.062		
Cystine....g	0.010		0		1		0.025		
Phenylalanine....g	0.055		0		1		0.136		
Tyrosine....g	0.039		0		1		0.097		
Valine....g	0.066		0		1		0.164		
Arginine....g	0.070		0		1		0.174		
Histidine....g	0.033		0		1		0.082		
Alanine....g	0.085		0		1		0.211		
Aspartic acid....g	0.126		0		1		0.312		
Glutamic acid....g	0.377		0		1		0.935		
Glycine....g	0.094		0		1		0.233		
Proline....g	0.086		0		1		0.213		
Serine....g	0.051		0		1		0.126		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06425

Soup, chicken vegetable, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate**4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06024
Soup, chicken vegetable, chunky, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.44	0.215	7		1		200.26	449.74	
Energy....kcal	69		0	NC	4		167	374	
Energy....kJ	290		0	NC	4		697	1565	
Protein (N x 6.25)....g	5.13	0.123	7		1		12.31	27.65	
Total lipid (fat)....g	2.01	0.026	7		1		4.82	10.83	
Ash....g	1.54	0.092	7		1		3.70	8.30	
Carbohydrate, by difference....g	7.87		0	NC	4		18.89	42.42	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.369	7		1		26	59	
Iron, Fe....mg	0.61	0.040	7		1		1.46	3.29	
Magnesium, Mg....mg	4		0		4		10	22	
Phosphorus, P....mg	44		0		4		106	237	
Potassium, K....mg	153		0		4		367	825	
Sodium, Na....mg	347		0	BFZN	4		833	1870	
Zinc, Zn....mg	0.90		0		4		2.16	4.85	
Copper, Cu....mg	0.100		0		4		0.240	0.539	
Manganese, Mn....mg	0.100		0		4		0.240	0.539	
Selenium, Se....µg	5.1		0	RA	4		12.2	27.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.3	0.184	7		1		5.5	12.4	
Thiamin....mg	0.017	0.003	7		1		0.041	0.092	
Riboflavin....mg	0.069	0.003	7		1		0.166	0.372	
Niacin....mg	1.371	0.036	7		1		3.290	7.390	
Pantothenic acid....mg	0.140		0		4		0.336	0.755	
Vitamin B-6....mg	0.040		0		4		0.096	0.216	
Folate, total....µg	5		0		4		12	27	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		12	27	
Folate, DFE....mcg_DFE	5		0	NC	4		12	27	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.10		0		4		0.24	0.54	
Vitamin A, RAE....mcg_RAE									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	2496	176.840	7		1		5990	13453	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.600		0		1		1.440	3.234	
4:0....g									

NDB No. 06024
Soup, chicken vegetable, chunky, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.020		0		1		0.048	0.108	
15:0....g									
16:0....g	0.440		0		1		1.056	2.372	
17:0....g									
18:0....g	0.120		0		1		0.288	0.647	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.900		0		1		2.160	4.851	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		0		1		0.288	0.647	
17:1....g									
18:1 undifferentiated....g	0.750		0		1		1.800	4.043	
20:1....g	0.020		0		1		0.048	0.108	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.420		0		1		1.008	2.264	
18:2 undifferentiated....g	0.390		0		1		0.936	2.102	
18:3 undifferentiated....g	0.020		0		1		0.048	0.108	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	7		0		1		17	38	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 539g: 1 can (19 oz)

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06740

Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.50		1	A	1		406.33	214.80	
Energy....kcal	40		0	NC	4		182	96	
Energy....kJ	167				4		760	402	
Protein....g	2.70		1	A	1		12.26	6.48	
Total lipid (fat)....g	0.50		1	A	1		2.27	1.20	
Ash....g	1.00		1	A	1		4.54	2.40	
Carbohydrate, by difference....g	6.30		0	NC	4		28.60	15.12	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	192		1	A	1		872	461	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.121		1	A	1		0.549	0.290	
Fatty acids, total monounsaturated....g	0.168		1	A	1		0.763	0.403	
Fatty acids, total polyunsaturated....g	0.107		1	A	1		0.486	0.257	
Fatty acids, total trans....g									
Cholesterol....mg	4		1	A	1		18	10	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 454g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06012
Soup, chicken with dumplings, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.82	0.242	10		1		103.10	249.78	
Energy	kcal	79		0	NC	4		97	235	
Energy	kJ	331		0		4		407	985	
Protein (N x 6.25)	g	4.58	0.083	10		1		5.63	13.65	
Total lipid (fat)	g	4.51	0.105	10		1		5.55	13.44	
Ash	g	2.16	0.034	10		1		2.66	6.44	
Carbohydrate, by difference	g	4.93		0	NC	4		6.06	14.69	
Fiber, total dietary	g	0.4		0		4		0.5	1.2	
Sugars, total	g	0.46		0	FLA	4		0.56	1.36	
Starch	g									
Minerals:										
Calcium, Ca	mg	12	1.269	10		1		15	36	
Iron, Fe	mg	0.51	0.048	10		1		0.63	1.52	
Magnesium, Mg	mg	3		1		1		4	9	
Phosphorus, P	mg	50		1		1		62	149	
Potassium, K	mg	95		1		1		117	283	
Sodium, Na	mg	618		0	LC	8		760	1842	
Zinc, Zn	mg	0.30		1		1		0.37	0.89	
Copper, Cu	mg	0.100		1		1		0.123	0.298	
Manganese, Mn	mg	0.400		1		1		0.492	1.192	
Selenium, Se	µg	9.8		0	BFSN	4		12.1	29.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	10		1		0.0	0.0	
Thiamin	mg	0.013	0.001	10		1		0.016	0.039	
Riboflavin	mg	0.059	0.002	10		1		0.073	0.176	
Niacin	mg	1.430	0.042	10		1		1.759	4.261	
Pantothenic acid	mg	0.120		0		4		0.148	0.358	
Vitamin B-6	mg	0.030		1		1		0.037	0.089	
Folate, total	µg	2		0		4		2	6	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	2		0		4		2	6	
Folate, DFE	mcg_DFE	2		0	NC	4		2	6	
Choline, total	mg	12.3		0	O	4		15.2	36.8	
Betaine	mg									
Vitamin B-12	µg	0.13		1		1		0.16	0.39	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	25		0	NC	4		31	74	
Retinol	µg	13		0	FLA	4		16	39	
Carotene, beta	µg	119		0	FLA	4		146	354	
Carotene, alpha	µg	48		0	FLA	4		59	142	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	281		0	NC	4		345	837	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	18		0	FLA	4		22	53	
Vitamin E (alpha-tocopherol)	mg	0.44		0	FLA	4		0.54	1.30	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.6		0	FLA	4		3.2	7.7	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06012

Soup, chicken with dumplings, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.070		0		1		1.316	3.189	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.030		1		1		0.037	0.089	
15:0....g									
16:0....g	0.800		1		1		0.984	2.384	
17:0....g									
18:0....g	0.210		1		1		0.258	0.626	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.060		0		1		2.534	6.139	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200		1		1		0.246	0.596	
17:1....g									
18:1 undifferentiated....g	1.850		1		1		2.276	5.513	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.060		0		1		1.304	3.159	
18:2 undifferentiated....g	1.000		1		1		1.230	2.980	
18:3 undifferentiated....g	0.030		1		1		0.037	0.089	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	27		0		1		33	80	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.044		0		1		0.054	0.131	
Threonine....g	0.158		0		1		0.194	0.471	
Isoleucine....g	0.199		0		1		0.245	0.593	
Leucine....g	0.333		0		1		0.410	0.992	
Lysine....g	0.308		0		1		0.379	0.918	
Methionine....g	0.088		0		1		0.108	0.262	
Cystine....g	0.059		0		1		0.073	0.176	
Phenylalanine....g	0.182		0		1		0.224	0.542	
Tyrosine....g	0.117		0		1		0.144	0.349	
Valine....g	0.226		0		1		0.278	0.673	
Arginine....g	0.238		0		1		0.293	0.709	
Histidine....g	0.112		0		1		0.138	0.334	
Alanine....g	0.281		0		1		0.346	0.837	
Aspartic acid....g	0.392		0		1		0.482	1.168	
Glutamic acid....g	1.242		0		1		1.528	3.701	
Glycine....g	0.336		0		1		0.413	1.001	
Proline....g	0.301		0		1		0.370	0.897	
Serine....g	0.155		0		1		0.191	0.462	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06012
Soup, chicken with dumplings, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: .5 cup (4 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06412

Soup, chicken with dumplings, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.78		0		1		221.19	537.83	
Energy....kcal	40		0	NC	4		96	234	
Energy....kJ	167		0		4		403	981	
Protein (N x 6.25)....g	2.33		0		1		5.62	13.65	
Total lipid (fat)....g	2.29		0		1		5.52	13.42	
Ash....g	1.10		0		1		2.65	6.45	
Carbohydrate, by difference....g	2.51		0	NC	4		6.05	14.71	
Fiber, total dietary....g	0.2		0		4		0.5	1.2	
Sugars, total....g	0.33		0	FLA	4		0.79	1.92	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		0		1		14	35	
Iron, Fe....mg	0.26		0		1		0.63	1.52	
Magnesium, Mg....mg	2		0		1		5	12	
Phosphorus, P....mg	25		0		1		60	147	
Potassium, K....mg	48		0		1		116	281	
Sodium, Na....mg	305		1	LC	8		735	1787	
Zinc, Zn....mg	0.15		0		1		0.37	0.89	
Copper, Cu....mg	0.051		0		1		0.123	0.299	
Manganese, Mn....mg	0.203		0		1		0.489	1.190	
Selenium, Se....µg	4.9		0	RA	4		11.8	28.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.007		0		1		0.017	0.041	
Riboflavin....mg	0.030		0		1		0.072	0.176	
Niacin....mg	0.727		0		1		1.752	4.260	
Pantothenic acid....mg	0.060		0		4		0.145	0.352	
Vitamin B-6....mg	0.015		0		1		0.036	0.088	
Folate, total....µg	1		0		4		2	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		4		2	6	
Folate, DFE....mcg_DFE	1		0	NC	4		2	6	
Choline, total....mg	6.2		0	O	4		14.9	36.2	
Betaine....mg									
Vitamin B-12....µg	0.07		0		1		0.17	0.41	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	19		0	FLA	4		45	110	
Retinol....µg	9		0	FLA	4		23	55	
Carotene, beta....µg	93		0	FLA	4		223	543	
Carotene, alpha....µg	38		0	FLA	4		92	225	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	218		0	NC	4		525	1276	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	10		0	FLA	4		24	59	
Vitamin E (alpha-tocopherol)....mg	0.23		0	FLA	4		0.56	1.36	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.7		0	FLA	4		4.2	10.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06412

Soup, chicken with dumplings, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.540		0		1		1.301	3.164	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.020		0		1		0.048	0.117	
15:0....g									
16:0....g	0.410		0		1		0.988	2.403	
17:0....g									
18:0....g	0.110		0		1		0.265	0.645	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.050		0		1		2.531	6.153	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		0		1		0.241	0.586	
17:1....g									
18:1 undifferentiated....g	0.940		0		1		2.265	5.508	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.540		0		1		1.301	3.164	
18:2 undifferentiated....g	0.510		0		1		1.229	2.989	
18:3 undifferentiated....g	0.010		0		1		0.024	0.059	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	14		0		1		34	82	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.053	0.129	
Threonine....g	0.080		0		1		0.193	0.469	
Isoleucine....g	0.101		0		1		0.243	0.592	
Leucine....g	0.169		0		1		0.407	0.990	
Lysine....g	0.157		0		1		0.378	0.920	
Methionine....g	0.045		0		1		0.108	0.264	
Cystine....g	0.030		0		1		0.072	0.176	
Phenylalanine....g	0.093		0		1		0.224	0.545	
Tyrosine....g	0.059		0		1		0.142	0.346	
Valine....g	0.115		0		1		0.277	0.674	
Arginine....g	0.121		0		1		0.292	0.709	
Histidine....g	0.057		0		1		0.137	0.334	
Alanine....g	0.143		0		1		0.345	0.838	
Aspartic acid....g	0.199		0		1		0.480	1.166	
Glutamic acid....g	0.631		0		1		1.521	3.698	
Glycine....g	0.171		0		1		0.412	1.002	
Proline....g	0.153		0		1		0.369	0.897	
Serine....g	0.079		0		1		0.190	0.463	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06412

Soup, chicken with dumplings, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06023
Soup, chicken with rice, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.84	0.309	16		1		104.53	261.76	
Energy....kcal	49		0	NC	4		58	146	
Energy....kJ	205		0		4		244	611	
Protein (N x 6.25)....g	2.89	0.101	13		1		3.44	8.61	
Total lipid (fat)....g	1.56	0.054	13		1		1.86	4.65	
Ash....g	1.88	0.053	13		1		2.24	5.60	
Carbohydrate, by difference....g	5.84		0	NC	4		6.95	17.40	
Fiber, total dietary....g	0.5		0		1		0.6	1.5	
Sugars, total....g	0.16		0	FLA	4		0.19	0.48	
Starch....g									
Minerals:									
Calcium, Ca....mg	14	2.737	10		1		17	42	
Iron, Fe....mg	0.61	0.064	10		1		0.73	1.82	
Magnesium, Mg....mg	0		4		1		0	0	
Phosphorus, P....mg	17		1		1		20	51	
Potassium, K....mg	82		1		1		98	244	
Sodium, Na....mg	484		1	LC	8		576	1442	
Zinc, Zn....mg	0.21		5		1		0.25	0.64	
Copper, Cu....mg	0.096		2		1		0.114	0.286	
Manganese, Mn....mg	0.300		1		1		0.357	0.894	
Selenium, Se....µg	4.1		0	BFSN	4		4.9	12.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1	0.004	13		1		0.1	0.3	
Thiamin....mg	0.014	0.001	13		1		0.017	0.042	
Riboflavin....mg	0.020	0.002	13		1		0.024	0.060	
Niacin....mg	0.918	0.093	13		1		1.092	2.736	
Pantothenic acid....mg	0.140		0		4		0.167	0.417	
Vitamin B-6....mg	0.020		13		1		0.024	0.060	
Folate, total....µg	1	0.140	13		1		1	3	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1	0.140	13		1		1	3	
Folate, DFE....mcg_DFE	1		0	NC	4		1	3	
Choline, total....mg	9.8		0	O	4		11.7	29.3	
Betaine....mg									
Vitamin B-12....µg	0.13		0		4		0.15	0.39	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	17		0	NC	4		20	51	
Retinol....µg	0		0	FLA	4		0	1	
Carotene, beta....µg	165		0	FLA	4		197	493	
Carotene, alpha....µg	77		0	FLA	4		92	230	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	341		0	NC	4		405	1015	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	6		0	FLA	4		7	18	
Vitamin E (alpha-tocopherol)....mg	0.07		0	FLA	4		0.08	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	FLA	4		0.3	0.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06023
Soup, chicken with rice, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.370		0		1		0.440	1.103	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.010	0.002	3		1		0.012	0.030	
15:0....g									
16:0....g	0.290	0.039	3		1		0.345	0.864	
17:0....g									
18:0....g	0.070	0.009	3		1		0.083	0.209	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.740		0		1		0.881	2.205	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060	0.012	3		1		0.071	0.179	
17:1....g									
18:1 undifferentiated....g	0.680	0.086	3		1		0.809	2.026	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.340		0		1		0.405	1.013	
18:2 undifferentiated....g	0.320	0.043	3		1		0.381	0.954	
18:3 undifferentiated....g	0.010		1		1		0.012	0.030	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	5		0		1		6	15	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1		0.040	0.101	
Threonine....g	0.116		0		1		0.138	0.346	
Isoleucine....g	0.145		0		1		0.173	0.432	
Leucine....g	0.221		0		1		0.263	0.659	
Lysine....g	0.204		0		1		0.243	0.608	
Methionine....g	0.075		0		1		0.089	0.224	
Cystine....g	0.041		0		1		0.049	0.122	
Phenylalanine....g	0.123		0		1		0.146	0.367	
Tyrosine....g	0.101		0		1		0.120	0.301	
Valine....g	0.154		0		1		0.183	0.459	
Arginine....g	0.191		0		1		0.227	0.569	
Histidine....g	0.082		0		1		0.098	0.244	
Alanine....g	0.158		0		1		0.188	0.471	
Aspartic acid....g	0.259		0		1		0.308	0.772	
Glutamic acid....g	0.456		0		1		0.543	1.359	
Glycine....g	0.140		0		1		0.167	0.417	
Proline....g	0.122		0		1		0.145	0.364	
Serine....g	0.113		0		1		0.134	0.337	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06023
Soup, chicken with rice, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 119g: .5 cup

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06423

Soup, chicken with rice, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.87		0	RPI	6		228.10		
Energy....kcal	24		0	RPI	6		59		
Energy....kJ	102		0	RPI	6		249		
Protein (N x 6.25)....g	1.45		0	RPI	6		3.51		
Total lipid (fat)....g	0.78		0	RPI	6		1.90		
Ash....g	0.99		0	RPI	6		2.41		
Carbohydrate, by difference....g	2.92		0	RPI	6		7.10		
Fiber, total dietary....g	0.3		0	RPI	6		0.6		
Sugars, total....g	0.08		0	RPI	6		0.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	RPA	1		21		
Iron, Fe....mg	0.31		0	RPA	1		0.74		
Magnesium, Mg....mg	0		0	RPA	1		1		
Phosphorus, P....mg	9		0	RPA	1		21		
Potassium, K....mg	41		0	RPA	1		100		
Sodium, Na....mg	238		1	LC	8		578		
Zinc, Zn....mg	0.11		0	RPA	1		0.27		
Copper, Cu....mg	0.053		0	RPA	1		0.129		
Manganese, Mn....mg	0.150		0	RPA	1		0.365		
Selenium, Se....µg	2.1		0	RPI	6		5.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RPI	6		0.1		
Thiamin....mg	0.007		0	RPI	6		0.017		
Riboflavin....mg	0.010		0	RPI	6		0.024		
Niacin....mg	0.459		0	RPI	6		1.115		
Pantothenic acid....mg	0.070		0	RPI	6		0.170		
Vitamin B-6....mg	0.010		0	RPI	6		0.024		
Folate, total....µg	0		0	RPI	6		1		
Folic acid....µg	0		0	RPI	6		0		
Folate, food....µg	0		0	RPI	6		1		
Folate, DFE....mcg_DFE	0		0	NC	4		1		
Choline, total....mg	4.9		0	RPI	6		12.0		
Betaine....mg									
Vitamin B-12....µg	0.07		0	RPI	6		0.16		
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00		
Vitamin A, RAE....mcg_RAE	9		0	NC	4		21		
Retinol....µg	0		0	RPI	6		0		
Carotene, beta....µg	83		0	RPI	6		201		
Carotene, alpha....µg	39		0	RPI	6		94		
Cryptoxanthin, beta....µg	0		0	RPI	6		0		
Vitamin A, IU....IU	170		0	NC	4		414		
Lycopene....µg	0		0	RPI	6		0		
Lutein + zeaxanthin....µg	3		0	RPI	6		7		
Vitamin E (alpha-tocopherol)....mg	0.03		0	RPI	6		0.08		
Vitamin E, added....mg	0.00		0	RPI	6		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.1		0	RPI	6		0.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06423

Soup, chicken with rice, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.185		0	RPI	6		0.450		
4:0....g	0.000		0	RPI	6		0.000		
6:0....g	0.000		0	RPI	6		0.000		
8:0....g	0.000		0	RPI	6		0.000		
10:0....g	0.000		0	RPI	6		0.000		
12:0....g	0.000		0	RPI	6		0.000		
13:0....g									
14:0....g	0.005		0	RPI	6		0.012		
15:0....g									
16:0....g	0.145		0	RPI	6		0.352		
17:0....g									
18:0....g	0.035		0	RPI	6		0.085		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.370		0	RPI	6		0.899		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0	RPI	6		0.073		
17:1....g									
18:1 undifferentiated....g	0.340		0	RPI	6		0.826		
20:1....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated....g	0.000		0	RPI	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.170		0	RPI	6		0.413		
18:2 undifferentiated....g	0.160		0	RPI	6		0.389		
18:3 undifferentiated....g	0.005		0	RPI	6		0.012		
18:4....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000		
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	3		0	RPI	6		6		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	0		0	RPI	6		0		
Theobromine....mg	0		0	RPI	6		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 serving 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06734

Soup, chicken with star-shaped pasta, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.80		1	A	1		258.66	108.50	
Energy....kcal	50		0	NC	4		149	63	
Energy....kJ	209				4		623	262	
Protein....g	2.30		1	A	1		6.85	2.88	
Total lipid (fat)....g	1.40		1	A	1		4.17	1.75	
Ash....g	2.40		1	A	1		7.15	3.00	
Carbohydrate, by difference....g	7.10		0	NC	4		21.16	8.88	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	732		1	A	1		2181	915	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.342		1	A	1		1.019	0.428	
Fatty acids, total monounsaturated....g	0.546		1	A	1		1.627	0.683	
Fatty acids, total polyunsaturated....g	0.303		1	A	1		0.903	0.379	
Fatty acids, total trans....g									
Cholesterol....mg	4		1	A	1		12	5	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 298g: 1 package yields

Measure 2 = 125g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06015
Soup, chicken, canned, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.12	0.244	13		1		206.09		
Energy	kcal	71		0	NC	4		174		
Energy	kJ	297		0		4		728		
Protein (N x 6.25)	g	5.06	0.109	10		1		12.40		
Total lipid (fat)	g	2.64	0.045	10		1		6.47		
Ash	g	1.31	0.051	10		1		3.21		
Carbohydrate, by difference	g	6.88		0	NC	4		16.86		
Fiber, total dietary	g	0.6		0		4		1.5		
Sugars, total	g	0.87		0	FLA	4		2.14		
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.702	10		1		25		
Iron, Fe	mg	0.69	0.028	10		1		1.69		
Magnesium, Mg	mg	3		0		4		7		
Phosphorus, P	mg	45		1		1		110		
Potassium, K	mg	70		1		1		172		
Sodium, Na	mg	354	6.011	10		1		867		
Zinc, Zn	mg	0.40		1		1		0.98		
Copper, Cu	mg	0.100		1		1		0.245		
Manganese, Mn	mg	0.100		1		1		0.245		
Selenium, Se	µg	2.5		0	BFSN	4		6.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5	0.167	10		1		1.2		
Thiamin	mg	0.034	0.002	10		1		0.083		
Riboflavin	mg	0.069	0.003	10		1		0.169		
Niacin	mg	1.760	0.072	10		1		4.312		
Pantothenic acid	mg	0.160		0		4		0.392		
Vitamin B-6	mg	0.020		1		1		0.049		
Folate, total	µg	2	0.386	3		1		4		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	2	0.386	3		1		4		
Folate, DFE	mcg_DFE	2		0	NC	4		4		
Choline, total	mg	7.5		0	BFAN	4		18.3		
Betaine	mg									
Vitamin B-12	µg	0.10		1		1		0.25		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	27		0	NC	4		66		
Retinol	µg	2		0	FLA	4		5		
Carotene, beta	µg	249		0	FLA	4		610		
Carotene, alpha	µg	104		0	FLA	4		254		
Cryptoxanthin, beta	µg	3		0	FLA	4		8		
Vitamin A, IU	IU	511		0	NC	4		1251		
Lycopene	µg	73		0	FLA	4		178		
Lutein + zeaxanthin	µg	56		0	FLA	4		136		
Vitamin E (alpha-tocopherol)	mg	0.13		0	FLA	4		0.32		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	2.5		0	FLA	4		6.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06015
Soup, chicken, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.790		0		1		1.936		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.020		0		1		0.049		
15:0....g									
16:0....g	0.570		0		1		1.397		
17:0....g									
18:0....g	0.160		0		1		0.392		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.180		0		1		2.891		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.150		0		1		0.368		
17:1....g									
18:1 undifferentiated....g	0.990		0		1		2.426		
20:1....g	0.030		0		1		0.074		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.550		0		1		1.348		
18:2 undifferentiated....g	0.520		0		1		1.274		
18:3 undifferentiated....g	0.030		0		1		0.074		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	12		0		1		29		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049		0		1		0.120		
Threonine....g	0.174		0		1		0.426		
Isoleucine....g	0.220		0		1		0.539		
Leucine....g	0.368		0		1		0.902		
Lysine....g	0.340		0		1		0.833		
Methionine....g	0.097		0		1		0.238		
Cystine....g	0.065		0		1		0.159		
Phenylalanine....g	0.201		0		1		0.492		
Tyrosine....g	0.130		0		1		0.319		
Valine....g	0.250		0		1		0.613		
Arginine....g	0.263		0		1		0.644		
Histidine....g	0.124		0		1		0.304		
Alanine....g	0.311		0		1		0.762		
Aspartic acid....g	0.433		0		1		1.061		
Glutamic acid....g	1.372		0		1		3.361		
Glycine....g	0.372		0		1		0.911		
Proline....g	0.333		0		1		0.816		
Serine....g	0.171		0		1		0.419		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06015
Soup, chicken, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 245g: 1 cup

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06026
Soup, chili beef, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.86	0.440	14		1		186.36	226.04	
Energy....kcal	117		0	NC	4		307	372	
Energy....kJ	489		0	NC	4		1285	1558	
Protein (N x 6.25)....g	5.09	0.076	14		1		13.39	16.24	
Total lipid (fat)....g	2.53		0	FLA	4		6.64	8.06	
Ash....g	2.69	0.024	14		1		7.07	8.58	
Carbohydrate, by difference....g	18.86		0	FLA	4		49.61	60.17	
Fiber, total dietary....g	2.5		0	FLA	4		6.7	8.1	
Sugars, total....g	5.09		0	FLA	4		13.39	16.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	33	1.279	14		1		87	105	
Iron, Fe....mg	1.62	0.107	14		1		4.26	5.17	
Magnesium, Mg....mg	19		0	FLA	4		49	59	
Phosphorus, P....mg	113		2		1		297	360	
Potassium, K....mg	400		2		1		1052	1276	
Sodium, Na....mg	788		6		1		2072	2514	
Zinc, Zn....mg	1.56		0	FLA	4		4.10	4.97	
Copper, Cu....mg	0.300		2		1		0.789	0.957	
Manganese, Mn....mg	0.800		1		1		2.104	2.552	
Selenium, Se....µg	5.0		0	FLA	4		13.1	15.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.1	0.203	12		1		8.2	9.9	
Thiamin....mg	0.045	0.002	14		1		0.118	0.144	
Riboflavin....mg	0.058	0.002	14		1		0.153	0.185	
Niacin....mg	0.813	0.027	14		1		2.138	2.593	
Pantothenic acid....mg	0.221		0	FLA	4		0.581	0.704	
Vitamin B-6....mg	0.120		1		1		0.316	0.383	
Folate, total....µg	9		0	FLA	4		24	29	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	9		0	FLA	4		24	29	
Folate, DFE....mcg_DFE	9		0	NC	4		24	29	
Choline, total....mg	21.7		0	O	4		57.0	69.2	
Betaine....mg									
Vitamin B-12....µg	0.30		0	FLA	4		0.80	0.97	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	57		0	FLA	4		151	183	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	603		0	FLA	4		1585	1923	
Carotene, alpha....µg	27		0	FLA	4		71	86	
Cryptoxanthin, beta....µg	147		0	FLA	4		386	468	
Vitamin A, IU....IU	1149		0	NC	4		3023	3666	
Lycopene....µg	2584		0	FLA	4		6796	8243	
Lutein + zeaxanthin....µg	178		0	FLA	4		469	569	
Vitamin E (alpha-tocopherol)....mg	1.08		0	FLA	4		2.83	3.44	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.01		0	FLA	4		0.03	0.03	
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	3.2		0	FLA	4		8.5	10.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06026
Soup, chili beef, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.242		0	NC	4		3.266	3.961	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.001		0	FLA	4		0.001	0.002	
12:0....g	0.007		0	FLA	4		0.018	0.022	
13:0....g	0.000		0	FLA	4		0.000	0.000	
14:0....g	0.096		0	FLA	4		0.251	0.305	
15:0....g	0.014		0	FLA	4		0.036	0.043	
16:0....g	0.716		0	FLA	4		1.883	2.284	
17:0....g	0.032		0	FLA	4		0.083	0.101	
18:0....g	0.375		0	FLA	4		0.987	1.197	
20:0....g	0.002		0	FLA	4		0.006	0.007	
22:0....g	0.000		0	FLA	4		0.000	0.000	
24:0....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	1.013		0	NC	4		2.664	3.231	
14:1....g	0.017		0	FLA	4		0.045	0.054	
15:1....g	0.000		0	FLA	4		0.000	0.000	
16:1 undifferentiated....g	0.083		0	FLA	4		0.217	0.263	
17:1....g	0.016		0	FLA	4		0.041	0.049	
18:1 undifferentiated....g	0.891		0	FLA	4		2.343	2.842	
20:1....g	0.007		0	FLA	4		0.018	0.022	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.095		0	NC	4		0.249	0.302	
18:2 undifferentiated....g	0.083		0	FLA	4		0.217	0.263	
18:3 undifferentiated....g	0.010		0	FLA	4		0.028	0.033	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLA	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:4 undifferentiated....g	0.002		0	FLA	4		0.004	0.005	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g	0.069		0	FLA	4		0.181	0.219	
Cholesterol....mg	10		0	FLA	4		27	33	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 263g: 1 cup (8 fl oz)

Measure 2 = 319g: 1 can (11.25 oz)

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06426

Soup, chili beef, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.68		0	RPI	6		223.64	27.93	
Energy	kcal	57		0	RPI	6		149	19	
Energy	kJ	239		0	RPI	6		624	78	
Protein (N x 6.25)	g	2.49		0	RPI	6		6.50	0.81	
Total lipid (fat)	g	1.24		0	RPI	6		3.23	0.40	
Ash	g	1.37		0	RPI	6		3.57	0.45	
Carbohydrate, by difference	g	9.23		0	RPI	6		24.10	3.01	
Fiber, total dietary	g	1.2		0	RPI	6		3.2	0.4	
Sugars, total	g	2.49		0	RPI	6		6.51	0.81	
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0	RPA	1		46	6	
Iron, Fe	mg	0.79		0	RPA	1		2.07	0.26	
Magnesium, Mg	mg	10		0	RPI	6		25	3	
Phosphorus, P	mg	55		0	RPA	1		144	18	
Potassium, K	mg	196		0	RPA	1		512	64	
Sodium, Na	mg	388		0	RPA	1		1012	126	
Zinc, Zn	mg	0.77		0	RPI	6		2.00	0.25	
Copper, Cu	mg	0.152		0	RPA	1		0.396	0.050	
Manganese, Mn	mg	0.392		0	RPA	1		1.022	0.128	
Selenium, Se	µg	2.4		0	RPI	6		6.4	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0	RPI	6		4.0	0.5	
Thiamin	mg	0.022		0	RPI	6		0.057	0.007	
Riboflavin	mg	0.028		0	RPI	6		0.074	0.009	
Niacin	mg	0.398		0	RPI	6		1.039	0.130	
Pantothenic acid	mg	0.108		0	RPI	6		0.282	0.035	
Vitamin B-6	mg	0.059		0	RPI	6		0.153	0.019	
Folate, total	µg	4		0	RPI	6		11	1	
Folic acid	µg	0		0	RPI	6		0	0	
Folate, food	µg	4		0	RPI	6		11	1	
Folate, DFE	mcg_DFE	4		0	NC	4		11	1	
Choline, total	mg	10.6		0	RPI	6		27.7	3.5	
Betaine	mg									
Vitamin B-12	µg	0.15		0	RPI	6		0.39	0.05	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	28		0	RPI	6		73	9	
Retinol	µg	0		0	RPI	6		0	0	
Carotene, beta	µg	295		0	RPI	6		770	96	
Carotene, alpha	µg	13		0	RPI	6		34	4	
Cryptoxanthin, beta	µg	72		0	RPI	6		187	23	
Vitamin A, IU	IU	563		0	RPI	6		1468	183	
Lycopene	µg	1265		0	RPI	6		3301	412	
Lutein + zeaxanthin	µg	87		0	RPI	6		228	28	
Vitamin E (alpha-tocopherol)	mg	0.53		0	RPI	6		1.38	0.17	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg	0.00		0	RPI	6		0.01	0.00	
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	RPI	6		0	0	
Vitamin K (phylloquinone)	µg	1.6		0	RPI	6		4.1	0.5	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06426

Soup, chili beef, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.608		0	RPI	6		1.587	0.198	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.001	0.000	
12:0....g	0.003		0	RPI	6		0.009	0.001	
13:0....g	0.000		0	RPI	6		0.000	0.000	
14:0....g	0.047		0	RPI	6		0.122	0.015	
15:0....g	0.007		0	RPI	6		0.017	0.002	
16:0....g	0.351		0	RPI	6		0.915	0.114	
17:0....g	0.015		0	RPI	6		0.040	0.005	
18:0....g	0.184		0	RPI	6		0.479	0.060	
20:0....g	0.001		0	RPI	6		0.003	0.000	
22:0....g	0.000		0	RPI	6		0.000	0.000	
24:0....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total monounsaturated....g	0.496		0	RPI	6		1.294	0.162	
14:1....g	0.008		0	RPI	6		0.022	0.003	
15:1....g	0.000		0	RPI	6		0.000	0.000	
16:1 undifferentiated....g	0.040		0	RPI	6		0.105	0.013	
17:1....g	0.008		0	RPI	6		0.020	0.002	
18:1 undifferentiated....g	0.436		0	RPI	6		1.138	0.142	
20:1....g	0.003		0	RPI	6		0.009	0.001	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.046		0	RPI	6		0.121	0.015	
18:2 undifferentiated....g	0.040		0	RPI	6		0.105	0.013	
18:3 undifferentiated....g	0.005		0	RPI	6		0.013	0.002	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	RPI	6		0.000	0.000	
20:3 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:4 undifferentiated....g	0.001		0	RPI	6		0.002	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g	0.034		0	RPI	6		0.088	0.011	
Cholesterol....mg	5		0	RPI	6		13	2	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261g: 1 cup

Measure 2 = 32.6g: 1 fl oz

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06070
Soup, chunky beef, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.34		20		1		204.18	449.20	
Energy....kcal	66		0	NC	4		162	357	
Energy....kJ	277		0	NC	4		679	1494	
Protein (N x 6.25)....g	3.97		0	FLA	4		9.74	21.42	
Total lipid (fat)....g	1.11		0	FLA	4		2.72	5.99	
Ash....g	1.49		20		1		3.65	8.03	
Carbohydrate, by difference....g	10.08		0	NC	4		24.70	54.35	
Fiber, total dietary....g	0.6		0		4		1.5	3.2	
Sugars, total....g	0.67		0	FLA	4		1.65	3.64	
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.024	30		1		32	70	
Iron, Fe....mg	0.97		30		1		2.38	5.23	
Magnesium, Mg....mg	2		0		4		5	11	
Phosphorus, P....mg	50		2		1		123	270	
Potassium, K....mg	140		2		1		343	755	
Sodium, Na....mg	338		0	LC	8		828	1822	
Zinc, Zn....mg	1.10		2		1		2.70	5.93	
Copper, Cu....mg	0.100		2		1		0.245	0.539	
Manganese, Mn....mg	0.100		2		1		0.245	0.539	
Selenium, Se....µg	2.5		0	RA	4		6.1	13.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9		30		1		7.1	15.6	
Thiamin....mg	0.024		30		1		0.059	0.129	
Riboflavin....mg	0.063		30		1		0.154	0.340	
Niacin....mg	1.127		30		1		2.761	6.075	
Pantothenic acid....mg	0.180		0		4		0.441	0.970	
Vitamin B-6....mg	0.055		2		1		0.135	0.296	
Folate, total....µg	6		0		1		14	30	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		1		14	30	
Folate, DFE....mcg_DFE	6		0	NC	4		14	30	
Choline, total....mg	10.2		0	O	4		25.0	55.1	
Betaine....mg									
Vitamin B-12....µg	0.26		2		1		0.64	1.40	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	54		0	FLA	4		133	293	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	536		0	FLA	4		1313	2888	
Carotene, alpha....µg	234		0	FLA	4		572	1259	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	1088		0	FLA	4		2666	5865	
Lycopene....µg	1325		0	FLA	4		3245	7140	
Lutein + zeaxanthin....µg	36		0	FLA	4		89	195	
Vitamin E (alpha-tocopherol)....mg	0.28		0	FLA	4		0.69	1.52	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.1		0	FLA	4		7.6	16.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06070
Soup, chunky beef, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.554		0		1		1.356	2.984	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.010		0		1		0.026	0.056	
13:0....g									
14:0....g	0.042		0		1		0.102	0.225	
15:0....g									
16:0....g	0.277		0		1		0.678	1.492	
17:0....g									
18:0....g	0.209		0		1		0.512	1.126	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.465		0		1		1.139	2.506	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.047		0		1		0.115	0.253	
17:1....g									
18:1 undifferentiated....g	0.402		0		1		0.985	2.168	
20:1....g	0.005		0		1		0.013	0.028	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0		1		0.115	0.253	
18:2 undifferentiated....g	0.037		0		1		0.090	0.197	
18:3 undifferentiated....g	0.005		0		1		0.013	0.028	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6		0		1		15	32	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.047		0		1		0.115	0.253	
Threonine....g	0.194		0		1		0.475	1.046	
Isoleucine....g	0.247		0		1		0.605	1.331	
Leucine....g	0.374		0		1		0.916	2.016	
Lysine....g	0.387		0		1		0.948	2.086	
Methionine....g	0.103		0		1		0.252	0.555	
Cystine....g	0.051		0		1		0.125	0.275	
Phenylalanine....g	0.201		0		1		0.492	1.083	
Tyrosine....g	0.147		0		1		0.360	0.792	
Valine....g	0.265		0		1		0.649	1.428	
Arginine....g	0.254		0		1		0.622	1.369	
Histidine....g	0.115		0		1		0.282	0.620	
Alanine....g	0.302		0		1		0.740	1.628	
Aspartic acid....g	0.479		0		1		1.174	2.582	
Glutamic acid....g	0.875		0		1		2.144	4.716	
Glycine....g	0.285		0		1		0.698	1.536	
Proline....g	0.224		0		1		0.549	1.207	
Serine....g	0.170		0		1		0.417	0.916	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06070
Soup, chunky beef, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 539g: 1 can (19 oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06018
Soup, chunky chicken noodle, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.88	0.488	10	A	1		476.39	218.42	
Energy....kcal	39		0	NC	4		206	94	
Energy....kJ	162		0	NC	4		859	394	
Protein (N x 6.25)....g	3.09	0.168	10	A	1		16.36	7.50	
Total lipid (fat)....g	1.16	0.067	10	A	1		6.17	2.83	
Ash....g	1.00	0.009	10	A	1		5.29	2.43	
Carbohydrate, by difference....g	4.00		0	FLC	4		21.19	9.71	
Fiber, total dietary....g	0.8	0.067	6	A	1		4.4	2.0	
Sugars, total....g	0.38	0.017	6	A	1		2.02	0.93	
Sucrose....g	0.38	0.017	6	A	1		2.02	0.93	
Glucose (dextrose)....g	0.00	0.000	6	A	1		0.00	0.00	
Fructose....g	0.00	0.000	6	A	1		0.00	0.00	
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	
Starch....g	3.52	0.257	6	A	1		18.64	8.55	
Minerals:									
Calcium, Ca....mg	11	0.299	10	A	1		58	26	
Iron, Fe....mg	0.35	0.024	10	A	1		1.85	0.85	
Magnesium, Mg....mg	7	0.123	10	A	1		38	17	
Phosphorus, P....mg	36	1.041	10	A	1		192	88	
Potassium, K....mg	117	11.102	10	A	1		619	284	
Sodium, Na....mg	306	8.035	10	A	1		1624	745	
Zinc, Zn....mg	0.17	0.005	10	A	1		0.88	0.40	
Copper, Cu....mg	0.028	0.003	10	A	1		0.151	0.069	
Manganese, Mn....mg	0.056	0.002	10	A	1		0.297	0.136	
Selenium, Se....µg	4.9	0.389	6	A	1		26.2	12.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	FLC	4		2.1	0.9	
Thiamin....mg	0.018	0.002	10	A	1		0.095	0.043	
Riboflavin....mg	0.020	0.002	10	A	1		0.108	0.049	
Niacin....mg	1.196	0.076	10	A	1		6.339	2.906	
Pantothenic acid....mg	0.094		0	FLC	4		0.500	0.229	
Vitamin B-6....mg	0.050		0	FLC	4		0.264	0.121	
Folate, total....µg	9		0	FLC	4		48	22	
Folic acid....µg	3		0	FLC	4		16	7	
Folate, food....µg	6		0	FLC	4		31	14	
Folate, DFE....mcg_DFE	11		0	NC	4		59	27	
Choline, total....mg	6.2		0	NR	4		32.9	15.1	
Betaine....mg									
Vitamin B-12....µg	0.08		0	FLC	4		0.45	0.21	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	62		0	FLC	4		327	150	
Retinol....µg	1		0	FLC	4		3	1	
Carotene, beta....µg	593		0	FLC	4		3145	1442	
Carotene, alpha....µg	266		0	FLC	4		1409	646	
Cryptoxanthin, beta....µg	14		0	FLC	4		75	35	
Vitamin A, IU....IU	1224		0	FLC	4		6489	2975	
Lycopene....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin....µg	58		0	FLC	4		305	140	
Vitamin E (alpha-tocopherol)....mg	0.12		0	FLC	4		0.61	0.28	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	FLC	4		0.01	0.01	
Tocopherol, gamma....mg	0.03		0	FLC	4		0.14	0.06	
Tocopherol, delta....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 06018

Soup, chunky chicken noodle, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.7		0	FLC	4		9.2	4.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.408		0	FLC	4		2.163	0.992	
4:0....g	0.000		0	FLC	4		0.000	0.000	
6:0....g	0.000		0	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	
10:0....g	0.000		0	FLC	4		0.000	0.000	
12:0....g	0.001		0	FLC	4		0.006	0.003	
13:0....g									
14:0....g	0.017		0	FLC	4		0.092	0.042	
15:0....g	0.000		0	FLC	4		0.000	0.000	
16:0....g	0.302		0	FLC	4		1.599	0.733	
17:0....g	0.000		0	FLC	4		0.000	0.000	
18:0....g	0.082		0	FLC	4		0.434	0.199	
20:0....g	0.000		0	FLC	4		0.000	0.000	
22:0....g	0.000		0	FLC	4		0.000	0.000	
24:0....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.194		0	FLC	4		1.027	0.471	
14:1....g	0.000		0	FLC	4		0.000	0.000	
15:1....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated....g	0.023		0	FLC	4		0.123	0.056	
17:1....g	0.000		0	FLC	4		0.000	0.000	
18:1 undifferentiated....g	0.164		0	FLC	4		0.867	0.397	
20:1....g	0.006		0	FLC	4		0.030	0.014	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.112		0	FLC	4		0.594	0.272	
18:2 undifferentiated....g	0.100		0	FLC	4		0.529	0.243	
18:3 undifferentiated....g	0.007		0	FLC	4		0.037	0.017	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	FLC	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
20:4 undifferentiated....g	0.002		0	FLC	4		0.011	0.005	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.001	0.001	
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.003	0.001	
22:6 n-3 (DHA)....g	0.001		0	FLC	4		0.004	0.002	
Fatty acids, total trans....g	0.001		0	FLC	4		0.005	0.002	
Cholesterol....mg	5		0	FLC	4		26	12	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 530g: 1 can

Measure 2 = 243g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

NDB No. 06018

Soup, chunky chicken noodle, canned, ready-to-serve

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06067
Soup, chunky vegetable, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.58	0.130	13		1		214.57	472.06	
Energy....kcal	51		0	NC	4		126	277	
Energy....kJ	215		0	NC	4		527	1159	
Protein (N x 6.25)....g	1.46	0.031	10		1		3.58	7.87	
Total lipid (fat)....g	1.54	0.045	10		1		3.77	8.30	
Ash....g	1.50	0.021	10		1		3.68	8.09	
Carbohydrate, by difference....g	7.92		0	NC	4		19.40	42.69	
Fiber, total dietary....g	0.5		0		4		1.2	2.7	
Sugars, total....g	1.83		0	FLA	4		4.49	9.88	
Starch....g									
Minerals:									
Calcium, Ca....mg	23	1.176	10		1		56	124	
Iron, Fe....mg	0.68	0.063	10		1		1.67	3.67	
Magnesium, Mg....mg	3		0		4		7	16	
Phosphorus, P....mg	30		1		1		74	162	
Potassium, K....mg	165		1		1		404	889	
Sodium, Na....mg	359		1	LC	8		880	1936	
Zinc, Zn....mg	1.30		1		1		3.19	7.01	
Copper, Cu....mg	0.100		1		1		0.245	0.539	
Manganese, Mn....mg	0.200		1		1		0.490	1.078	
Selenium, Se....µg	2.9		0	BFSN	4		7.1	15.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.5	0.224	10		1		6.1	13.5	
Thiamin....mg	0.030	0.002	10		1		0.074	0.162	
Riboflavin....mg	0.027	0.002	10		1		0.066	0.146	
Niacin....mg	0.500	0.021	10		1		1.225	2.695	
Pantothenic acid....mg	0.140		0		4		0.343	0.755	
Vitamin B-6....mg	0.080		1		1		0.196	0.431	
Folate, total....µg	7	1.182	3		1		17	37	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	7	1.182	3		1		17	37	
Folate, DFE....mcg_DFE	7		0	NC	4		17	37	
Choline, total....mg	6.9		0	O	4		16.9	37.3	
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	122		0	FLA	4		300	660	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	1198		0	FLA	4		2935	6457	
Carotene, alpha....µg	512		0	FLA	4		1253	2757	
Cryptoxanthin, beta....µg	3		0	FLA	4		8	17	
Vitamin A, IU....IU	2449		0	FLA	4		6000	13200	
Lycopene....µg	2953		0	FLA	4		7234	15914	
Lutein + zeaxanthin....µg	124		0	FLA	4		304	669	
Vitamin E (alpha-tocopherol)....mg	0.53		0	FLA	4		1.31	2.87	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	8.1		0	FLA	4		19.9	43.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06067

Soup, chunky vegetable, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.230		0		1		0.564	1.240	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.150		0		1		0.368	0.809	
17:0....g									
18:0....g	0.080		0		1		0.196	0.431	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.660		0		1		1.617	3.557	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.025	0.054	
17:1....g									
18:1 undifferentiated....g	0.660		0		1		1.617	3.557	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.580		0		1		1.421	3.126	
18:2 undifferentiated....g	0.540		0		1		1.323	2.911	
18:3 undifferentiated....g	0.040		0		1		0.098	0.216	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.027	0.059	
Threonine....g	0.045		0		1		0.110	0.243	
Isoleucine....g	0.067		0		1		0.164	0.361	
Leucine....g	0.113		0		1		0.277	0.609	
Lysine....g	0.079		0		1		0.194	0.426	
Methionine....g	0.011		0		1		0.027	0.059	
Cystine....g	0.011		0		1		0.027	0.059	
Phenylalanine....g	0.067		0		1		0.164	0.361	
Tyrosine....g	0.034		0		1		0.083	0.183	
Valine....g	0.079		0		1		0.194	0.426	
Arginine....g	0.079		0		1		0.194	0.426	
Histidine....g	0.034		0		1		0.083	0.183	
Alanine....g	0.079		0		1		0.194	0.426	
Aspartic acid....g	0.191		0		1		0.468	1.029	
Glutamic acid....g	0.309		0		1		0.757	1.666	
Glycine....g	0.056		0		1		0.137	0.302	
Proline....g	0.056		0		1		0.137	0.302	
Serine....g	0.056		0		1		0.137	0.302	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06067
Soup, chunky vegetable, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 539g: 1 can (19 oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06027

Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.04	0.308	13		1		206.50	463.76	
Energy....kcal	56		0	NC	4		134	302	
Energy....kJ	234		0		4		562	1263	
Protein (N x 6.25)....g	3.02	0.047	10		1		7.25	16.28	
Total lipid (fat)....g	1.41	0.031	10		1		3.38	7.60	
Ash....g	1.69	0.031	10		1		4.06	9.11	
Carbohydrate, by difference....g	7.84		0	NC	4		18.82	42.26	
Fiber, total dietary....g	1.2		0		4		2.9	6.5	
Sugars, total....g	1.67		0	FLA	4		4.02	9.02	
Starch....g									
Minerals:									
Calcium, Ca....mg	28	1.329	10		1		67	151	
Iron, Fe....mg	1.10	0.060	10		1		2.64	5.93	
Magnesium, Mg....mg	8		0		4		19	43	
Phosphorus, P....mg	35		1		1		84	189	
Potassium, K....mg	160		1		1		384	862	
Sodium, Na....mg	417	14.005	10		1		1001	2248	
Zinc, Zn....mg	0.70		1		1		1.68	3.77	
Copper, Cu....mg	0.100		1		1		0.240	0.539	
Manganese, Mn....mg	0.100		1		1		0.240	0.539	
Selenium, Se....µg	6.7		0	BFSN	4		16.1	36.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.1	0.458	10		1		12.2	27.5	
Thiamin....mg	0.024	0.001	10		1		0.058	0.129	
Riboflavin....mg	0.026	0.001	10		1		0.062	0.140	
Niacin....mg	0.770	0.015	10		1		1.848	4.150	
Pantothenic acid....mg	0.100		0		4		0.240	0.539	
Vitamin B-6....mg	0.110		1		1		0.264	0.593	
Folate, total....µg	4	0.841	3		1		9	21	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4	0.841	3		1		9	21	
Folate, DFE....mcg_DFE	4		0	NC	4		9	21	
Choline, total....mg	7.9		0	O	4		19.1	42.8	
Betaine....mg									
Vitamin B-12....µg	3.30		1		1		7.92	17.79	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	70		0	NC	4		168	377	
Retinol....µg	3		0	FLA	4		8	18	
Carotene, beta....µg	662		0	FLA	4		1590	3571	
Carotene, alpha....µg	270		0	FLA	4		647	1454	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	1340		0	NC	4		3217	7224	
Lycopene....µg	5112		0	FLA	4		12270	27556	
Lutein + zeaxanthin....µg	33		0	FLA	4		80	181	
Vitamin E (alpha-tocopherol)....mg	0.67		0	FLA	4		1.60	3.59	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.3		0	FLA	4		8.0	17.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06027

Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.880		0		1		2.112	4.743	
4:0....g	0.050		0		1		0.120	0.270	
6:0....g	0.030		0		1		0.072	0.162	
8:0....g	0.020		0		1		0.048	0.108	
10:0....g	0.040		0		1		0.096	0.216	
12:0....g	0.040		0		1		0.096	0.216	
13:0....g									
14:0....g	0.140		0		1		0.336	0.755	
15:0....g									
16:0....g	0.370		0		1		0.888	1.994	
17:0....g									
18:0....g	0.170		0		1		0.408	0.916	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.410		0		1		0.984	2.210	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0		1		0.072	0.162	
17:1....g									
18:1 undifferentiated....g	0.350		0		1		0.840	1.887	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.050		0		1		0.120	0.270	
18:2 undifferentiated....g	0.030		0		1		0.072	0.162	
18:3 undifferentiated....g	0.020		0		1		0.048	0.108	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6		0		1		14	32	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 539g: 1 can (19 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06028
Soup, clam chowder, manhattan, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.30	0.274	13		1		106.22	257.12	
Energy....kcal	61		0	NC	4		77	186	
Energy....kJ	255		0		4		322	778	
Protein (N x 6.25)....g	1.74	0.040	10		1		2.19	5.31	
Total lipid (fat)....g	1.76	0.034	10		1		2.22	5.37	
Ash....g	2.46	0.045	10		1		3.10	7.50	
Carbohydrate, by difference....g	9.74		0	NC	4		12.27	29.71	
Fiber, total dietary....g	1.2		0		4		1.5	3.7	
Sugars, total....g	2.70		0	FLA	4		3.40	8.23	
Starch....g									
Minerals:									
Calcium, Ca....mg	19	0.637	10		1		24	58	
Iron, Fe....mg	1.30	0.137	10		1		1.64	3.97	
Magnesium, Mg....mg	8		1		1		10	24	
Phosphorus, P....mg	33		1		1		42	101	
Potassium, K....mg	150		1		1		189	458	
Sodium, Na....mg	457	10.400	3		1		576	1394	
Zinc, Zn....mg	0.74		2		1		0.93	2.26	
Copper, Cu....mg	0.100		1		1		0.126	0.305	
Manganese, Mn....mg	0.300		1		1		0.378	0.915	
Selenium, Se....µg	7.5		0	BFSN	4		9.5	22.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2	0.291	10		1		4.0	9.8	
Thiamin....mg	0.024	0.002	10		1		0.030	0.073	
Riboflavin....mg	0.032	0.002	10		1		0.040	0.098	
Niacin....mg	0.650	0.031	10		1		0.819	1.983	
Pantothenic acid....mg	0.150		0		1		0.189	0.458	
Vitamin B-6....mg	0.080		1		1		0.101	0.244	
Folate, total....µg	8	0.736	3		1		10	24	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8	0.736	3		1		10	24	
Folate, DFE....mcg_DFE	8		0	NC	4		10	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	3.23		1		1		4.07	9.85	
Vitamin A, RAE....mcg_RAE	41		0	NC	4		52	125	
Retinol....µg	3		0	FLA	4		4	10	
Carotene, beta....µg	399		0	FLA	4		503	1218	
Carotene, alpha....µg	87		0	FLA	4		109	265	
Cryptoxanthin, beta....µg	15		0	FLA	4		19	46	
Vitamin A, IU....IU	762		0	NC	4		960	2323	
Lycopene....µg	6426		0	FLA	4		8097	19600	
Lutein + zeaxanthin....µg	27		0	FLA	4		34	82	
Vitamin E (alpha-tocopherol)....mg	1.03		0	FLA	4		1.30	3.14	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	5.5		0	FLA	4		7.0	16.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.305		0		1		0.384	0.930	
4:0....g									

NDB No. 06028
Soup, clam chowder, manhattan, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.010		1		1		0.013	0.031	
15:0....g									
16:0....g	0.244		1		1		0.307	0.744	
17:0....g									
18:0....g	0.051		1		1		0.064	0.156	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.305		0		1		0.384	0.930	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.013	0.031	
17:1....g									
18:1 undifferentiated....g	0.295		1		1		0.372	0.900	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.027		0		1		1.294	3.132	
18:2 undifferentiated....g	0.956		1		1		1.205	2.916	
18:3 undifferentiated....g	0.071		1		1		0.089	0.217	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		3	6	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup (4 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06428

Soup, clam chowder, manhattan, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.26		0	RPI	6		229.73	28.69	
Energy	kcal	30		0	RPI	6		75	9	
Energy	kJ	126		0	RPI	6		313	39	
Protein (N x 6.25)	g	0.85		0	RPI	6		2.12	0.26	
Total lipid (fat)	g	0.86		0	RPI	6		2.15	0.27	
Ash	g	1.26		0	RPI	6		3.13	0.39	
Carbohydrate, by difference	g	4.77		0	RPI	6		11.88	1.48	
Fiber, total dietary	g	0.6		0	RPI	6		1.5	0.2	
Sugars, total	g	1.32		0	RPI	6		3.29	0.41	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	RPA	1		27	3	
Iron, Fe	mg	0.64		0	RPA	1		1.59	0.20	
Magnesium, Mg	mg	4		0	RPA	1		11	1	
Phosphorus, P	mg	16		0	RPA	1		40	5	
Potassium, K	mg	74		0	RPA	1		184	23	
Sodium, Na	mg	226		0	RPA	1		562	70	
Zinc, Zn	mg	0.36		0	RPA	1		0.91	0.11	
Copper, Cu	mg	0.054		0	RPA	1		0.134	0.017	
Manganese, Mn	mg	0.147		0	RPA	1		0.366	0.046	
Selenium, Se	µg	3.7		0	RPI	6		9.1	1.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0	RPI	6		3.9	0.5	
Thiamin	mg	0.012		0	RPI	6		0.029	0.004	
Riboflavin	mg	0.016		0	RPI	6		0.039	0.005	
Niacin	mg	0.318		0	RPI	6		0.793	0.099	
Pantothenic acid	mg	0.073		0	RPI	6		0.183	0.023	
Vitamin B-6	mg	0.039		0	RPI	6		0.098	0.012	
Folate, total	µg	4		0	RPI	6		10	1	
Folic acid	µg	0		0	RPI	6		0	0	
Folate, food	µg	4		0	RPI	6		10	1	
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	
Choline, total	mg	7.9		0	RPI	6		19.7	2.5	
Betaine	mg									
Vitamin B-12	µg	1.58		0	RPI	6		3.94	0.49	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	20		0	RPI	6		50	6	
Retinol	µg	2		0	RPI	6		4	1	
Carotene, beta	µg	195		0	RPI	6		487	61	
Carotene, alpha	µg	42		0	RPI	6		106	13	
Cryptoxanthin, beta	µg	7		0	RPI	6		19	2	
Vitamin A, IU	IU	373		0	RPI	6		929	116	
Lycopene	µg	3147		0	RPI	6		7835	979	
Lutein + zeaxanthin	µg	13		0	RPI	6		33	4	
Vitamin E (alpha-tocopherol)	mg	0.50		0	RPI	6		1.25	0.16	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.7		0	RPI	6		6.8	0.8	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06428

Soup, clam chowder, manhattan, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.149		0	RPI	6		0.372	0.046	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.005		0	RPI	6		0.012	0.002	
15:0....g									
16:0....g	0.119		0	RPI	6		0.297	0.037	
17:0....g									
18:0....g	0.025		0	RPI	6		0.062	0.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.149		0	RPI	6		0.372	0.046	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	RPI	6		0.012	0.002	
17:1....g									
18:1 undifferentiated....g	0.144		0	RPI	6		0.360	0.045	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.503		0	RPI	6		1.252	0.156	
18:2 undifferentiated....g	0.468		0	RPI	6		1.166	0.146	
18:3 undifferentiated....g	0.035		0	RPI	6		0.087	0.011	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0	RPI	6		2	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 serving 1 cup

Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06030
Soup, clam chowder, new england, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.49		0	FLA	4		102.67	246.90	
Energy	kcal	72		0	FLA	4		91	220	
Energy	kJ	303		0	FLA	4		382	919	
Protein (N x 6.25)	g	3.17		0	FLA	4		4.00	9.62	
Total lipid (fat)	g	2.06		0	FLA	4		2.59	6.23	
Ash	g	2.96		0	FLA	4		3.73	8.97	
Carbohydrate, by difference	g	10.32		0	FLA	4		13.00	31.26	
Fiber, total dietary	g	0.7		0	FLA	4		0.8	2.0	
Sugars, total	g	0.38		0	FLA	4		0.48	1.15	
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0	FLA	4		20	48	
Iron, Fe	mg	2.48		0	FLA	4		3.13	7.53	
Magnesium, Mg	mg	13		0	FLA	4		17	40	
Phosphorus, P	mg	260		0	FLA	4		327	787	
Potassium, K	mg	221		0	FLA	4		278	669	
Sodium, Na	mg	516		1	LC	8		650	1563	
Zinc, Zn	mg	0.37		0	FLA	4		0.46	1.12	
Copper, Cu	mg	0.239		0	FLA	4		0.301	0.724	
Manganese, Mn	mg	0.165		0	FLA	4		0.208	0.499	
Selenium, Se	µg	6.3		0	FLA	4		8.0	19.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.1		0	FLA	4		5.1	12.4	
Thiamin	mg	0.125		0	FLA	4		0.158	0.379	
Riboflavin	mg	0.165		0	FLA	4		0.208	0.501	
Niacin	mg	1.550		0	FLA	4		1.953	4.698	
Pantothenic acid	mg	0.231		0	FLA	4		0.291	0.700	
Vitamin B-6	mg	0.104		0	FLA	4		0.132	0.317	
Folate, total	µg	14		0	FLA	4		18	43	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	14		0	FLA	4		18	43	
Folate, DFE	mcg_DFE	14		0	NC	4		18	43	
Choline, total	mg	6.9		0	AS	1		8.7	20.9	
Betaine	mg									
Vitamin B-12	µg	9.47		0	FLA	4		11.93	28.69	
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	17		0	FLA	4		22	52	
Retinol	µg	17		0	FLA	4		22	52	
Carotene, beta	µg	0		0	FLA	4		1	1	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	58		0	FLA	4		74	177	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	3		0	FLA	4		4	9	
Vitamin E (alpha-tocopherol)	mg	0.42		0	FLA	4		0.52	1.26	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, delta	mg	0.00		0	FLA	4		0.00	0.01	
Vitamin D (D2 + D3)	µg	0.0		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone)	µg	0.8		0	FLA	4		1.0	2.3	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06030

Soup, clam chowder, new england, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.959		0	FLA	4		1.208	2.905	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.001		0	FLA	4		0.001	0.003	
12:0....g	0.003		0	FLA	4		0.004	0.010	
13:0....g									
14:0....g	0.010		0	FLA	4		0.013	0.031	
15:0....g	0.000		0	FLA	4		0.000	0.000	
16:0....g	0.770		0	FLA	4		0.970	2.333	
17:0....g	0.004		0	FLA	4		0.006	0.013	
18:0....g	0.138		0	FLA	4		0.174	0.419	
20:0....g	0.029		0	FLA	4		0.036	0.087	
22:0....g	0.000		0	FLA	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.959		0	FLA	4		1.208	2.905	
18:2 undifferentiated....g	0.898		0	FLA	4		1.131	2.721	
18:3 undifferentiated....g	0.023		0	FLA	4		0.029	0.069	
18:4....g	0.002		0	FLA	4		0.003	0.007	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.006		0	FLA	4		0.008	0.018	
20:5 n-3 (EPA)....g	0.010		0	FLA	4		0.013	0.030	
22:5 n-3 (DPA)....g	0.008		0	FLA	4		0.010	0.023	
22:6 n-3 (DHA)....g	0.011		0	FLA	4		0.014	0.033	
Fatty acids, total trans....g	0.013		0	FLA	4		0.016	0.038	
Cholesterol....mg	6		0	FLA	4		8	19	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup

Measure 2 = 303g: 1 can (10.7 oz)

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06230

Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.49		0	RPI	6		215.43	26.93	
Energy....kcal	61		0	RPI	6		153	19	
Energy....kJ	254		0	RPI	6		641	80	
Protein....g	3.24		0	RPI	6		8.17	1.02	
Total lipid (fat)....g	2.02		0	RPI	6		5.08	0.64	
Ash....g	1.79		0	RPI	6		4.52	0.56	
Carbohydrate, by difference....g	7.46		0	RPI	6		18.80	2.35	
Fiber, total dietary....g	0.3		0	RPI	6		0.8	0.1	
Sugars, total....g	2.81		0	RPI	6		7.07	0.88	
Starch....g									
Minerals:									
Calcium, Ca....mg	70		0	RPI	6		176	22	
Iron, Fe....mg	1.21		0	RPI	6		3.05	0.38	
Magnesium, Mg....mg	12		0	RPI	6		31	4	
Phosphorus, P....mg	173		0	RPI	6		435	54	
Potassium, K....mg	179		0	RPI	6		450	56	
Sodium, Na....mg	273		1	LC	8		688	86	
Zinc, Zn....mg	0.43		0	RPI	6		1.08	0.14	
Copper, Cu....mg	0.118		0	RPI	6		0.297	0.037	
Manganese, Mn....mg	0.087		0	RPI	6		0.218	0.027	
Selenium, Se....µg	4.4		0	RPI	6		11.0	1.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.1		0	RPI	6		5.2	0.6	
Thiamin....mg	0.081		0	RPI	6		0.203	0.025	
Riboflavin....mg	0.176		0	RPI	6		0.443	0.055	
Niacin....mg	0.794		0	RPI	6		2.002	0.250	
Pantothenic acid....mg	0.296		0	RPI	6		0.745	0.093	
Vitamin B-6....mg	0.070		0	RPI	6		0.177	0.022	
Folate, total....µg	9		0	RPI	6		23	3	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	9		0	RPI	6		23	3	
Folate, DFE....mcg_DFE	9		0	NC	4		23	3	
Choline, total....mg	11.8		0	RPA	1		29.8	3.7	
Betaine....mg	0.5		0	RPA	1		1.2	0.2	
Vitamin B-12....µg	4.84		0	RPI	6		12.19	1.52	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	37		0	RPI	6		93	12	
Retinol....µg	37		0	RPI	6		93	12	
Carotene, beta....µg	2		0	RPI	6		6	1	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	127		0	RPI	6		319	40	
Lycopene....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....µg	1		0	RPI	6		4	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	RPI	6		0.55	0.07	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	RPI	6		1.6	0.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	25		0	RPI	6		63	8	
Vitamin K (phylloquinone)....µg	0.5		0	RPI	6		1.2	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06230

Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.094		0	NC	4		2.756	0.345	
4:0....g	0.040		0	RPI	6		0.102	0.013	
6:0....g	0.021		0	RPI	6		0.053	0.007	
8:0....g	0.011		0	RPI	6		0.027	0.003	
10:0....g	0.026		0	RPI	6		0.067	0.008	
12:0....g	0.030		0	RPI	6		0.077	0.010	
13:0....g									
14:0....g	0.097		0	RPI	6		0.246	0.031	
15:0....g									
16:0....g	0.671		0	RPI	6		1.692	0.211	
17:0....g									
18:0....g	0.196		0	RPI	6		0.493	0.062	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.268		0	NC	4		0.675	0.084	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.017		0	RPI	6		0.044	0.005	
17:1....g									
18:1 undifferentiated....g	0.249		0	RPI	6		0.628	0.079	
20:1....g	0.001		0	RPI	6		0.003	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.001	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.513		0	NC	4		1.293	0.162	
18:2 undifferentiated....g	0.476		0	RPI	6		1.198	0.150	
18:3 undifferentiated....g	0.018		0	RPI	6		0.046	0.006	
18:4....g	0.001		0	RPI	6		0.003	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.002		0	RPA	1		0.004	0.000	
20:4 undifferentiated....g	0.003		0	RPI	6		0.008	0.001	
20:5 n-3 (EPA)....g	0.005		0	RPI	6		0.012	0.002	
22:5 n-3 (DPA)....g	0.004		0	RPI	6		0.009	0.001	
22:6 n-3 (DHA)....g	0.005		0	RPI	6		0.013	0.002	
Fatty acids, total trans....g									
Cholesterol....mg	7		0	RPI	6		18	2	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 serving 1 cup

Measure 2 = 31.5g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06430

Soup, clam chowder, new england, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.89		0	RPI	6		225.40	28.17	
Energy....kcal	35		0	RPI	6		88	11	
Energy....kJ	148		0	RPI	6		367	46	
Protein....g	1.55		0	RPI	6		3.85	0.48	
Total lipid (fat)....g	1.01		0	RPI	6		2.50	0.31	
Ash....g	1.50		0	RPI	6		3.72	0.46	
Carbohydrate, by difference....g	5.05		0	RPI	6		12.52	1.57	
Fiber, total dietary....g	0.3		0	RPI	6		0.8	0.1	
Sugars, total....g	0.19		0	RPI	6		0.46	0.06	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	RPI	6		23	3	
Iron, Fe....mg	1.22		0	RPI	6		3.02	0.38	
Magnesium, Mg....mg	7		0	RPI	6		17	2	
Phosphorus, P....mg	127		0	RPI	6		315	39	
Potassium, K....mg	108		0	RPI	6		268	34	
Sodium, Na....mg	254		1	LC	8		630	79	
Zinc, Zn....mg	0.18		0	RPI	6		0.45	0.06	
Copper, Cu....mg	0.122		0	RPI	6		0.302	0.038	
Manganese, Mn....mg	0.081		0	RPI	6		0.200	0.025	
Selenium, Se....µg	3.1		0	RPI	6		7.7	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0		0	RPI	6		5.0	0.6	
Thiamin....mg	0.061		0	RPI	6		0.152	0.019	
Riboflavin....mg	0.081		0	RPI	6		0.201	0.025	
Niacin....mg	0.759		0	RPI	6		1.882	0.235	
Pantothenic acid....mg	0.113		0	RPI	6		0.280	0.035	
Vitamin B-6....mg	0.051		0	RPI	6		0.127	0.016	
Folate, total....µg	7		0	RPI	6		17	2	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	7		0	RPI	6		17	2	
Folate, DFE....mcg_DFE	7		0	NC	4		17	2	
Choline, total....mg	3.4		0	RPI	6		8.4	1.0	
Betaine....mg									
Vitamin B-12....µg	4.63		0	RPI	6		11.49	1.44	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	8		0	RPI	6		21	3	
Retinol....µg	8		0	RPI	6		21	3	
Carotene, beta....µg	0		0	RPI	6		1	0	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	29		0	NC	4		71	9	
Lycopene....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....µg	2		0	RPI	6		4	0	
Vitamin E (alpha-tocopherol)....mg	0.20		0	RPI	6		0.51	0.06	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, delta....mg	0.00		0	RPI	6		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	NR	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	RPI	6		0	0	
Vitamin K (phylloquinone)....µg	0.4		0	RPI	6		0.9	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06430

Soup, clam chowder, new england, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.468		0	RPI	6		1.160	0.145	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.001		0	RPI	6		0.001	0.000	
12:0....g	0.002		0	RPI	6		0.004	0.001	
13:0....g									
14:0....g	0.005		0	RPI	6		0.012	0.002	
15:0....g	0.000		0	RPI	6		0.000	0.000	
16:0....g	0.377		0	RPI	6		0.935	0.117	
17:0....g	0.002		0	RPI	6		0.005	0.001	
18:0....g	0.068		0	RPI	6		0.168	0.021	
20:0....g	0.014		0	RPI	6		0.035	0.004	
22:0....g	0.000		0	RPI	6		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	RPI	6		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.469		0	RPI	6		1.163	0.145	
18:2 undifferentiated....g	0.439		0	RPI	6		1.090	0.136	
18:3 undifferentiated....g	0.011		0	RPI	6		0.028	0.003	
18:4....g	0.001		0	RPI	6		0.003	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.003		0	RPI	6		0.007	0.001	
20:5 n-3 (EPA)....g	0.005		0	RPI	6		0.012	0.002	
22:5 n-3 (DPA)....g	0.004		0	RPI	6		0.009	0.001	
22:6 n-3 (DHA)....g	0.005		0	RPI	6		0.013	0.002	
Fatty acids, total trans....g	0.006		0	RPI	6		0.015	0.002	
Cholesterol....mg	3		0	RPI	6		8	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 serving 1 cup

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27042
Soup, clam chowder, new england, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.85	0.205	12	A	1		212.98	436.86	
Energy....kcal	79		0	NC	4		201	412	
Energy....kJ	331		0	NC	4		841	1725	
Protein....g	2.61	0.198	12	A	1		6.62	13.58	
Total lipid (fat)....g	3.94	0.234	12	A	1		10.00	20.51	
Ash....g	1.32	0.048	12	A	1		3.35	6.88	
Carbohydrate, by difference....g	8.28		0	NC	4		21.04	43.16	
Fiber, total dietary....g	1.0	0.077	6	A	1		2.5	5.2	
Sugars, total....g	0.23	0.108	6	A	1		0.59	1.21	
Sucrose....g	0.23	0.108	6	A	1		0.59	1.21	
Glucose (dextrose)....g	0.00	0.000	6	A	1		0.00	0.00	
Fructose....g	0.00	0.000	6	A	1		0.00	0.00	
Lactose....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose....g	0.00	0.000	6	A	1		0.00	0.00	
Starch....g	7.43	0.222	7	A	1		18.87	38.70	
Minerals:									
Calcium, Ca....mg	15	1.035	12	A	1		39	80	
Iron, Fe....mg	0.48	0.030	12	A	1		1.21	2.48	
Magnesium, Mg....mg	10	0.437	12	A	1		25	51	
Phosphorus, P....mg	65	7.598	12	A	1		166	341	
Potassium, K....mg	175	18.566	12	A	1		445	912	
Sodium, Na....mg	343	5.137	12	A	1		870	1785	
Zinc, Zn....mg	0.23	0.012	12	A	1		0.58	1.18	
Copper, Cu....mg	0.033	0.002	12	A	1		0.085	0.175	
Manganese, Mn....mg	0.060	0.003	12	A	1		0.152	0.312	
Selenium, Se....µg	3.0	0.027	12	A	1		7.7	15.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.015	0.000	12	A	1		0.037	0.077	
Riboflavin....mg	0.015	0.000	12	A	1		0.037	0.077	
Niacin....mg	0.497	0.025	12	A	1		1.264	2.592	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg	6.6		0	AS	1		16.7	34.3	
Betaine....mg	34.9		2	A	1		88.5	181.6	
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE	0		0	AS	1		1	2	
Vitamin A, IU....IU	9		0	AS	1		24	49	
Lycopene....µg	0		2	A	1		0	0	
Lutein + zeaxanthin....µg	20		2	A	1		51	104	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 27042

Soup, clam chowder, new england, canned, ready-to-serve

Common Measures:

Measure 1 = 254g: 1 cup

Measure 2 = 521g: 1 can

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27043

Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.53	0.156	4	A	1		449.10	221.52	
Energy....kcal	70		0	NC	4		364	179	
Energy....kJ	293		0	NC	4		1521	750	
Protein....g	2.33	0.074	4	A	1		12.08	5.96	
Total lipid (fat)....g	4.23	0.096	4	A	1		21.94	10.82	
Ash....g	1.23	0.039	4	A	1		6.40	3.16	
Carbohydrate, by difference....g	5.68		0	NC	4		29.48	14.54	
Fiber, total dietary....g	0.8		1	A	1		4.2	2.0	
Sugars, total....g	0.00	0.000	3	A	1		0.00	0.00	
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g	4.10	0.058	3	A	1		21.28	10.50	
Minerals:									
Calcium, Ca....mg	14	0.572	4	A	1		71	35	
Iron, Fe....mg	0.56	0.031	4	A	1		2.93	1.44	
Magnesium, Mg....mg	13	0.206	4	A	1		67	33	
Phosphorus, P....mg	31	0.515	4	A	1		160	79	
Potassium, K....mg	337	8.606	4	A	1		1748	862	
Sodium, Na....mg	194	2.179	4	A	1		1004	495	
Zinc, Zn....mg	0.27	0.008	4	A	1		1.40	0.69	
Copper, Cu....mg	0.025	0.000	4	A	1		0.130	0.064	
Manganese, Mn....mg	0.076	0.001	4	A	1		0.394	0.195	
Selenium, Se....µg	4.3	0.433	4	A	1		22.1	10.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.3		0	FLC	4		17.0	8.4	
Thiamin....mg	0.015	0.000	4	A	1		0.077	0.038	
Riboflavin....mg	0.015	0.000	4	A	1		0.077	0.038	
Niacin....mg	0.422	0.040	4	A	1		2.193	1.082	
Pantothenic acid....mg									
Vitamin B-6....mg	0.130		0	FLC	4		0.674	0.332	
Folate, total....µg	6		0	FLC	4		30	15	
Folic acid....µg	0		0	FLC	4		0	0	
Folate, food....µg	6		0	FLC	4		30	15	
Folate, DFE....mcg_DFE	6		0	NC	4		30	15	
Choline, total....mg	6.6		0	AS	1		34.1	16.8	
Betaine....mg									
Vitamin B-12....µg	0.93		0	FLC	4		4.85	2.39	
Vitamin B-12, added....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	8		0	NC	4		40	20	
Retinol....µg	7		0	FLC	4		37	18	
Carotene, beta....µg	5		2	A	1		28	14	
Carotene, alpha....µg	0		2	A	1		2	1	
Cryptoxanthin, beta....µg	0		2	A	1		2	1	
Vitamin A, IU....IU	33		0	NC	4		174	86	
Lycopene....µg	0		2	A	1		0	0	
Lutein + zeaxanthin....µg	20		2	A	1		103	51	
Vitamin E (alpha-tocopherol)....mg	0.40		0	FLC	4		2.09	1.03	
Vitamin E, added....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	FLC	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									

NDB No. 27043

Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	FLC	4		1	1	
Vitamin K (phylloquinone)....µg	8.2		0	FLC	4		42.4	20.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.701		0	NC	4		3.639	1.795	
4:0....g	0.006		0	FLC	4		0.029	0.014	
6:0....g	0.003		0	FLC	4		0.017	0.008	
8:0....g	0.002		0	FLC	4		0.010	0.005	
10:0....g	0.005		0	FLC	4		0.025	0.012	
12:0....g	0.006		0	FLC	4		0.033	0.016	
13:0....g									
14:0....g	0.025		0	FLC	4		0.130	0.064	
15:0....g									
16:0....g	0.467		0	FLC	4		2.422	1.195	
17:0....g									
18:0....g	0.187		0	FLC	4		0.973	0.480	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.908		0	NC	4		4.714	2.325	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.039		0	FLC	4		0.202	0.099	
17:1....g									
18:1 undifferentiated....g	0.859		0	FLC	4		4.457	2.198	
20:1....g	0.011		0	FLC	4		0.056	0.028	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.997		0	NC	4		10.367	5.113	
18:2 undifferentiated....g	1.704		0	FLC	4		8.845	4.363	
18:3 undifferentiated....g	0.234		0	FLC	4		1.213	0.598	
18:4....g	0.001		0	FLC	4		0.007	0.004	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.006		0	FLC	4		0.029	0.014	
20:5 n-3 (EPA)....g	0.018		0	FLC	4		0.095	0.047	
22:5 n-3 (DPA)....g	0.008		0	FLC	4		0.042	0.021	
22:6 n-3 (DHA)....g	0.026		0	FLC	4		0.135	0.066	
Fatty acids, total trans....g									
Cholesterol....mg	3		0	FLC	4		14	7	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 519g: 1 can

Measure 2 = 256g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06489

Soup, consomme with gelatin, dry, mix, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.75		0	FLA	4		235.93	29.47	
Energy	kcal	7		0	FLA	4		18	2	
Energy	kJ	31		0	FLA	4		77	10	
Protein (N x 6.25)	g	0.87		0	FLA	4		2.17	0.27	
Total lipid (fat)	g	0.08		0	FLA	4		0.21	0.03	
Ash	g	3.52		0	FLA	4		8.76	1.09	
Carbohydrate, by difference	g	0.78		0	FLA	4		1.93	0.24	
Fiber, total dietary	g	0.0		0	FLA	4		0.1	0.0	
Sugars, total	g	0.45		0	FLA	4		1.11	0.14	
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0	FLA	4		13	2	
Iron, Fe	mg	0.09		0	FLA	4		0.22	0.03	
Magnesium, Mg	mg	3		0	FLA	4		7	1	
Phosphorus, P	mg	6		0	FLA	4		14	2	
Potassium, K	mg	23		0	FLA	4		58	7	
Sodium, Na	mg	1325		0	FLA	4		3300	412	
Zinc, Zn	mg	0.02		0	FLA	4		0.06	0.01	
Copper, Cu	mg	0.022		0	FLA	4		0.056	0.007	
Manganese, Mn	mg	0.012		0	FLA	4		0.030	0.004	
Selenium, Se	µg	0.8		0	FLA	4		2.1	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	FLA	4		0.1	0.0	
Thiamin	mg	0.047		0	FLA	4		0.118	0.015	
Riboflavin	mg	0.070		0	FLA	4		0.174	0.022	
Niacin	mg	0.506		0	FLA	4		1.261	0.157	
Pantothenic acid	mg	0.009		0	FLA	4		0.023	0.003	
Vitamin B-6	mg	0.011		0	FLA	4		0.027	0.003	
Folate, total	µg	5		0	FLA	4		13	2	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	5		0	FLA	4		13	2	
Folate, DFE	mcg_DFE	5		0	NC	4		13	2	
Choline, total	mg	2.4		0	FLA	4		5.9	0.7	
Betaine	mg									
Vitamin B-12	µg	0.02		0	FLA	4		0.06	0.01	
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0	0	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	2		0	FLA	4		4	1	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	3		0	FLA	4		7	1	
Lycopene	µg	127		0	FLA	4		315	39	
Lutein + zeaxanthin	µg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLA	4		0.03	0.00	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.0		0	FLA	4		0.0	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06489

Soup, consomme with gelatin, dry, mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		0	FLA	4		0.000	0.000	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	FLA	4		0.000	0.000	
15:0....g									
16:0....g	0.000		0	FLA	4		0.000	0.000	
17:0....g									
18:0....g	0.000		0	FLA	4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	FLA	4		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	FLA	4		0.000	0.000	
18:2 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:3 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 249g: 1 cup 8 fl oz

Measure 2 = 31.1g: 1 fl oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06034
Soup, crab, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.50		1		1		223.26	337.64	
Energy....kcal	31		0	NC	4		76	114	
Energy....kJ	130				4		316	479	
Protein (N x 6.25)....g	2.25		1		1		5.49	8.30	
Total lipid (fat)....g	0.62		1		1		1.51	2.29	
Ash....g	1.41		1		1		3.44	5.20	
Carbohydrate, by difference....g	4.22		0	NC	4		10.30	15.57	
Fiber, total dietary....g	0.3		0		4		0.7	1.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	27		1		1		66	100	
Iron, Fe....mg	0.50		1		1		1.22	1.85	
Magnesium, Mg....mg	6		0		4		15	22	
Phosphorus, P....mg	36		1		1		88	133	
Potassium, K....mg	134		1		1		327	494	
Sodium, Na....mg	506		1		1		1235	1867	
Zinc, Zn....mg	0.60		0		4		1.46	2.21	
Copper, Cu....mg	0.200		0		4		0.488	0.738	
Manganese, Mn....mg	0.200		0		4		0.488	0.738	
Selenium, Se....µg	2.6		0	RA	4		6.3	9.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.080		1		1		0.195	0.295	
Riboflavin....mg	0.030		1		1		0.073	0.111	
Niacin....mg	0.550		1		1		1.342	2.030	
Pantothenic acid....mg	0.120		1		1		0.293	0.443	
Vitamin B-6....mg	0.050		1		1		0.122	0.185	
Folate, total....µg	6		0		4		15	22	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		4		15	22	
Folate, DFE....mcg_DFE	6		0	NC	4		15	22	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.08		1		1		0.20	0.30	
Vitamin A, RAE....mcg_RAE	10		0	NC	4		25	38	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	207		1		1		505	764	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.160		0		1		0.390	0.590	
4:0....g									

NDB No. 06034
Soup, crab, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.090		0		1		0.220	0.332	
17:0....g									
18:0....g	0.070		0		1		0.171	0.258	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.280		0		1		0.683	1.033	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.280		0		1		0.683	1.033	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.160		0		1		0.390	0.590	
18:2 undifferentiated....g	0.150		0		1		0.366	0.554	
18:3 undifferentiated....g	0.010		0		1		0.024	0.037	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		10	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 369g: 1 can (13 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06001
Soup, cream of asparagus, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.05	0.168	10		1		105.90	256.35	
Energy	kcal	69		0	NC	4		87	210	
Energy	kJ	289		0		4		364	881	
Protein (N x 6.25)	g	1.82	0.053	10		1		2.29	5.55	
Total lipid (fat)	g	3.26	0.052	10		1		4.11	9.94	
Ash	g	2.35	0.022	10		1		2.96	7.17	
Carbohydrate, by difference	g	8.52		0	NC	4		10.74	25.99	
Fiber, total dietary	g	0.4		0		4		0.5	1.2	
Sugars, total	g	0.72		0	FLA	4		0.91	2.20	
Starch	g									
Minerals:										
Calcium, Ca	mg	23	1.333	10		1		29	70	
Iron, Fe	mg	0.64	0.037	10		1		0.81	1.95	
Magnesium, Mg	mg	3		1		1		4	9	
Phosphorus, P	mg	31		1		1		39	95	
Potassium, K	mg	138		1		1		174	421	
Sodium, Na	mg	661		0	LC	8		833	2016	
Zinc, Zn	mg	0.70		1		1		0.88	2.14	
Copper, Cu	mg	0.100		1		1		0.126	0.305	
Manganese, Mn	mg	0.300		1		1		0.378	0.915	
Selenium, Se	µg	1.9		0	RA	4		2.4	5.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2	0.133	10		1		2.8	6.7	
Thiamin	mg	0.043	0.001	10		1		0.054	0.131	
Riboflavin	mg	0.062	0.003	10		1		0.078	0.189	
Niacin	mg	0.620	0.033	10		1		0.781	1.891	
Pantothenic acid	mg	0.110		0		4		0.139	0.336	
Vitamin B-6	mg	0.010		1		1		0.013	0.031	
Folate, total	µg	19		0		4		24	58	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	19		0		4		24	58	
Folate, DFE	mcg_DFE	19		0	NC	4		24	58	
Choline, total	mg	13.0		0	O	4		16.4	39.7	
Betaine	mg									
Vitamin B-12	µg	0.04		0		4		0.05	0.12	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	26		0	FLA	4		33	79	
Retinol	µg	5		0	FLA	4		6	14	
Carotene, beta	µg	256		0	FLA	4		322	779	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	441		0	FLA	4		556	1346	
Lycopene	µg	13		0	FLA	4		16	38	
Lutein + zeaxanthin	µg	326		0	FLA	4		411	995	
Vitamin E (alpha-tocopherol)	mg	0.49		0	FLA	4		0.62	1.50	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	22.0		0	FLA	4		27.8	67.2	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06001
Soup, cream of asparagus, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.820		0		1		1.033	2.501	
4:0....g	0.040		0		1		0.050	0.122	
6:0....g	0.030		0		1		0.038	0.092	
8:0....g	0.020		0		1		0.025	0.061	
10:0....g	0.040		0		1		0.050	0.122	
12:0....g	0.030		0		1		0.038	0.092	
13:0....g									
14:0....g	0.120		0		1		0.151	0.366	
15:0....g									
16:0....g	0.340		0		1		0.428	1.037	
17:0....g									
18:0....g	0.170		0		1		0.214	0.519	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.750		0		1		0.945	2.288	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		1		0.050	0.122	
17:1....g									
18:1 undifferentiated....g	0.690		0		1		0.869	2.105	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.460		0		1		1.840	4.453	
18:2 undifferentiated....g	1.420		0		1		1.789	4.331	
18:3 undifferentiated....g	0.040		0		1		0.050	0.122	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		5	12	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.029	0.070	
Threonine....g	0.062		0		1		0.078	0.189	
Isoleucine....g	0.077		0		1		0.097	0.235	
Leucine....g	0.130		0		1		0.164	0.397	
Lysine....g	0.089		0		1		0.112	0.271	
Methionine....g	0.033		0		1		0.042	0.101	
Cystine....g	0.024		0		1		0.030	0.073	
Phenylalanine....g	0.076		0		1		0.096	0.232	
Tyrosine....g	0.060		0		1		0.076	0.183	
Valine....g	0.091		0		1		0.115	0.278	
Arginine....g	0.068		0		1		0.086	0.207	
Histidine....g	0.039		0		1		0.049	0.119	
Alanine....g	0.074		0		1		0.093	0.226	
Aspartic acid....g	0.137		0		1		0.173	0.418	
Glutamic acid....g	0.466		0		1		0.587	1.421	
Glycine....g	0.054		0		1		0.068	0.165	
Proline....g	0.164		0		1		0.207	0.500	
Serine....g	0.084		0		1		0.106	0.256	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06001
Soup, cream of asparagus, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup (4 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06201

Soup, cream of asparagus, canned, prepared with equal volume milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	86.00		0		1		213.28	517.72	
Energy ... kcal	65		0	NC	4		161	391	
Energy ... kJ	272		0		4		674	1637	
Protein (N x 6.25) ... g	2.55		0		1		6.32	15.35	
Total lipid (fat) ... g	3.30		0		1		8.18	19.87	
Ash ... g	1.55		0		1		3.84	9.33	
Carbohydrate, by difference ... g	6.61		0	NC	4		16.39	39.79	
Fiber, total dietary ... g	0.3		0		4		0.7	1.8	
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	70		0		1		174	421	
Iron, Fe ... mg	0.35		0		1		0.87	2.11	
Magnesium, Mg ... mg	8		0		1		20	48	
Phosphorus, P ... mg	62		0		1		154	373	
Potassium, K ... mg	145		0		1		360	873	
Sodium, Na ... mg	420		0		1		1042	2528	
Zinc, Zn ... mg	0.37		0		1		0.93	2.25	
Copper, Cu ... mg	0.056		0		1		0.139	0.337	
Manganese, Mn ... mg	0.153		0		1		0.379	0.921	
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.6		0		1		4.0	9.6	
Thiamin ... mg	0.041		0		1		0.102	0.247	
Riboflavin ... mg	0.111		0		1		0.275	0.668	
Niacin ... mg	0.355		0		1		0.880	2.137	
Pantothenic acid ... mg	0.210		0		4		0.521	1.264	
Vitamin B-6 ... mg	0.026		0		1		0.064	0.157	
Folate, total ... µg	12		0		4		30	72	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	12		0		4		30	72	
Folate, DFE ... mcg_DFE	12		0	NC	4		30	72	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.20		0		4		0.50	1.20	
Vitamin A, RAE ... mcg_RAE	25		0	NC	4		62	151	
Retinol ... µg	16		0	NC	4		40	96	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	242		0		1		600	1457	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	1.340		0		1		3.323	8.067	
4:0 ... g	0.070		0		1		0.174	0.421	

NDB No. 06201

Soup, cream of asparagus, canned, prepared with equal volume milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.040		0		1		0.099	0.241	
8:0 ... g	0.030		0		1		0.074	0.181	
10:0 ... g	0.050		0		1		0.124	0.301	
12:0 ... g	0.060		0		1		0.149	0.361	
13:0 ... g									
14:0 ... g	0.210		0		1		0.521	1.264	
15:0 ... g									
16:0 ... g	0.570		0		1		1.414	3.431	
17:0 ... g									
18:0 ... g	0.260		0		1		0.645	1.565	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.840		0		1		2.083	5.057	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.050		0		1		0.124	0.301	
17:1 ... g									
18:1 undifferentiated ... g	0.760		0		1		1.885	4.575	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.900		0		1		2.232	5.418	
18:2 undifferentiated ... g	0.860		0		1		2.133	5.177	
18:3 undifferentiated ... g	0.040		0		1		0.099	0.241	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	9		0		1		22	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.034		0		1		0.084	0.205	
Threonine ... g	0.105		0		1		0.260	0.632	
Isoleucine ... g	0.137		0		1		0.340	0.825	
Leucine ... g	0.225		0		1		0.558	1.355	
Lysine ... g	0.174		0		1		0.432	1.047	
Methionine ... g	0.058		0		1		0.144	0.349	
Cystine ... g	0.027		0		1		0.067	0.163	
Phenylalanine ... g	0.117		0		1		0.290	0.704	
Tyrosine ... g	0.109		0		1		0.270	0.656	
Valine ... g	0.155		0		1		0.384	0.933	
Arginine ... g	0.093		0		1		0.231	0.560	
Histidine ... g	0.064		0		1		0.159	0.385	
Alanine ... g	0.093		0		1		0.231	0.560	
Aspartic acid ... g	0.193		0		1		0.479	1.162	
Glutamic acid ... g	0.576		0		1		1.428	3.468	
Glycine ... g	0.062		0		1		0.154	0.373	
Proline ... g	0.241		0		1		0.598	1.451	
Serine ... g	0.131		0		1		0.325	0.789	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06201

Soup, cream of asparagus, canned, prepared with equal volume milk

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06401

Soup, cream of asparagus, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.80		0		1		223.99	544.37	
Energy....kcal	35		0	NC	4		85	208	
Energy....kJ	146		0		4		357	868	
Protein (N x 6.25)....g	0.94		0		1		2.29	5.57	
Total lipid (fat)....g	1.68		0		1		4.10	9.96	
Ash....g	1.21		0		1		2.95	7.18	
Carbohydrate, by difference....g	4.38		0	NC	4		10.69	25.97	
Fiber, total dietary....g	0.2		0		4		0.5	1.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		1		29	71	
Iron, Fe....mg	0.33		0		1		0.81	1.96	
Magnesium, Mg....mg	2		0		1		5	12	
Phosphorus, P....mg	16		0		1		39	95	
Potassium, K....mg	71		0		1		173	421	
Sodium, Na....mg	402		0		1		981	2384	
Zinc, Zn....mg	0.36		0		1		0.88	2.13	
Copper, Cu....mg	0.051		0		1		0.124	0.302	
Manganese, Mn....mg	0.154		0		1		0.376	0.913	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0		1		2.7	6.5	
Thiamin....mg	0.022		0		1		0.054	0.130	
Riboflavin....mg	0.032		0		1		0.078	0.190	
Niacin....mg	0.319		0		1		0.778	1.892	
Pantothenic acid....mg	0.050		0		4		0.122	0.297	
Vitamin B-6....mg	0.005		0		1		0.012	0.030	
Folate, total....µg	9		0		4		22	53	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	9		0		4		22	53	
Folate, DFE....mcg_DFE	9		0	NC	4		22	53	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0		4		0.05	0.12	
Vitamin A, RAE....mcg_RAE	15		0	NC	4		37	89	
Retinol....µg	7		0	NC	4		17	42	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	182		0		1		444	1079	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.430		0		1		1.049	2.550	
4:0....g	0.020		0		1		0.049	0.119	

NDB No. 06401

Soup, cream of asparagus, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.020		0		1		0.049	0.119	
8:0....g	0.010		0		1		0.024	0.059	
10:0....g	0.020		0		1		0.049	0.119	
12:0....g	0.020		0		1		0.049	0.119	
13:0....g									
14:0....g	0.060		0		1		0.146	0.356	
15:0....g									
16:0....g	0.170		0		1		0.415	1.008	
17:0....g									
18:0....g	0.090		0		1		0.220	0.534	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.390		0		1		0.952	2.313	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.049	0.119	
17:1....g									
18:1 undifferentiated....g	0.360		0		1		0.878	2.135	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.760		0		1		1.854	4.507	
18:2 undifferentiated....g	0.730		0		1		1.781	4.329	
18:3 undifferentiated....g	0.020		0		1		0.049	0.119	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		5	12	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.029	0.071	
Threonine....g	0.032		0		1		0.078	0.190	
Isoleucine....g	0.040		0		1		0.098	0.237	
Leucine....g	0.067		0		1		0.163	0.397	
Lysine....g	0.046		0		1		0.112	0.273	
Methionine....g	0.017		0		1		0.041	0.101	
Cystine....g	0.012		0		1		0.029	0.071	
Phenylalanine....g	0.039		0		1		0.095	0.231	
Tyrosine....g	0.031		0		1		0.076	0.184	
Valine....g	0.047		0		1		0.115	0.279	
Arginine....g	0.035		0		1		0.085	0.208	
Histidine....g	0.020		0		1		0.049	0.119	
Alanine....g	0.038		0		1		0.093	0.225	
Aspartic acid....g	0.070		0		1		0.171	0.415	
Glutamic acid....g	0.240		0		1		0.586	1.423	
Glycine....g	0.028		0		1		0.068	0.166	
Proline....g	0.084		0		1		0.205	0.498	
Serine....g	0.043		0		1		0.105	0.255	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		4		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06401

Soup, cream of asparagus, canned, prepared with equal volume water

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06010
Soup, cream of celery, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.96	0.296	17		1		107.05	259.13	
Energy....kcal	72		0	NC	4		91	220	
Energy....kJ	301		0		4		380	919	
Protein (N x 6.25)....g	1.32	0.035	14		1		1.66	4.03	
Total lipid (fat)....g	4.46	0.182	14		1		5.62	13.60	
Ash....g	2.23	0.025	14		1		2.81	6.80	
Carbohydrate, by difference....g	7.03		0	NC	4		8.86	21.44	
Fiber, total dietary....g	0.6		0		4		0.8	1.8	
Sugars, total....g	1.35		0	FLA	4		1.70	4.12	
Starch....g									
Minerals:									
Calcium, Ca....mg	32	2.102	14		1		40	98	
Iron, Fe....mg	0.50		11		1		0.63	1.53	
Magnesium, Mg....mg	5		5		1		6	15	
Phosphorus, P....mg	30		2		1		38	92	
Potassium, K....mg	98		2		1		123	299	
Sodium, Na....mg	516		1	LC	8		650	1574	
Zinc, Zn....mg	0.12		4		1		0.15	0.37	
Copper, Cu....mg	0.113		2		1		0.142	0.345	
Manganese, Mn....mg	0.200		1		1		0.252	0.610	
Selenium, Se....µg	1.8		0	FLA	4		2.3	5.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2	0.018	13		1		0.3	0.6	
Thiamin....mg	0.023	0.002	14		1		0.029	0.070	
Riboflavin....mg	0.039	0.002	14		1		0.049	0.119	
Niacin....mg	0.265	0.012	14		1		0.334	0.808	
Pantothenic acid....mg	0.920		0		4		1.159	2.806	
Vitamin B-6....mg	0.010		1		1		0.013	0.031	
Folate, total....µg	2	0.131	4		1		2	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2	0.131	4		1		2	6	
Folate, DFE....mcg_DFE	2		0	NC	4		2	6	
Choline, total....mg	9.0		0	O	4		11.3	27.4	
Betaine....mg									
Vitamin B-12....µg	0.04		0		4		0.05	0.12	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	22		0	FLA	4		28	67	
Retinol....µg	9		0	FLA	4		12	29	
Carotene, beta....µg	151		0	FLA	4		190	459	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	282		0	FLA	4		356	861	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	155		0	FLA	4		195	471	
Vitamin E (alpha-tocopherol)....mg	1.39		0	FLA	4		1.75	4.24	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	17.2		0	FLA	4		21.7	52.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06010
Soup, cream of celery, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.120		0		1		1.411	3.416	
4:0....g	0.050		1		1		0.063	0.153	
6:0....g	0.040		1		1		0.050	0.122	
8:0....g	0.020		1		1		0.025	0.061	
10:0....g	0.050		1		1		0.063	0.153	
12:0....g	0.040		1		1		0.050	0.122	
13:0....g									
14:0....g	0.160		1		1		0.202	0.488	
15:0....g									
16:0....g	0.460		1		1		0.580	1.403	
17:0....g									
18:0....g	0.230		0		1		0.290	0.702	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.030		0		1		1.298	3.142	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050		1		1		0.063	0.153	
17:1....g									
18:1 undifferentiated....g	0.950		1		1		1.197	2.898	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.000		0		1		2.520	6.100	
18:2 undifferentiated....g	1.940		1		1		2.444	5.917	
18:3 undifferentiated....g	0.060		1		1		0.076	0.183	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	11		0		1		14	34	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.015		0		1		0.019	0.046	
Threonine....g	0.047		0		1		0.059	0.143	
Isoleucine....g	0.062		0		1		0.078	0.189	
Leucine....g	0.099		0		1		0.125	0.302	
Lysine....g	0.059		0		1		0.074	0.180	
Methionine....g	0.024		0		1		0.030	0.073	
Cystine....g	0.015		0		1		0.019	0.046	
Phenylalanine....g	0.062		0		1		0.078	0.189	
Tyrosine....g	0.043		0		1		0.054	0.131	
Valine....g	0.071		0		1		0.089	0.217	
Arginine....g	0.047		0		1		0.059	0.143	
Histidine....g	0.031		0		1		0.039	0.095	
Alanine....g	0.048		0		1		0.060	0.146	
Aspartic acid....g	0.092		0		1		0.116	0.281	
Glutamic acid....g	0.306		0		1		0.386	0.933	
Glycine....g	0.041		0		1		0.052	0.125	
Proline....g	0.110		0		1		0.139	0.336	
Serine....g	0.060		0		1		0.076	0.183	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06010
Soup, cream of celery, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06210

Soup, cream of celery, canned, prepared with equal volume milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.46		0		1		214.42	520.49	
Energy....kcal	66		0	NC	4		164	397	
Energy....kJ	276		0		4		685	1662	
Protein (N x 6.25)....g	2.29		0		1		5.68	13.79	
Total lipid (fat)....g	3.91		0		1		9.70	23.54	
Ash....g	1.49		0		1		3.70	8.97	
Carbohydrate, by difference....g	5.86		0	NC	4		14.53	35.28	
Fiber, total dietary....g	0.3		0		4		0.7	1.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	75		0		1		186	452	
Iron, Fe....mg	0.28		0		1		0.69	1.69	
Magnesium, Mg....mg	9		0		1		22	54	
Phosphorus, P....mg	61		0		1		151	367	
Potassium, K....mg	125		0		1		310	753	
Sodium, Na....mg	272		1	LC	8		675	1637	
Zinc, Zn....mg	0.08		0		1		0.20	0.48	
Copper, Cu....mg	0.062		0		1		0.154	0.373	
Manganese, Mn....mg	0.102		0		1		0.253	0.614	
Selenium, Se....µg	1.9		0	RA	4		4.7	11.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		1.5	3.6	
Thiamin....mg	0.030		0		1		0.074	0.181	
Riboflavin....mg	0.100		0		1		0.248	0.602	
Niacin....mg	0.176		0		1		0.436	1.060	
Pantothenic acid....mg	0.610		0		4		1.513	3.672	
Vitamin B-6....mg	0.026		0		1		0.064	0.157	
Folate, total....µg	3		0		1		8	20	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		8	20	
Folate, DFE....mcg_DFE	3		0	NC	4		8	20	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.20		0		4		0.50	1.20	
Vitamin A, RAE....mcg_RAE									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	186		0		1		461	1120	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.590		0		1		3.943	9.572	
4:0....g	0.080		0		1		0.198	0.482	

NDB No. 06210

Soup, cream of celery, canned, prepared with equal volume milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.050		0		1		0.124	0.301	
8:0 ... g	0.030		0		1		0.074	0.181	
10:0 ... g	0.060		0		1		0.149	0.361	
12:0 ... g	0.070		0		1		0.174	0.421	
13:0 ... g									
14:0 ... g	0.250		0		1		0.620	1.505	
15:0 ... g									
16:0 ... g	0.670		0		1		1.662	4.033	
17:0 ... g									
18:0 ... g	0.310		0		1		0.769	1.866	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.990		0		1		2.455	5.960	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.060		0		1		0.149	0.361	
17:1 ... g									
18:1 undifferentiated ... g	0.900		0		1		2.232	5.418	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.070		0		1		2.654	6.441	
18:2 undifferentiated ... g	1.020		0		1		2.530	6.140	
18:3 undifferentiated ... g	0.050		0		1		0.124	0.301	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0		1		32	78	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.030		0		1		0.074	0.181	
Threonine ... g	0.097		0		1		0.241	0.584	
Isoleucine ... g	0.130		0		1		0.322	0.783	
Leucine ... g	0.209		0		1		0.518	1.258	
Lysine ... g	0.159		0		1		0.394	0.957	
Methionine ... g	0.053		0		1		0.131	0.319	
Cystine ... g	0.022		0		1		0.055	0.132	
Phenylalanine ... g	0.110		0		1		0.273	0.662	
Tyrosine ... g	0.100		0		1		0.248	0.602	
Valine ... g	0.145		0		1		0.360	0.873	
Arginine ... g	0.083		0		1		0.206	0.500	
Histidine ... g	0.060		0		1		0.149	0.361	
Alanine ... g	0.080		0		1		0.198	0.482	
Aspartic acid ... g	0.170		0		1		0.422	1.023	
Glutamic acid ... g	0.495		0		1		1.228	2.980	
Glycine ... g	0.055		0		1		0.136	0.331	
Proline ... g	0.213		0		1		0.528	1.282	
Serine ... g	0.119		0		1		0.295	0.716	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06210

Soup, cream of celery, canned, prepared with equal volume milk

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06410

Soup, cream of celery, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.27		0		1		228.83	547.16	
Energy....kcal	37		0	NC	4		92	219	
Energy....kJ	155		0		4		384	918	
Protein (N x 6.25)....g	0.68		0		1		1.69	4.03	
Total lipid (fat)....g	2.29		0		1		5.68	13.58	
Ash....g	1.15		0		1		2.85	6.82	
Carbohydrate, by difference....g	3.62		0	NC	4		8.98	21.47	
Fiber, total dietary....g	0.3		0		4		0.7	1.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0		1		40	95	
Iron, Fe....mg	0.26		0		1		0.64	1.54	
Magnesium, Mg....mg	3		0		1		7	18	
Phosphorus, P....mg	15		0		1		37	89	
Potassium, K....mg	50		0		1		124	297	
Sodium, Na....mg	254		1	LC	8		630	1506	
Zinc, Zn....mg	0.06		0		1		0.15	0.37	
Copper, Cu....mg	0.058		0		1		0.144	0.344	
Manganese, Mn....mg	0.103		0		1		0.255	0.611	
Selenium, Se....µg	0.9		0	RA	4		2.2	5.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.2	0.6	
Thiamin....mg	0.012		0		1		0.030	0.071	
Riboflavin....mg	0.020		0		1		0.050	0.119	
Niacin....mg	0.136		0		1		0.337	0.806	
Pantothenic acid....mg	0.460		0		4		1.141	2.728	
Vitamin B-6....mg	0.005		0		1		0.012	0.030	
Folate, total....µg	1		0		1		2	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		2	6	
Folate, DFE....mcg_DFE	1		0	NC	4		2	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.10		0		4		0.25	0.59	
Vitamin A, RAE....mcg_RAE									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	126		0		1		312	747	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.580		0		1		1.438	3.439	
4:0....g	0.030		0		1		0.074	0.178	

NDB No. 06410

Soup, cream of celery, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.020		0		1		0.050	0.119	
8:0 ... g	0.010		0		1		0.025	0.059	
10:0 ... g	0.020		0		1		0.050	0.119	
12:0 ... g	0.020		0		1		0.050	0.119	
13:0 ... g									
14:0 ... g	0.080		0		1		0.198	0.474	
15:0 ... g									
16:0 ... g	0.230		0		1		0.570	1.364	
17:0 ... g									
18:0 ... g	0.120		0		1		0.298	0.712	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.530		0		1		1.314	3.143	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.020		0		1		0.050	0.119	
17:1 ... g									
18:1 undifferentiated ... g	0.490		0		1		1.215	2.906	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.030		0		1		2.554	6.108	
18:2 undifferentiated ... g	1.000		0		1		2.480	5.930	
18:3 undifferentiated ... g	0.030		0		1		0.074	0.178	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0		1		15	36	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.008		0		1		0.020	0.047	
Threonine ... g	0.024		0		1		0.060	0.142	
Isoleucine ... g	0.032		0		1		0.079	0.190	
Leucine ... g	0.051		0		1		0.126	0.302	
Lysine ... g	0.030		0		1		0.074	0.178	
Methionine ... g	0.012		0		1		0.030	0.071	
Cystine ... g	0.008		0		1		0.020	0.047	
Phenylalanine ... g	0.032		0		1		0.079	0.190	
Tyrosine ... g	0.022		0		1		0.055	0.130	
Valine ... g	0.037		0		1		0.092	0.219	
Arginine ... g	0.024		0		1		0.060	0.142	
Histidine ... g	0.016		0		1		0.040	0.095	
Alanine ... g	0.025		0		1		0.062	0.148	
Aspartic acid ... g	0.047		0		1		0.117	0.279	
Glutamic acid ... g	0.157		0		1		0.389	0.931	
Glycine ... g	0.021		0		1		0.052	0.125	
Proline ... g	0.057		0		1		0.141	0.338	
Serine ... g	0.031		0		1		0.077	0.184	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06410

Soup, cream of celery, canned, prepared with equal volume water

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06016
Soup, cream of chicken, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.75	0.283	6	A	1		104.26	252.38	
Energy....kcal	90		0	NC	4		113	275	
Energy....kJ	377		0	NC	4		475	1149	
Protein (N x 6.25)....g	2.38	0.021	6	A	1		3.00	7.25	
Total lipid (fat)....g	5.77	0.392	6	A	1		7.26	17.58	
Ash....g	1.95	0.029	6	A	1		2.45	5.94	
Carbohydrate, by difference....g	7.16		0	O	4		9.02	21.84	
Fiber, total dietary....g	0.0		2	A	1		0.0	0.0	
Sugars, total....g	0.54		0	FLA	4		0.68	1.65	
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.718	6	A	1		17	41	
Iron, Fe....mg	1.06	0.166	6	A	1		1.34	3.24	
Magnesium, Mg....mg	4	0.068	6	A	1		5	13	
Phosphorus, P....mg	31	0.753	6	A	1		39	95	
Potassium, K....mg	49	1.900	6	A	1		61	148	
Sodium, Na....mg	702		1	LC	8		885	2141	
Zinc, Zn....mg	0.29	0.030	6	A	1		0.36	0.87	
Copper, Cu....mg	0.128	0.029	6	A	1		0.161	0.390	
Manganese, Mn....mg	0.068	0.014	6	A	1		0.086	0.207	
Selenium, Se....µg	1.9		1	A	1		2.4	5.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1	0.014	13		1		0.1	0.3	
Thiamin....mg	0.013	0.003	3	A	1		0.017	0.041	
Riboflavin....mg	0.046	0.005	3	A	1		0.058	0.141	
Niacin....mg	0.392	0.015	3	A	1		0.494	1.195	
Pantothenic acid....mg	0.192		1	A	1		0.242	0.586	
Vitamin B-6....mg	0.000		1	A	1		0.000	0.000	
Folate, total....µg	2		1	A	1		3	6	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	2		0	NC	4		3	6	
Folate, DFE....mcg_DFE	2		0	NC	4		3	6	
Choline, total....mg	10.3		0	O	4		13.0	31.4	
Betaine....mg									
Vitamin B-12....µg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	43		0	NC	4		54	131	
Retinol....µg	41		0	FLA	4		51	124	
Carotene, beta....µg	28		0	FLA	4		35	84	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	182		0	NC	4		229	555	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLA	4		2	5	
Vitamin E (alpha-tocopherol)....mg	0.54		0	FLA	4		0.68	1.64	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 06016
Soup, cream of chicken, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.1		0	FLA	4		5.1	12.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.697		0	NC	4		2.139	5.177	
4:0....g	0.030		1		1		0.038	0.092	
6:0....g	0.040		1		1		0.050	0.122	
8:0....g	0.010		1		1		0.013	0.031	
10:0....g	0.009		2	A	1		0.011	0.027	
12:0....g	0.018		2	A	1		0.023	0.055	
13:0....g	0.010		1	A	1		0.013	0.031	
14:0....g	0.086	0.017	3	A	1		0.108	0.262	
15:0....g	0.024	0.012	3	A	1		0.030	0.073	
16:0....g	1.103	0.235	3	A	1		1.390	3.364	
17:0....g	0.026	0.018	3	A	1		0.033	0.079	
18:0....g	0.300	0.059	3	A	1		0.378	0.914	
20:0....g	0.008	0.002	3	A	1		0.010	0.025	
22:0....g	0.011	0.001	3	A	1		0.013	0.033	
24:0....g	0.023	0.007	3	A	1		0.029	0.071	
Fatty acids, total monounsaturated....g	2.056		0	NC	4		2.590	6.270	
14:1....g	0.026	0.014	3	A	1		0.032	0.078	
15:1....g	0.035	0.019	3	A	1		0.044	0.106	
16:1 undifferentiated....g	0.306	0.114	3	A	1		0.386	0.934	
17:1....g	0.065	0.047	3	A	1		0.082	0.198	
18:1 undifferentiated....g	1.557	0.427	3	A	1		1.962	4.750	
20:1....g	0.035	0.002	3	A	1		0.044	0.107	
22:1 undifferentiated....g	0.032		2	A	1		0.040	0.097	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.063		0	NC	4		1.340	3.243	
18:2 undifferentiated....g	1.001	0.396	3	A	1		1.261	3.054	
18:3 undifferentiated....g	0.035	0.011	3	A	1		0.043	0.105	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g	0.010		2	A	1		0.012	0.029	
20:3 undifferentiated....g	0.004		1	A	1		0.005	0.012	
20:4 undifferentiated....g	0.010		1	A	1		0.013	0.031	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	8	0.789	3	A	1		10	25	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1		0.043	0.104	
Threonine....g	0.104		0		1		0.131	0.317	
Isoleucine....g	0.136		0		1		0.171	0.415	
Leucine....g	0.210		0		1		0.265	0.641	
Lysine....g	0.171		0		1		0.215	0.522	
Methionine....g	0.064		0		1		0.081	0.195	
Cystine....g	0.040		0		1		0.050	0.122	
Phenylalanine....g	0.122		0		1		0.154	0.372	
Tyrosine....g	0.094		0		1		0.118	0.287	
Valine....g	0.138		0		1		0.174	0.421	
Arginine....g	0.133		0		1		0.168	0.406	
Histidine....g	0.073		0		1		0.092	0.223	
Alanine....g	0.118		0		1		0.149	0.360	
Aspartic acid....g	0.193		0		1		0.243	0.589	
Glutamic acid....g	0.621		0		1		0.782	1.894	
Glycine....g	0.108		0		1		0.136	0.329	
Proline....g	0.205		0		1		0.258	0.625	
Serine....g	0.120		0		1		0.151	0.366	
Hydroxyproline....g									

NDB No. 06016
Soup, cream of chicken, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup (4 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06955

Soup, cream of chicken, canned, condensed, reduced sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.80		1	MA	12		106.39		
Energy....kcal	58		1	MC	9		72		
Energy....kJ	243		0		9		301		
Protein....g	1.80		1	MC	9		2.23		
Total lipid (fat)....g	1.30		1	MA	12		1.61		
Ash....g	1.50		1	MA	12		1.86		
Carbohydrate, by difference....g	9.50		1	MC	9		11.78		
Fiber, total dietary....g	0.4		1	MA	12		0.5		
Sugars, total....g	0.39		0	FLA	4		0.48		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		1	MA	12		14		
Iron, Fe....mg	0.20		1	MA	12		0.25		
Magnesium, Mg....mg	2		0	FLM	4		2		
Phosphorus, P....mg	23		0	FLM	4		29		
Potassium, K....mg	272		1	MA	12		337		
Sodium, Na....mg	357		1	MA	12		443		
Zinc, Zn....mg	0.13		0	FLM	4		0.16		
Copper, Cu....mg	0.034		0	FLM	4		0.042		
Manganese, Mn....mg	0.055		0	FLM	4		0.068		
Selenium, Se....µg	6.3		0	BFZN	4		7.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MA	12		0.0		
Thiamin....mg	0.005		0	FLM	4		0.006		
Riboflavin....mg	0.022		0	FLM	4		0.027		
Niacin....mg	0.637		0	FLM	4		0.790		
Pantothenic acid....mg	0.040		0	FLM	4		0.050		
Vitamin B-6....mg	0.012		0	FLM	4		0.015		
Folate, total....µg	4		0	FLA	4		5		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	4		0	FLA	4		5		
Folate, DFE....mcg_DFE	4		0	NC	4		5		
Choline, total....mg	8.5		0	BFSN	4		10.5		
Betaine....mg									
Vitamin B-12....µg	0.05		0	FLM	4		0.07		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	25		0	NC	4		30		
Retinol....µg	4		0	FLA	4		4		
Carotene, beta....µg	205		0	FLA	4		254		
Carotene, alpha....µg	94		0	FLA	4		117		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	432		0	NC	4		535		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	7		0	FLA	4		9		
Vitamin E (alpha-tocopherol)....mg	0.08		0	FLA	4		0.10		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.7		0	FLA	4		0.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06955

Soup, cream of chicken, canned, condensed, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.500		1	MA	12		0.620		
4:0....g	0.015		0	FLM	4		0.019		
6:0....g	0.009		0	FLM	4		0.011		
8:0....g	0.005		0	FLM	4		0.006		
10:0....g	0.011		0	FLM	4		0.014		
12:0....g	0.013		0	FLM	4		0.016		
13:0....g									
14:0....g	0.051		0	FLM	4		0.063		
15:0....g									
16:0....g	0.267		0	FLM	4		0.331		
17:0....g									
18:0....g	0.115		0	FLM	4		0.143		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.400		0		4		0.496		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.028		0	FLM	4		0.035		
17:1....g									
18:1 undifferentiated....g	0.369		0	FLM	4		0.458		
20:1....g	0.002		0	FLM	4		0.002		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.400		1	MA	12		0.496		
18:2 undifferentiated....g	0.232		0	FLM	4		0.288		
18:3 undifferentiated....g	0.017		0	FLM	4		0.021		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.006		0	FLM	4		0.007		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.001		0	FLM	4		0.001		
22:6 n-3 (DHA)....g	0.002		0	FLM	4		0.002		
Fatty acids, total trans....g									
Cholesterol....mg	6		1	MA	12		7		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: .5 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06736

Soup, cream of chicken, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.40		1	A	1		248.27	102.56	
Energy....kcal	99		0	NC	4		302	125	
Energy....kJ	414				4		1263	522	
Protein....g	2.40		1	A	1		7.32	3.02	
Total lipid (fat)....g	6.50		1	A	1		19.83	8.19	
Ash....g	2.00		1	A	1		6.10	2.52	
Carbohydrate, by difference....g	7.70		0	NC	4		23.49	9.70	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	788		1	A	1		2403	993	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	1.610		1	A	1		4.911	2.029	
Fatty acids, total monounsaturated....g	1.640		1	A	1		5.002	2.066	
Fatty acids, total polyunsaturated....g	2.050		1	A	1		6.253	2.583	
Fatty acids, total trans....g									
Cholesterol....mg	7		1	A	1		21	9	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 305g: 1 package yields

Measure 2 = 126g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06216

Soup, cream of chicken, canned, prepared with equal volume milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.83		0		1		210.38	26.30	510.68
Energy....kcal	77		0	NC	4		191	24	464
Energy....kJ	322		0		4		799	100	1939
Protein (N x 6.25)....g	3.01		0		1		7.46	0.93	18.12
Total lipid (fat)....g	4.62		0		1		11.46	1.43	27.81
Ash....g	1.51		0		1		3.74	0.47	9.09
Carbohydrate, by difference....g	6.04		0	NC	4		14.98	1.87	36.36
Fiber, total dietary....g	0.1		0		4		0.2	0.0	0.6
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	73		0		1		181	23	439
Iron, Fe....mg	0.27		0		1		0.67	0.08	1.63
Magnesium, Mg....mg	7		0		1		17	2	42
Phosphorus, P....mg	61		0		1		151	19	367
Potassium, K....mg	110		0		1		273	34	662
Sodium, Na....mg	362		1	LC	8		898	112	2179
Zinc, Zn....mg	0.27		0		1		0.67	0.08	1.64
Copper, Cu....mg	0.056		0		1		0.139	0.017	0.337
Manganese, Mn....mg	0.153		0		1		0.379	0.047	0.921
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		1.2	0.2	3.0
Thiamin....mg	0.030		0		1		0.074	0.009	0.181
Riboflavin....mg	0.104		0		1		0.258	0.032	0.626
Niacin....mg	0.372		0		1		0.923	0.115	2.239
Pantothenic acid....mg	0.230		0		4		0.570	0.071	1.385
Vitamin B-6....mg	0.027		0		1		0.067	0.008	0.163
Folate, total....µg	3		0		1		8	1	19
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	3		0		1		8	1	19
Folate, DFE....mcg_DFE	3		0	NC	4		8	1	19
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.22		0		4		0.55	0.07	1.32
Vitamin A, RAE....mcg_RAE									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	288		0		1		714	89	1734
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.870		0		1		4.638	0.580	11.257
4:0....g	0.070		0		1		0.174	0.022	0.421

NDB No. 06216

Soup, cream of chicken, canned, prepared with equal volume milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.050		0		1		0.124	0.016	0.301
8:0 g	0.030		0		1		0.074	0.009	0.181
10:0 g	0.050		0		1		0.124	0.016	0.301
12:0 g	0.060		0		1		0.149	0.019	0.361
13:0 g									
14:0 g	0.230		0		1		0.570	0.071	1.385
15:0 g									
16:0 g	0.960		0		1		2.381	0.298	5.779
17:0 g									
18:0 g	0.360		0		1		0.893	0.112	2.167
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.800		0		1		4.464	0.558	10.836
14:1 g									
15:1 g									
16:1 undifferentiated g	0.160		0		1		0.397	0.050	0.963
17:1 g									
18:1 undifferentiated g	1.600		0		1		3.968	0.496	9.632
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.660		0		1		1.637	0.205	3.973
18:2 undifferentiated g	0.610		0		1		1.513	0.189	3.672
18:3 undifferentiated g	0.050		0		1		0.124	0.016	0.301
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	11		0		1		27	3	66
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.040		0		1		0.099	0.012	0.241
Threonine g	0.126		0		1		0.312	0.039	0.759
Isoleucine g	0.167		0		1		0.414	0.052	1.005
Leucine g	0.265		0		1		0.657	0.082	1.595
Lysine g	0.215		0		1		0.533	0.067	1.294
Methionine g	0.073		0		1		0.181	0.023	0.439
Cystine g	0.035		0		1		0.087	0.011	0.211
Phenylalanine g	0.140		0		1		0.347	0.043	0.843
Tyrosine g	0.126		0		1		0.312	0.039	0.759
Valine g	0.179		0		1		0.444	0.055	1.078
Arginine g	0.126		0		1		0.312	0.039	0.759
Histidine g	0.081		0		1		0.201	0.025	0.488
Alanine g	0.116		0		1		0.288	0.036	0.698
Aspartic acid g	0.221		0		1		0.548	0.069	1.330
Glutamic acid g	0.655		0		1		1.624	0.203	3.943
Glycine g	0.089		0		1		0.221	0.028	0.536
Proline g	0.261		0		1		0.647	0.081	1.571
Serine g	0.149		0		1		0.370	0.046	0.897
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06216

Soup, cream of chicken, canned, prepared with equal volume milk

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Measure 3 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06416

Soup, cream of chicken, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.62		0		1		221.11	27.64	537.38
Energy....kcal	48		0	NC	4		117	15	285
Energy....kJ	201		0		4		490	61	1191
Protein (N x 6.25)....g	1.41		0		1		3.44	0.43	8.36
Total lipid (fat)....g	3.02		0		1		7.37	0.92	17.91
Ash....g	1.17		0		1		2.85	0.36	6.94
Carbohydrate, by difference....g	3.80		0	NC	4		9.27	1.16	22.53
Fiber, total dietary....g	0.1		0		4		0.2	0.0	0.6
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		34	4	83
Iron, Fe....mg	0.25		0		1		0.61	0.08	1.48
Magnesium, Mg....mg	1		0		1		2	0	6
Phosphorus, P....mg	15		0		1		37	5	89
Potassium, K....mg	36		0		1		88	11	213
Sodium, Na....mg	347		1	LC	8		847	106	2058
Zinc, Zn....mg	0.26		0		1		0.63	0.08	1.52
Copper, Cu....mg	0.051		0		1		0.124	0.016	0.302
Manganese, Mn....mg	0.154		0		1		0.376	0.047	0.913
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0		1		0.2	0.0	0.6
Thiamin....mg	0.012		0		1		0.029	0.004	0.071
Riboflavin....mg	0.025		0		1		0.061	0.008	0.148
Niacin....mg	0.336		0		1		0.820	0.102	1.992
Pantothenic acid....mg	0.080		0		4		0.195	0.024	0.474
Vitamin B-6....mg	0.007		0		1		0.017	0.002	0.042
Folate, total....µg	1		0		1		2	0	4
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	1		0		1		2	0	4
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	4
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.04		0		4		0.10	0.01	0.24
Vitamin A, RAE....mcg_RAE	67		0	NC	4		162	20	394
Retinol....µg	66		0	NC	4		161	20	391
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	230		0		1		561	70	1364
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.850		0		1		2.074	0.259	5.041
4:0....g	0.020		0		1		0.049	0.006	0.119

NDB No. 06416

Soup, cream of chicken, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.020		0		1		0.049	0.006	0.119
8:0 g	0.010		0		1		0.024	0.003	0.059
10:0 g	0.010		0		1		0.024	0.003	0.059
12:0 g	0.010		0		1		0.024	0.003	0.059
13:0 g									
14:0 g	0.060		0		1		0.146	0.018	0.356
15:0 g									
16:0 g	0.540		0		1		1.318	0.165	3.202
17:0 g									
18:0 g	0.170		0		1		0.415	0.052	1.008
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.340		0		1		3.270	0.409	7.946
14:1 g									
15:1 g									
16:1 undifferentiated g	0.120		0		1		0.293	0.037	0.712
17:1 g									
18:1 undifferentiated g	1.210		0		1		2.952	0.369	7.175
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.610		0		1		1.488	0.186	3.617
18:2 undifferentiated g	0.580		0		1		1.415	0.177	3.439
18:3 undifferentiated g	0.030		0		1		0.073	0.009	0.178
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	4		0		1		10	1	24
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.017		0		1		0.041	0.005	0.101
Threonine g	0.053		0		1		0.129	0.016	0.314
Isoleucine g	0.070		0		1		0.171	0.021	0.415
Leucine g	0.108		0		1		0.264	0.033	0.640
Lysine g	0.088		0		1		0.215	0.027	0.522
Methionine g	0.033		0		1		0.081	0.010	0.196
Cystine g	0.021		0		1		0.051	0.006	0.125
Phenylalanine g	0.063		0		1		0.154	0.019	0.374
Tyrosine g	0.048		0		1		0.117	0.015	0.285
Valine g	0.071		0		1		0.173	0.022	0.421
Arginine g	0.068		0		1		0.166	0.021	0.403
Histidine g	0.038		0		1		0.093	0.012	0.225
Alanine g	0.061		0		1		0.149	0.019	0.362
Aspartic acid g	0.099		0		1		0.242	0.030	0.587
Glutamic acid g	0.319		0		1		0.778	0.097	1.892
Glycine g	0.056		0		1		0.137	0.017	0.332
Proline g	0.105		0		1		0.256	0.032	0.623
Serine g	0.062		0		1		0.151	0.019	0.368
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06416

Soup, cream of chicken, canned, prepared with equal volume water

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06483
Soup, cream of chicken, dry, mix, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.94		0		1		237.35	29.65	
Energy....kcal	41		0	NC	4		107	13	
Energy....kJ	172		0		4		448	56	
Protein (N x 6.25)....g	0.68		0		1		1.77	0.22	
Total lipid (fat)....g	2.04		0		1		5.32	0.67	
Ash....g	1.22		0		1		3.18	0.40	
Carbohydrate, by difference....g	5.11		0	NC	4		13.34	1.67	
Fiber, total dietary....g	0.1		0		4		0.3	0.0	
Sugars, total....g	1.59		0	FLA	4		4.14	0.52	
Starch....g									
Minerals:									
Calcium, Ca....mg	29		0		1		76	9	
Iron, Fe....mg	0.10		0		4		0.26	0.03	
Magnesium, Mg....mg	2		0		4		5	1	
Phosphorus, P....mg	37		0		1		97	12	
Potassium, K....mg	82		0		1		214	27	
Sodium, Na....mg	454		0		1		1185	148	
Zinc, Zn....mg	0.60		0		4		1.57	0.20	
Copper, Cu....mg	0.100		0		4		0.261	0.033	
Manganese, Mn....mg	0.300		0		4		0.783	0.098	
Selenium, Se....µg	3.1		0	BFSN	4		8.1	1.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0		4		0.5	0.1	
Thiamin....mg	0.040		0		4		0.104	0.013	
Riboflavin....mg	0.078		0		1		0.204	0.025	
Niacin....mg	1.000		0		4		2.610	0.326	
Pantothenic acid....mg	0.300		0		4		0.783	0.098	
Vitamin B-6....mg	0.020		0		4		0.052	0.007	
Folate, total....µg	2		0		4		5	1	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		5	1	
Folate, DFE....mcg_DFE	2		0	NC	4		5	1	
Choline, total....mg	5.4		0	BFSN	4		14.1	1.8	
Betaine....mg									
Vitamin B-12....µg	0.10		0		4		0.26	0.03	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	8		0	FLA	4		21	3	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	82		0	FLA	4		213	27	
Carotene, alpha....µg	5		0	FLA	4		14	2	
Cryptoxanthin, beta....µg	18		0	FLA	4		46	6	
Vitamin A, IU....IU	156		0	FLA	4		406	51	
Lycopene....µg	1		0	FLA	4		4	0	
Lutein + zeaxanthin....µg	50		0	FLA	4		130	16	
Vitamin E (alpha-tocopherol)....mg	0.23		0	FLA	4		0.60	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	5.6		0	FLA	4		14.7	1.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06483

Soup, cream of chicken, dry, mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.300		0		1		3.393	0.424	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.080		0		1		0.209	0.026	
12:0....g	0.520		0		1		1.357	0.170	
13:0....g									
14:0....g	0.210		0		1		0.548	0.068	
15:0....g									
16:0....g	0.290		0		1		0.757	0.095	
17:0....g									
18:0....g	0.190		0		1		0.496	0.062	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.450		0		1		1.175	0.147	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		1		0.104	0.013	
17:1....g									
18:1 undifferentiated....g	0.410		0		1		1.070	0.134	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.160		0		1		0.418	0.052	
18:2 undifferentiated....g	0.160		0		1		0.418	0.052	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0		1		3	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 261g: 1 cup 8 fl oz

Measure 2 = 32.6g: 1 fl oz

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06043
Soup, cream of mushroom, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.85	0.150	6	A	1		101.46	254.07	
Energy....kcal	85		0	NC	4		103	257	
Energy....kJ	355		0	NC	4		430	1077	
Protein (N x 6.25)....g	1.61	0.026	6	A	1		1.94	4.87	
Total lipid (fat)....g	5.89	0.128	6	A	1		7.12	17.84	
Ash....g	1.93	0.010	6	A	1		2.34	5.86	
Carbohydrate, by difference....g	6.72		0	NC	4		8.13	20.36	
Fiber, total dietary....g	0.0	0.000	3	A	1		0.0	0.0	
Sugars, total....g	1.46		0	FLA	4		1.77	4.44	
Sucrose....g									
Glucose (dextrose)....g									
Fructose....g									
Lactose....g									
Maltose....g									
Galactose....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.212	6	A	1		14	36	
Iron, Fe....mg	1.11	0.404	6	A	1		1.34	3.35	
Magnesium, Mg....mg	4	0.205	6	A	1		5	12	
Phosphorus, P....mg	26	1.582	6	A	1		32	80	
Potassium, K....mg	62	2.111	6	A	1		75	187	
Sodium, Na....mg	702		1	LC	8		849	2127	
Zinc, Zn....mg	0.20	0.022	6	A	1		0.24	0.61	
Copper, Cu....mg	0.153	0.024	6	A	1		0.185	0.464	
Manganese, Mn....mg	0.082	0.008	6	A	1		0.099	0.248	
Selenium, Se....µg	2.4	0.500	3	A	1		2.9	7.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.043	0.024	3	A	1		0.053	0.132	
Riboflavin....mg	0.045	0.011	3	A	1		0.054	0.136	
Niacin....mg	0.424	0.004	3	A	1		0.513	1.286	
Pantothenic acid....mg	0.234		2	A	1		0.283	0.708	
Vitamin B-6....mg	0.000	0.000	3	A	1		0.000	0.000	
Folate, total....µg	2		1	A	1		2	6	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	2		0	NC	4		2	6	
Folate, DFE....mcg_DFE	2		0	NC	4		2	6	
Choline, total....mg	9.7		0	O	4		11.7	29.2	
Betaine....mg									
Vitamin B-12....µg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	8		0	NC	4		10	24	
Retinol....µg	8		0	FLA	4		10	24	
Carotene, beta....µg	2		0	FLA	4		2	5	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	29		0	NC	4		35	89	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLA	4		1	2	
Vitamin E (alpha-tocopherol)....mg	0.81		0	FLA	4		0.99	2.47	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									

NDB No. 06043
Soup, cream of mushroom, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.7		0	FLA	4		2.1	5.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.380		0	NC	4		1.670	4.183	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.020		1		1		0.024	0.061	
8:0....g	0.005		1	A	1		0.006	0.015	
10:0....g	0.013		1	A	1		0.016	0.039	
12:0....g	0.015		2	A	1		0.018	0.045	
13:0....g									
14:0....g	0.074	0.004	3	A	1		0.090	0.224	
15:0....g	0.007	0.000	3	A	1		0.009	0.022	
16:0....g	1.019	0.024	3	A	1		1.233	3.088	
17:0....g	0.009	0.002	3	A	1		0.011	0.027	
18:0....g	0.167	0.003	3	A	1		0.202	0.507	
20:0....g	0.020	0.001	3	A	1		0.024	0.061	
22:0....g	0.017	0.002	3	A	1		0.021	0.053	
24:0....g	0.014		2	A	1		0.016	0.041	
Fatty acids, total monounsaturated....g	1.110		0	NC	4		1.343	3.362	
14:1....g	0.005	0.001	3	A	1		0.006	0.016	
15:1....g	0.018	0.008	3	A	1		0.022	0.056	
16:1 undifferentiated....g	0.041	0.006	3	A	1		0.049	0.123	
17:1....g	0.020	0.001	3	A	1		0.024	0.061	
18:1 undifferentiated....g	0.975	0.071	3	A	1		1.180	2.955	
20:1....g	0.023	0.004	3	A	1		0.027	0.069	
22:1 undifferentiated....g	0.027	0.005	3	A	1		0.033	0.083	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.434		0	NC	4		1.735	4.344	
18:2 undifferentiated....g	1.402	0.294	3	A	1		1.697	4.249	
18:3 undifferentiated....g	0.018	0.005	3	A	1		0.022	0.056	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g	0.004		1	A	1		0.005	0.012	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		1	A	1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.028	0.070	
Threonine....g	0.062		0		1		0.075	0.188	
Isoleucine....g	0.077		0		1		0.093	0.233	
Leucine....g	0.126		0		1		0.152	0.382	
Lysine....g	0.087		0		1		0.105	0.264	
Methionine....g	0.031		0		1		0.038	0.094	
Cystine....g	0.020		0		1		0.024	0.061	
Phenylalanine....g	0.074		0		1		0.090	0.224	
Tyrosine....g	0.060		0		1		0.073	0.182	
Valine....g	0.086		0		1		0.104	0.261	
Arginine....g	0.067		0		1		0.081	0.203	
Histidine....g	0.037		0		1		0.045	0.112	
Alanine....g	0.064		0		1		0.077	0.194	
Aspartic acid....g	0.113		0		1		0.137	0.342	
Glutamic acid....g	0.368		0		1		0.445	1.115	
Glycine....g	0.052		0		1		0.063	0.158	
Proline....g	0.136		0		1		0.165	0.412	
Serine....g	0.081		0		1		0.098	0.245	
Hydroxyproline....g									

NDB No. 06043
Soup, cream of mushroom, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 121g: .5 cup

Measure 2 = 303g: 1 can (10.7 oz)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06182

Soup, cream of mushroom, canned, condensed, reduced sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.26		1	MC	9		219.02		
Energy....kcal	52		0	NC	4		131		
Energy....kJ	218		0		4		546		
Protein....g	1.21		1	MC	9		3.04		
Total lipid (fat)....g	1.69		1	MC	9		4.24		
Ash....g	1.69		1	MC	9		4.24		
Carbohydrate, by difference....g	8.10		0	NC	4		20.33		
Fiber, total dietary....g	0.6		1	MC	9		1.5		
Sugars, total....g	2.13		0	FLA	4		5.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1	MC	9		33		
Iron, Fe....mg	0.48		1	MC	9		1.20		
Magnesium, Mg....mg	5		0	FLM	4		13		
Phosphorus, P....mg	51		0	FLM	4		128		
Potassium, K....mg	374		1	MC	9		939		
Sodium, Na....mg	383		1	MC	9		961		
Zinc, Zn....mg	0.36		0	FLM	4		0.90		
Copper, Cu....mg	0.220		0	FLM	4		0.552		
Manganese, Mn....mg	0.059		0	FLM	4		0.148		
Selenium, Se....µg	1.8		0	BFSN	4		4.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0		
Thiamin....mg	0.042		0	FLM	4		0.105		
Riboflavin....mg	0.192		0	FLM	4		0.482		
Niacin....mg	0.170		0	FLM	4		0.427		
Pantothenic acid....mg									
Vitamin B-6....mg	0.040		0	FLM	4		0.100		
Folate, total....µg	10		0	FLA	4		25		
Folic acid....µg	2		0	FLA	4		5		
Folate, food....µg	8		0	FLA	4		20		
Folate, DFE....mcg_DFE	11		0	NC	4		28		
Choline, total....mg	9.7		0	O	4		24.2		
Betaine....mg									
Vitamin B-12....µg	0.02		0	FLM	4		0.05		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	FLA	4		6		
Retinol....µg	2		0	FLA	4		6		
Carotene, beta....µg	0		0	FLA	4		1		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	8		0	FLA	4		21		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	0		0	FLA	4		1		
Vitamin E (alpha-tocopherol)....mg	0.16		0	FLA	4		0.41		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.4		0	FLA	4		0.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06182

Soup, cream of mushroom, canned, condensed, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.530		0	FLM	4		1.330		
4:0....g	0.017		0	FLM	4		0.043		
6:0....g	0.010		0	FLM	4		0.025		
8:0....g	0.006		0	FLM	4		0.015		
10:0....g	0.014		0	FLM	4		0.035		
12:0....g	0.017		0	FLM	4		0.043		
13:0....g									
14:0....g	0.056		0	FLM	4		0.141		
15:0....g									
16:0....g	0.288		0	FLM	4		0.723		
17:0....g									
18:0....g	0.103		0	FLM	4		0.259		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.440		0	FLM	4		1.104		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0	FLM	4		0.035		
17:1....g									
18:1 undifferentiated....g	0.421		0	FLM	4		1.057		
20:1....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.560		0	FLM	4		1.406		
18:2 undifferentiated....g	0.530		0	FLM	4		1.330		
18:3 undifferentiated....g	0.036		0	FLM	4		0.090		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	3		1	MC	9		8		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06243

Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.63		0	RPA	1		218.30	27.29	
Energy....kcal	67		0	RPI	6		169	21	
Energy....kJ	280		0	RPI	6		706	88	
Protein....g	2.49		0	RPA	1		6.27	0.78	
Total lipid (fat)....g	3.86		0	RPI	6		9.73	1.22	
Ash....g	1.30		0	RPA	1		3.27	0.41	
Carbohydrate, by difference....g	5.73		0	RPI	6		14.43	1.80	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	3.33		0	RPI	6		8.39	1.05	
Starch....g									
Minerals:									
Calcium, Ca....mg	68		0	RPA	1		171	21	
Iron, Fe....mg	0.55		0	RPA	1		1.37	0.17	
Magnesium, Mg....mg	8		0	RPA	1		20	2	
Phosphorus, P....mg	60		0	RPA	1		152	19	
Potassium, K....mg	102		0	RPA	1		257	32	
Sodium, Na....mg	335		0	RPA	1		843	105	
Zinc, Zn....mg	0.35		0	RPA	1		0.88	0.11	
Copper, Cu....mg	0.077		0	RPA	1		0.193	0.024	
Manganese, Mn....mg	0.047		0	RPA	1		0.118	0.015	
Selenium, Se....µg	2.4		0	RPA	1		6.2	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RPA	1		0.2	0.0	
Thiamin....mg	0.041		0	RPA	1		0.104	0.013	
Riboflavin....mg	0.118		0	RPA	1		0.297	0.037	
Niacin....mg	0.252		0	RPA	1		0.635	0.079	
Pantothenic acid....mg	0.297		0	RPA	1		0.748	0.093	
Vitamin B-6....mg	0.020		0	RPA	1		0.050	0.006	
Folate, total....µg	3		0	RPA	1		8	1	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	3		0	RPI	6		8	1	
Folate, DFE....mcg_DFE	3		0	NC	4		8	1	
Choline, total....mg	13.2		0	RPI	6		33.1	4.1	
Betaine....mg									
Vitamin B-12....µg	0.28		0	RPA	1		0.70	0.09	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	33		0	RPI	6		82	10	
Retinol....µg	32		0	RPI	6		81	10	
Carotene, beta....µg	3		0	RPI	6		7	1	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	113		0	RPI	6		284	35	
Lycopene....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RPI	6		1	0	
Vitamin E (alpha-tocopherol)....mg	0.41		0	RPI	6		1.03	0.13	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	RPI	6		1.6	0.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	RPA	1		1.6	0.2	
Vitamin D....IU	25		0	RPI	6		63	8	
Vitamin K (phylloquinone)....µg	0.9		0	RPI	6		2.3	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06243

Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.317		0	RPI	6		3.319	0.415	
4:0....g	0.040		0	RPA	1		0.100	0.013	
6:0....g	0.030		0	RPA	1		0.077	0.010	
8:0....g	0.013		0	RPA	1		0.033	0.004	
10:0....g	0.032		0	RPA	1		0.080	0.010	
12:0....g	0.035		0	RPA	1		0.089	0.011	
13:0....g									
14:0....g	0.127		0	RPA	1		0.319	0.040	
15:0....g									
16:0....g	0.780		0	RPA	1		1.967	0.246	
17:0....g									
18:0....g	0.207		0	RPA	1		0.521	0.065	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.087		0	RPI	6		2.740	0.343	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.037		0	RPA	1		0.092	0.012	
17:1....g									
18:1 undifferentiated....g	0.715		0	RPA	1		1.802	0.225	
20:1....g	0.012		0	RPA	1		0.030	0.004	
22:1 undifferentiated....g	0.013		0	RPA	1		0.034	0.004	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.771		0	RPI	6		1.942	0.243	
18:2 undifferentiated....g	0.711		0	RPA	1		1.791	0.224	
18:3 undifferentiated....g	0.016		0	RPA	1		0.039	0.005	
18:4....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	4		0	RPA	1		11	1	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1		0.086	0.011	
Threonine....g	0.105		0		1		0.265	0.033	
Isoleucine....g	0.137		0		1		0.345	0.043	
Leucine....g	0.223		0		1		0.562	0.070	
Lysine....g	0.173		0		1		0.436	0.054	
Methionine....g	0.057		0		1		0.144	0.018	
Cystine....g	0.025		0		1		0.063	0.008	
Phenylalanine....g	0.116		0		1		0.292	0.037	
Tyrosine....g	0.109		0		1		0.275	0.034	
Valine....g	0.152		0		1		0.383	0.048	
Arginine....g	0.093		0		1		0.234	0.029	
Histidine....g	0.063		0		1		0.159	0.020	
Alanine....g	0.088		0		1		0.222	0.028	
Aspartic acid....g	0.181		0		1		0.456	0.057	
Glutamic acid....g	0.527		0		1		1.328	0.166	
Glycine....g	0.061		0		1		0.154	0.019	
Proline....g	0.226		0		1		0.570	0.071	
Serine....g	0.129		0		1		0.325	0.041	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06243

Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 serving 1 cup

Measure 2 = 31.5g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06443

Soup, cream of mushroom, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.04		0	RPI	6		228.27	28.53	
Energy....kcal	42		0	RPI	6		103	13	
Energy....kJ	174		0	RPI	6		432	54	
Protein (N x 6.25)....g	0.79		0	RPI	6		1.95	0.24	
Total lipid (fat)....g	2.88		0	RPI	6		7.15	0.89	
Ash....g	1.00		0	RPI	6		2.47	0.31	
Carbohydrate, by difference....g	3.29		0	RPI	6		8.16	1.02	
Fiber, total dietary....g	0.0		0	RPI	6		0.0	0.0	
Sugars, total....g	0.72		0	RPI	6		1.78	0.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	RPA	1		18	2	
Iron, Fe....mg	0.54		0	RPA	1		1.34	0.17	
Magnesium, Mg....mg	2		0	RPA	1		6	1	
Phosphorus, P....mg	13		0	RPA	1		32	4	
Potassium, K....mg	30		0	RPA	1		76	9	
Sodium, Na....mg	318		0	RPA	1		787	98	
Zinc, Zn....mg	0.10		0	RPA	1		0.25	0.03	
Copper, Cu....mg	0.080		0	RPA	1		0.198	0.025	
Manganese, Mn....mg	0.040		0	RPA	1		0.100	0.012	
Selenium, Se....µg	1.2		0	RPI	6		2.9	0.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	RPI	6		0.0	0.0	
Thiamin....mg	0.021		0	RPI	6		0.053	0.007	
Riboflavin....mg	0.022		0	RPI	6		0.055	0.007	
Niacin....mg	0.208		0	RPI	6		0.515	0.064	
Pantothenic acid....mg	0.114		0	RPI	6		0.283	0.035	
Vitamin B-6....mg	0.000		0	RPI	6		0.000	0.000	
Folate, total....µg	1		0	RPI	6		2	0	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	1		0	RPI	6		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg	4.7		0	RPI	6		11.7	1.5	
Betaine....mg									
Vitamin B-12....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	4		0	RPI	6		10	1	
Retinol....µg	4		0	RPI	6		10	1	
Carotene, beta....µg	1		0	RPI	6		2	0	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	14		0	RPI	6		35	4	
Lycopene....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RPI	6		1	0	
Vitamin E (alpha-tocopherol)....mg	0.40		0	RPI	6		0.99	0.12	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.8		0	RPI	6		2.1	0.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06443

Soup, cream of mushroom, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.676		0	RPI	6		1.676	0.209	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.010		0	RPI	6		0.024	0.003	
8:0....g	0.002		0	RPI	6		0.006	0.001	
10:0....g	0.006		0	RPI	6		0.016	0.002	
12:0....g	0.007		0	RPI	6		0.018	0.002	
13:0....g									
14:0....g	0.036		0	RPI	6		0.090	0.011	
15:0....g	0.004		0	RPA	1		0.009	0.001	
16:0....g	0.499		0	RPI	6		1.237	0.155	
17:0....g	0.004		0	RPA	1		0.011	0.001	
18:0....g	0.082		0	RPI	6		0.203	0.025	
20:0....g	0.010		0	RPA	1		0.024	0.003	
22:0....g	0.008		0	RPA	1		0.021	0.003	
24:0....g	0.007		0	RPA	1		0.016	0.002	
Fatty acids, total monounsaturated....g	0.543		0	RPI	6		1.347	0.168	
14:1....g	0.003		0	RPA	1		0.006	0.001	
15:1....g	0.009		0	RPA	1		0.022	0.003	
16:1 undifferentiated....g	0.020		0	RPI	6		0.049	0.006	
17:1....g	0.010		0	RPA	1		0.024	0.003	
18:1 undifferentiated....g	0.477		0	RPI	6		1.184	0.148	
20:1....g	0.011		0	RPI	6		0.028	0.003	
22:1 undifferentiated....g	0.013		0	RPI	6		0.033	0.004	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.702		0	RPI	6		1.740	0.218	
18:2 undifferentiated....g	0.686		0	RPI	6		1.702	0.213	
18:3 undifferentiated....g	0.009		0	RPI	6		0.022	0.003	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g	0.002		0	RPA	1		0.005	0.001	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 serving 1 cup

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06968

Soup, cream of mushroom, low sodium, ready-to-serve, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.30		0		4		220.33	275.42	
Energy	kcal	53		0		4		129	162	
Energy	kJ	222		0		4		541	676	
Protein	g	1.00		0		4		2.44	3.05	
Total lipid (fat)	g	3.70		0		4		9.03	11.29	
Ash	g	0.47		0	FLA	4		1.15	1.44	
Carbohydrate, by difference	g	4.53		0	NR	4		11.05	13.81	
Fiber, total dietary	g	0.2		0		4		0.5	0.6	
Sugars, total	g	1.72		0	FLA	4		4.20	5.25	
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		4		46	58	
Iron, Fe	mg	0.21		0		4		0.51	0.64	
Magnesium, Mg	mg	2		0		4		5	6	
Phosphorus, P	mg	20		0		4		49	61	
Potassium, K	mg	41		0		4		100	125	
Sodium, Na	mg	20		1		1		49	61	
Zinc, Zn	mg	0.24		0		4		0.59	0.73	
Copper, Cu	mg	0.051		0		4		0.124	0.156	
Manganese, Mn	mg									
Selenium, Se	µg	0.6		0	BFZN	4		1.5	1.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		4		1.0	1.2	
Thiamin	mg	0.020		0		4		0.049	0.061	
Riboflavin	mg	0.040		0		4		0.098	0.122	
Niacin	mg	0.300		0		4		0.732	0.915	
Pantothenic acid	mg									
Vitamin B-6	mg	0.010		0		4		0.024	0.031	
Folate, total	µg	8		0	FLA	4		19	23	
Folic acid	µg	2		0	FLA	4		6	7	
Folate, food	µg	5		0	FLA	4		13	16	
Folate, DFE	mcg_DFE	9		0	NC	4		23	28	
Choline, total	mg	5.8		0	O	4		14.1	17.6	
Betaine	mg									
Vitamin B-12	µg	0.02		0		4		0.05	0.06	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	7		0	FLA	4		16	20	
Retinol	µg	7		0	FLA	4		16	20	
Carotene, beta	µg	1		0	FLA	4		3	4	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	24		0	FLA	4		59	73	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	0		0	FLA	4		1	1	
Vitamin E (alpha-tocopherol)	mg	0.37		0	FLA	4		0.90	1.13	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.8		0	FLA	4		1.9	2.4	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06968

Soup, cream of mushroom, low sodium, ready-to-serve, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.005		0		4		2.452	3.065	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.010		0		4		0.024	0.031	
8:0....g	0.010		0		4		0.024	0.031	
10:0....g	0.020		0		4		0.049	0.061	
12:0....g	0.010		0		4		0.024	0.031	
13:0....g									
14:0....g	0.070		0		4		0.171	0.214	
15:0....g									
16:0....g	0.724		0		4		1.767	2.208	
17:0....g									
18:0....g	0.131		0		4		0.320	0.400	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.704		0		4		1.718	2.147	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0		4		0.073	0.092	
17:1....g									
18:1 undifferentiated....g	0.664		0		4		1.620	2.025	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.739		0		4		4.243	5.304	
18:2 undifferentiated....g	1.719		0		4		4.194	5.243	
18:3 undifferentiated....g	0.010		0		4		0.024	0.031	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0		4		2	3	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06046
Soup, cream of onion, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.00		0		4		102.06	247.05	
Energy....kcal	88		0		4		111	268	
Energy....kJ	368		0		4		464	1123	
Protein (N x 6.25)....g	2.20		1		1		2.77	6.71	
Total lipid (fat)....g	4.20		1		1		5.29	12.81	
Ash....g	2.20		0		4		2.77	6.71	
Carbohydrate, by difference....g	10.40		0		4		13.10	31.72	
Fiber, total dietary....g	0.4		0		4		0.5	1.2	
Sugars, total....g	3.64		0	FLA	4		4.58	11.09	
Starch....g									
Minerals:									
Calcium, Ca....mg	27		1		1		34	82	
Iron, Fe....mg	0.50		1		1		0.63	1.53	
Magnesium, Mg....mg	5		0		4		6	15	
Phosphorus, P....mg	30		0		4		38	92	
Potassium, K....mg	98		0		4		123	299	
Sodium, Na....mg	637		0	LC	8		803	1943	
Zinc, Zn....mg	0.12		0		4		0.15	0.37	
Copper, Cu....mg	0.110		0		4		0.139	0.336	
Manganese, Mn....mg	0.200		0		4		0.252	0.610	
Selenium, Se....µg	2.3		0	BFSN	4		2.9	7.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		1		1		1.3	3.1	
Thiamin....mg	0.040		1		1		0.050	0.122	
Riboflavin....mg	0.060		1		1		0.076	0.183	
Niacin....mg	0.400		1		1		0.504	1.220	
Pantothenic acid....mg	0.240		0		4		0.302	0.732	
Vitamin B-6....mg	0.020		0		4		0.025	0.061	
Folate, total....µg	6		0		4		7	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		4		7	17	
Folate, DFE....mcg_DFE	6		0	NC	4		7	17	
Choline, total....mg	11.4		0	O	4		14.4	34.8	
Betaine....mg									
Vitamin B-12....µg	0.04		0		4		0.05	0.12	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	28		0	FLA	4		36	86	
Retinol....µg	27		0	FLA	4		34	83	
Carotene, beta....µg	13		0	FLA	4		17	41	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	1	
Vitamin A, IU....IU	113		0	FLA	4		143	345	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	10		0	FLA	4		12	30	
Vitamin E (alpha-tocopherol)....mg	0.43		0	FLA	4		0.54	1.32	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.2		0	FLA	4		2.8	6.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06046
Soup, cream of onion, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.170		0		1		1.474	3.569	
4:0....g	0.030		0		1		0.038	0.092	
6:0....g	0.020		0		1		0.025	0.061	
8:0....g	0.010		0		1		0.013	0.031	
10:0....g	0.030		0		1		0.038	0.092	
12:0....g	0.030		0		1		0.038	0.092	
13:0....g									
14:0....g	0.110		0		1		0.139	0.336	
15:0....g									
16:0....g	0.610		0		1		0.769	1.861	
17:0....g									
18:0....g	0.310		0		1		0.391	0.946	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.670		0		1		2.104	5.094	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	1.620		0		1		2.041	4.941	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.160		0		1		1.462	3.538	
18:2 undifferentiated....g	1.070		0		1		1.348	3.264	
18:3 undifferentiated....g	0.080		0		1		0.101	0.244	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	12		0		1		15	37	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06246

Soup, cream of onion, canned, prepared with equal volume milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.50		0		4		209.56	508.69	
Energy	kcal	75		0		4		186	452	
Energy	kJ	314		0		4		778	1889	
Protein (N x 6.25)	g	2.74		0		1		6.80	16.49	
Total lipid (fat)	g	3.78		0		1		9.37	22.76	
Ash	g	1.50		0		4		3.72	9.03	
Carbohydrate, by difference	g	7.40		0		4		18.35	44.55	
Fiber, total dietary	g	0.3		0		4		0.7	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	72		0		1		179	433	
Iron, Fe	mg	0.28		0		1		0.69	1.69	
Magnesium, Mg	mg	9		0		4		22	54	
Phosphorus, P	mg	62		0		4		154	373	
Potassium, K	mg	125		0		4		310	753	
Sodium, Na	mg	405		0		4		1004	2438	
Zinc, Zn	mg	0.25		0		4		0.62	1.51	
Copper, Cu	mg	0.060		0		4		0.149	0.361	
Manganese, Mn	mg	0.100		0		4		0.248	0.602	
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		2.5	6.0	
Thiamin	mg	0.039		0		1		0.097	0.235	
Riboflavin	mg	0.110		0		1		0.273	0.662	
Niacin	mg	0.244		0		1		0.605	1.469	
Pantothenic acid	mg	0.280		0		4		0.694	1.686	
Vitamin B-6	mg	0.030		0		4		0.074	0.181	
Folate, total	µg	9		0		4		22	54	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	9		0		4		22	54	
Folate, DFE	mcg_DFE	9		0	NC	4		22	54	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.20		0		4		0.50	1.20	
Vitamin A, RAE	mcg_RAE	21		0	NC	4		52	126	
Retinol	µg	14		0	NC	4		35	84	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	182		0		1		451	1096	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.630		0		1		4.042	9.813	
4:0	g	0.070		0		1		0.174	0.421	

NDB No. 06246

Soup, cream of onion, canned, prepared with equal volume milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.040		0		1		0.099	0.241	
8:0 ... g	0.030		0		1		0.074	0.181	
10:0 ... g	0.050		0		1		0.124	0.301	
12:0 ... g	0.060		0		1		0.149	0.361	
13:0 ... g									
14:0 ... g	0.230		0		1		0.570	1.385	
15:0 ... g									
16:0 ... g	0.740		0		1		1.835	4.455	
17:0 ... g									
18:0 ... g	0.360		0		1		0.893	2.167	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.320		0		1		3.274	7.946	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.060		0		1		0.149	0.361	
17:1 ... g									
18:1 undifferentiated ... g	1.230		0		1		3.050	7.405	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.640		0		1		1.587	3.853	
18:2 undifferentiated ... g	0.580		0		1		1.438	3.492	
18:3 undifferentiated ... g	0.070		0		1		0.174	0.421	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0		1		32	78	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		4		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06446

Soup, cream of onion, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.50		0		4		220.82	536.67	
Energy....kcal	44		0		4		107	261	
Energy....kJ	184		0		4		449	1092	
Protein (N x 6.25)....g	1.13		0		1		2.76	6.70	
Total lipid (fat)....g	2.16		0		1		5.27	12.81	
Ash....g	1.10		0		4		2.68	6.52	
Carbohydrate, by difference....g	5.20		0		4		12.69	30.84	
Fiber, total dietary....g	0.4		0		4		1.0	2.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		34	83	
Iron, Fe....mg	0.26		0		1		0.63	1.54	
Magnesium, Mg....mg	2		0		4		5	12	
Phosphorus, P....mg	15		0		4		37	89	
Potassium, K....mg	49		0		4		120	291	
Sodium, Na....mg	380		0		4		927	2253	
Zinc, Zn....mg	0.06		0		4		0.15	0.36	
Copper, Cu....mg	0.060		0		4		0.146	0.356	
Manganese, Mn....mg	0.100		0		4		0.244	0.593	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		1.2	3.0	
Thiamin....mg	0.021		0		1		0.051	0.125	
Riboflavin....mg	0.031		0		1		0.076	0.184	
Niacin....mg	0.206		0		1		0.503	1.222	
Pantothenic acid....mg	0.120		0		4		0.293	0.712	
Vitamin B-6....mg	0.010		0		4		0.024	0.059	
Folate, total....µg	3		0		4		7	17	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		4		7	17	
Folate, DFE....mcg_DFE	3		0	NC	4		7	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0		4		0.05	0.12	
Vitamin A, RAE....mcg_RAE	6		0	NC	4		15	36	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	121		0		1		295	718	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.600		0		1		1.464	3.558	

NDB No. 06446

Soup, cream of onion, canned, prepared with equal volume water

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0	g	0.020		0		1		0.049	0.119	
6:0	g	0.010		0		1		0.024	0.059	
8:0	g	0.010		0		1		0.024	0.059	
10:0	g	0.010		0		1		0.024	0.059	
12:0	g	0.020		0		1		0.049	0.119	
13:0	g									
14:0	g	0.060		0		1		0.146	0.356	
15:0	g									
16:0	g	0.310		0		1		0.756	1.838	
17:0	g									
18:0	g	0.160		0		1		0.390	0.949	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.860		0		1		2.098	5.100	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.049	0.119	
17:1	g									
18:1 undifferentiated	g	0.840		0		1		2.050	4.981	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.600		0		1		1.464	3.558	
18:2 undifferentiated	g	0.550		0		1		1.342	3.262	
18:3 undifferentiated	g	0.040		0		1		0.098	0.237	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3 (EPA)	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	mg	6		0		1		15	36	
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06053
Soup, cream of potato, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.39	0.243	13		1		107.59	260.44	
Energy....kcal	59		0	NC	4		74	180	
Energy....kJ	247		0		4		311	753	
Protein (N x 6.25)....g	1.39	0.018	10		1		1.75	4.24	
Total lipid (fat)....g	1.88	0.135	10		1		2.37	5.73	
Ash....g	2.21	0.028	10		1		2.78	6.74	
Carbohydrate, by difference....g	9.14		0	NC	4		11.52	27.88	
Fiber, total dietary....g	0.4		0		4		0.5	1.2	
Sugars, total....g	1.69		0	FLA	4		2.13	5.16	
Starch....g									
Minerals:									
Calcium, Ca....mg	16	1.986	10		1		20	49	
Iron, Fe....mg	0.38	0.039	10		1		0.48	1.16	
Magnesium, Mg....mg	1		1		1		1	3	
Phosphorus, P....mg	37		1		1		47	113	
Potassium, K....mg	109		1		1		137	332	
Sodium, Na....mg	484		1	LC	8		610	1476	
Zinc, Zn....mg	0.50		1		1		0.63	1.53	
Copper, Cu....mg	0.200		1		1		0.252	0.610	
Manganese, Mn....mg	0.300		1		1		0.378	0.915	
Selenium, Se....µg	1.9		0	BFSN	4		2.4	5.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.028	0.001	10		1		0.035	0.085	
Riboflavin....mg	0.029	0.002	10		1		0.037	0.088	
Niacin....mg	0.430	0.015	10		1		0.542	1.312	
Pantothenic acid....mg	0.700		0		4		0.882	2.135	
Vitamin B-6....mg	0.030		1		1		0.038	0.092	
Folate, total....µg	2	0.629	3		1		3	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2	0.629	3		1		3	7	
Folate, DFE....mcg_DFE	2		0	NC	4		3	7	
Choline, total....mg	8.7		0	O	4		11.0	26.6	
Betaine....mg									
Vitamin B-12....µg	0.04		0		4		0.05	0.12	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	19		0	FLA	4		24	57	
Retinol....µg	19		0	FLA	4		23	56	
Carotene, beta....µg	4		0	FLA	4		5	12	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	68		0	FLA	4		86	209	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	5		0	FLA	4		6	14	
Vitamin E (alpha-tocopherol)....mg	0.07		0	FLA	4		0.08	0.20	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.1		0	FLA	4		1.4	3.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06053
Soup, cream of potato, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.970		0		1		1.222	2.959	
4:0....g	0.090		1		1		0.113	0.275	
6:0....g	0.040		1		1		0.050	0.122	
8:0....g	0.020		1		1		0.025	0.061	
10:0....g	0.040		1		1		0.050	0.122	
12:0....g	0.040		1		1		0.050	0.122	
13:0....g									
14:0....g	0.140		1		1		0.176	0.427	
15:0....g									
16:0....g	0.420		1		1		0.529	1.281	
17:0....g									
18:0....g	0.150		1		1		0.189	0.458	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.440		0		1		0.554	1.342	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		1		1		0.025	0.061	
17:1....g									
18:1 undifferentiated....g	0.390		1		1		0.491	1.190	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.330		0		1		0.416	1.007	
18:2 undifferentiated....g	0.300		1		1		0.378	0.915	
18:3 undifferentiated....g	0.030		1		1		0.038	0.092	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	5		0		1		6	15	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.025	0.061	
Threonine....g	0.049		0		1		0.062	0.149	
Isoleucine....g	0.061		0		1		0.077	0.186	
Leucine....g	0.094		0		1		0.118	0.287	
Lysine....g	0.066		0		1		0.083	0.201	
Methionine....g	0.024		0		1		0.030	0.073	
Cystine....g	0.022		0		1		0.028	0.067	
Phenylalanine....g	0.066		0		1		0.083	0.201	
Tyrosine....g	0.049		0		1		0.062	0.149	
Valine....g	0.074		0		1		0.093	0.226	
Arginine....g	0.060		0		1		0.076	0.183	
Histidine....g	0.031		0		1		0.039	0.095	
Alanine....g	0.043		0		1		0.054	0.131	
Aspartic acid....g	0.203		0		1		0.256	0.619	
Glutamic acid....g	0.330		0		1		0.416	1.007	
Glycine....g	0.043		0		1		0.054	0.131	
Proline....g	0.103		0		1		0.130	0.314	
Serine....g	0.067		0		1		0.084	0.204	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06053
Soup, cream of potato, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup (4 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06253

Soup, cream of potato, canned, prepared with equal volume milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.67		0		1		214.94	521.75	
Energy....kcal	60		0	NC	4		149	361	
Energy....kJ	251		0		4		623	1511	
Protein (N x 6.25)....g	2.33		0		1		5.78	14.03	
Total lipid (fat)....g	2.60		0		1		6.45	15.65	
Ash....g	1.47		0		1		3.65	8.85	
Carbohydrate, by difference....g	6.92		0	NC	4		17.16	41.66	
Fiber, total dietary....g	0.2		0		4		0.5	1.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	67		0		1		166	403	
Iron, Fe....mg	0.22		0		1		0.55	1.32	
Magnesium, Mg....mg	7		0		1		17	42	
Phosphorus, P....mg	65		0		1		161	391	
Potassium, K....mg	130		0		1		322	783	
Sodium, Na....mg	230		1	LC	8		570	1385	
Zinc, Zn....mg	0.27		0		1		0.67	1.64	
Copper, Cu....mg	0.106		0		1		0.263	0.638	
Manganese, Mn....mg	0.153		0		1		0.379	0.921	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		1.2	3.0	
Thiamin....mg	0.033		0		1		0.082	0.199	
Riboflavin....mg	0.095		0		1		0.236	0.572	
Niacin....mg	0.259		0		1		0.642	1.559	
Pantothenic acid....mg	0.680		0		4		1.686	4.094	
Vitamin B-6....mg	0.036		0		1		0.089	0.217	
Folate, total....µg	4		0		1		9	22	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		1		9	22	
Folate, DFE....mcg_DFE	4		0	NC	4		9	22	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.20		0		4		0.50	1.20	
Vitamin A, RAE....mcg_RAE									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	179		0		1		444	1078	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.520		0		1		3.770	9.150	
4:0....g	0.100		0		1		0.248	0.602	

NDB No. 06253

Soup, cream of potato, canned, prepared with equal volume milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.050		0		1		0.124	0.301	
8:0 ... g	0.030		0		1		0.074	0.181	
10:0 ... g	0.060		0		1		0.149	0.361	
12:0 ... g	0.070		0		1		0.174	0.421	
13:0 ... g									
14:0 ... g	0.240		0		1		0.595	1.445	
15:0 ... g									
16:0 ... g	0.650		0		1		1.612	3.913	
17:0 ... g									
18:0 ... g	0.280		0		1		0.694	1.686	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.700		0		1		1.736	4.214	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.050		0		1		0.124	0.301	
17:1 ... g									
18:1 undifferentiated ... g	0.610		0		1		1.513	3.672	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.230		0		1		0.570	1.385	
18:2 undifferentiated ... g	0.190		0		1		0.471	1.144	
18:3 undifferentiated ... g	0.040		0		1		0.099	0.241	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	9		0		1		22	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.033		0		1		0.082	0.199	
Threonine ... g	0.098		0		1		0.243	0.590	
Isoleucine ... g	0.129		0		1		0.320	0.777	
Leucine ... g	0.207		0		1		0.513	1.246	
Lysine ... g	0.162		0		1		0.402	0.975	
Methionine ... g	0.053		0		1		0.131	0.319	
Cystine ... g	0.026		0		1		0.064	0.157	
Phenylalanine ... g	0.112		0		1		0.278	0.674	
Tyrosine ... g	0.103		0		1		0.255	0.620	
Valine ... g	0.146		0		1		0.362	0.879	
Arginine ... g	0.089		0		1		0.221	0.536	
Histidine ... g	0.060		0		1		0.149	0.361	
Alanine ... g	0.078		0		1		0.193	0.470	
Aspartic acid ... g	0.226		0		1		0.560	1.361	
Glutamic acid ... g	0.507		0		1		1.257	3.052	
Glycine ... g	0.056		0		1		0.139	0.337	
Proline ... g	0.210		0		1		0.521	1.264	
Serine ... g	0.122		0		1		0.303	0.734	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06253

Soup, cream of potato, canned, prepared with equal volume milk

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06453

Soup, cream of potato, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.49		0		1		225.68	548.47	
Energy....kcal	30		0	NC	4		73	178	
Energy....kJ	126		0		4		306	744	
Protein (N x 6.25)....g	0.72		0		1		1.76	4.27	
Total lipid (fat)....g	0.97		0		1		2.37	5.75	
Ash....g	1.14		0		1		2.78	6.76	
Carbohydrate, by difference....g	4.70		0	NC	4		11.47	27.87	
Fiber, total dietary....g	0.2		0		4		0.5	1.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		1		20	47	
Iron, Fe....mg	0.20		0		1		0.49	1.19	
Magnesium, Mg....mg	1		0		1		2	6	
Phosphorus, P....mg	19		0		1		46	113	
Potassium, K....mg	56		0		1		137	332	
Sodium, Na....mg	238		1	LC	8		581	1411	
Zinc, Zn....mg	0.26		0		1		0.63	1.52	
Copper, Cu....mg	0.103		0		1		0.251	0.611	
Manganese, Mn....mg	0.154		0		1		0.376	0.913	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.014		0		1		0.034	0.083	
Riboflavin....mg	0.015		0		1		0.037	0.089	
Niacin....mg	0.221		0		1		0.539	1.311	
Pantothenic acid....mg	0.340		0		4		0.830	2.016	
Vitamin B-6....mg	0.015		0		1		0.037	0.089	
Folate, total....µg	1		0		1		3	7	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		3	7	
Folate, DFE....mcg_DFE	1		0	NC	4		3	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.02		0		4		0.05	0.12	
Vitamin A, RAE....mcg_RAE	29		0	NC	4		70	169	
Retinol....µg	27		0	NC	4		66	160	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	118		0		1		288	700	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.500		0		1		1.220	2.965	
4:0....g	0.050		0		1		0.122	0.297	

NDB No. 06453

Soup, cream of potato, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.020		0		1		0.049	0.119	
8:0 g	0.010		0		1		0.024	0.059	
10:0 g	0.020		0		1		0.049	0.119	
12:0 g	0.020		0		1		0.049	0.119	
13:0 g									
14:0 g	0.070		0		1		0.171	0.415	
15:0 g									
16:0 g	0.210		0		1		0.512	1.245	
17:0 g									
18:0 g	0.080		0		1		0.195	0.474	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.230		0		1		0.561	1.364	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		0		1		0.024	0.059	
17:1 g									
18:1 undifferentiated g	0.200		0		1		0.488	1.186	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.170		0		1		0.415	1.008	
18:2 undifferentiated g	0.160		0		1		0.390	0.949	
18:3 undifferentiated g	0.010		0		1		0.024	0.059	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	2		0		1		5	12	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.010		0		1		0.024	0.059	
Threonine g	0.025		0		1		0.061	0.148	
Isoleucine g	0.031		0		1		0.076	0.184	
Leucine g	0.048		0		1		0.117	0.285	
Lysine g	0.034		0		1		0.083	0.202	
Methionine g	0.012		0		1		0.029	0.071	
Cystine g	0.011		0		1		0.027	0.065	
Phenylalanine g	0.034		0		1		0.083	0.202	
Tyrosine g	0.025		0		1		0.061	0.148	
Valine g	0.038		0		1		0.093	0.225	
Arginine g	0.031		0		1		0.076	0.184	
Histidine g	0.016		0		1		0.039	0.095	
Alanine g	0.022		0		1		0.054	0.130	
Aspartic acid g	0.104		0		1		0.254	0.617	
Glutamic acid g	0.170		0		1		0.415	1.008	
Glycine g	0.022		0		1		0.054	0.130	
Proline g	0.053		0		1		0.129	0.314	
Serine g	0.034		0		1		0.083	0.202	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06453

Soup, cream of potato, canned, prepared with equal volume water

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06056
Soup, cream of shrimp, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.85	0.396	10		1		106.91	258.79	
Energy....kcal	72		0	NC	4		91	220	
Energy....kJ	301		0		4		380	919	
Protein (N x 6.25)....g	2.22	0.042	10		1		2.80	6.77	
Total lipid (fat)....g	4.14	0.441	10		1		5.22	12.63	
Ash....g	2.26	0.016	10		1		2.85	6.89	
Carbohydrate, by difference....g	6.53		0	NC	4		8.23	19.92	
Fiber, total dietary....g	0.2		0		4		0.3	0.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.998	10		1		18	43	
Iron, Fe....mg	0.42	0.033	10		1		0.53	1.28	
Magnesium, Mg....mg	7		0		4		9	21	
Phosphorus, P....mg	26		0		4		33	79	
Potassium, K....mg	47		0		4		59	143	
Sodium, Na....mg	685		0	LC	8		863	2089	
Zinc, Zn....mg	0.60		1		1		0.76	1.83	
Copper, Cu....mg	0.100		0		4		0.126	0.305	
Manganese, Mn....mg	0.300		0		4		0.378	0.915	
Selenium, Se....µg	4.5		0	RA	4		5.7	13.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.015	0.001	10		1		0.019	0.046	
Riboflavin....mg	0.022	0.002	10		1		0.028	0.067	
Niacin....mg	0.340	0.022	10		1		0.428	1.037	
Pantothenic acid....mg	0.110		0		4		0.139	0.336	
Vitamin B-6....mg	0.030		0		4		0.038	0.092	
Folate, total....µg	3		0		4		4	9	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		4		4	9	
Folate, DFE....mcg_DFE	3		0	NC	4		4	9	
Choline, total....mg	6.9		0	O	4		8.7	21.0	
Betaine....mg									
Vitamin B-12....µg	0.47		0		4		0.59	1.43	
Vitamin A, RAE....mcg_RAE	32		0	NC	4		40	96	
Retinol....µg	30		0	NC	4		38	92	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	126	9.807	10		1		159	384	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.580		0		1		3.251	7.869	
4:0....g	0.130		0		1		0.164	0.397	

NDB No. 06056
Soup, cream of shrimp, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.080		0		1		0.101	0.244	
8:0 g	0.050		0		1		0.063	0.153	
10:0 g	0.100		0		1		0.126	0.305	
12:0 g	0.120		0		1		0.151	0.366	
13:0 g									
14:0 g	0.420		0		1		0.529	1.281	
15:0 g									
16:0 g	1.090		0		1		1.373	3.325	
17:0 g									
18:0 g	0.500		0		1		0.630	1.525	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.190		0		1		1.499	3.630	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.090		0		1		0.113	0.275	
17:1 g									
18:1 undifferentiated g	1.040		0		1		1.310	3.172	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.150		0		1		0.189	0.458	
18:2 undifferentiated g	0.100		0		1		0.126	0.305	
18:3 undifferentiated g	0.060		0		1		0.076	0.183	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	13		0		1		16	40	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06256

Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.11		0	RPA	1		220.38	27.53	
Energy....kcal	61		0	RPI	6		153	19	
Energy....kJ	254		0	RPI	6		642	80	
Protein (N x 6.25)....g	2.78		0	RPA	1		7.04	0.88	
Total lipid (fat)....g	3.23		0	RPA	1		8.17	1.02	
Ash....g	1.46		0	RPA	1		3.69	0.46	
Carbohydrate, by difference....g	5.64		0	RPI	6		14.26	1.78	
Fiber, total dietary....g	0.1		0	RPI	6		0.2	0.0	
Sugars, total....g	2.62		0	RPA	1		6.63	0.83	
Starch....g									
Minerals:									
Calcium, Ca....mg	69		0	RPA	1		174	22	
Iron, Fe....mg	0.22		0	RPA	1		0.54	0.07	
Magnesium, Mg....mg	9		0	RPI	6		23	3	
Phosphorus, P....mg	60		0	RPI	6		152	19	
Potassium, K....mg	95		0	RPI	6		240	30	
Sodium, Na....mg	354		0	RPI	6		896	112	
Zinc, Zn....mg	0.54		0	RPA	1		1.37	0.17	
Copper, Cu....mg	0.051		0	RPI	6		0.129	0.016	
Manganese, Mn....mg	0.152		0	RPI	6		0.384	0.048	
Selenium, Se....µg	3.5		0	RPI	6		8.8	1.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		0	RPA	1		0.2	0.0	
Thiamin....mg	0.028		0	RPA	1		0.070	0.009	
Riboflavin....mg	0.107		0	RPA	1		0.270	0.034	
Niacin....mg	0.211		0	RPA	1		0.535	0.067	
Pantothenic acid....mg	0.237		0	RPI	6		0.600	0.075	
Vitamin B-6....mg	0.034		0	RPI	6		0.087	0.011	
Folate, total....µg	4		0	RPI	6		10	1	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	4		0	RPI	6		10	1	
Folate, DFE....mcg_DFE	4		0	NC	4		10	1	
Choline, total....mg	11.8		0	RPI	6		29.9	3.7	
Betaine....mg									
Vitamin B-12....µg	0.50		0	RPI	6		1.27	0.16	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	43		0	NC	4		109	14	
Retinol....µg	43		0	RPI	6		109	14	
Carotene, beta....µg	2		0	RPI	6		5	1	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	147		0	NC	4		371	46	
Lycopene....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.02		0	RPA	1		0.04	0.01	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.6		0	RPA	1		1.6	0.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	25		0	RPA	1		64	8	
Vitamin K (phylloquinone)....µg	0.1		0	RPA	1		0.2	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06256

Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.930		0	RPI	6		4.882	0.610	
4:0....g	0.104		0	RPA	1		0.264	0.033	
6:0....g	0.060		0	RPA	1		0.153	0.019	
8:0....g	0.035		0	RPA	1		0.089	0.011	
10:0....g	0.075		0	RPA	1		0.190	0.024	
12:0....g	0.088		0	RPA	1		0.222	0.028	
13:0....g									
14:0....g	0.299		0	RPA	1		0.756	0.094	
15:0....g									
16:0....g	0.829		0	RPA	1		2.099	0.262	
17:0....g									
18:0....g	0.374		0	RPA	1		0.945	0.118	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.147		0	RPI	6		2.901	0.362	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.062		0	RPA	1		0.156	0.019	
17:1....g									
18:1 undifferentiated....g	0.760		0	RPA	1		1.923	0.240	
20:1....g	0.001		0	RPA	1		0.003	0.000	
22:1 undifferentiated....g	0.000		0	RPA	1		0.001	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.155		0	RPI	6		0.392	0.049	
18:2 undifferentiated....g	0.085		0	RPA	1		0.215	0.027	
18:3 undifferentiated....g	0.036		0	RPA	1		0.092	0.011	
18:4....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	10		0	RPA	1		27	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06256

Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup (8 fl oz)

Measure 2 = 31.6g: 1 fl oz

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06456

Soup, cream of shrimp, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.38		0	RPI	6		225.40	547.78	
Energy	kcal	36		0	RPI	6		88	213	
Energy	kJ	150		0	RPI	6		367	891	
Protein (N x 6.25)	g	1.11		0	RPI	6		2.71	6.58	
Total lipid (fat)	g	2.07		0	RPI	6		5.05	12.28	
Ash	g	1.18		0	RPI	6		2.88	7.00	
Carbohydrate, by difference	g	3.27		0	RPI	6		7.97	19.36	
Fiber, total dietary	g	0.1		0	RPI	6		0.2	0.6	
Sugars, total	g	0.24		0	FLA	4		0.59	1.45	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	RPA	1		21	51	
Iron, Fe	mg	0.21		0	RPA	1		0.51	1.25	
Magnesium, Mg	mg	4		0	RPI	6		10	24	
Phosphorus, P	mg	13		0	RPI	6		32	77	
Potassium, K	mg	24		0	RPI	6		58	141	
Sodium, Na	mg	391		0	RPA	1		954	2318	
Zinc, Zn	mg	0.30		0	RPA	1		0.74	1.79	
Copper, Cu	mg	0.055		0	RPI	6		0.134	0.326	
Manganese, Mn	mg	0.150		0	RPI	6		0.366	0.890	
Selenium, Se	µg	2.3		0	RPI	6		5.5	13.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0	0.0	
Thiamin	mg	0.008		0	RPI	6		0.018	0.044	
Riboflavin	mg	0.011		0	RPI	6		0.027	0.065	
Niacin	mg	0.170		0	RPI	6		0.415	1.008	
Pantothenic acid	mg	0.055		0	RPI	6		0.134	0.326	
Vitamin B-6	mg	0.015		0	RPI	6		0.037	0.089	
Folate, total	µg	2		0	RPI	6		4	9	
Folic acid	µg	0		0	RPI	6		0	0	
Folate, food	µg	2		0	RPI	6		4	9	
Folate, DFE	mcg_DFE	2		0	NC	4		4	9	
Choline, total	mg	3.4		0	RPI	6		8.4	20.4	
Betaine	mg									
Vitamin B-12	µg	0.24		0	RPI	6		0.57	1.39	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	16		0	RPI	6		38	93	
Retinol	µg	15		0	RPI	6		37	89	
Carotene, beta	µg	0		0	Z	7		0	0	
Carotene, alpha	µg	0		0	Z	7		0	0	
Cryptoxanthin, beta	µg	0		0	Z	7		0	0	
Vitamin A, IU	IU	63		0	RPI	6		154	374	
Lycopene	µg	0		0	Z	7		0	0	
Lutein + zeaxanthin	µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.00		0	RPI	6		0.00	0.00	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06456

Soup, cream of shrimp, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.290		0	RPI	6		3.148	7.650	
4:0....g	0.065		0	RPI	6		0.159	0.385	
6:0....g	0.040		0	RPI	6		0.098	0.237	
8:0....g	0.025		0	RPI	6		0.061	0.148	
10:0....g	0.050		0	RPI	6		0.122	0.297	
12:0....g	0.060		0	RPI	6		0.146	0.356	
13:0....g									
14:0....g	0.210		0	RPI	6		0.512	1.245	
15:0....g									
16:0....g	0.545		0	RPI	6		1.330	3.232	
17:0....g									
18:0....g	0.250		0	RPI	6		0.610	1.483	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.595		0	RPI	6		1.452	3.528	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.045		0	RPI	6		0.110	0.267	
17:1....g									
18:1 undifferentiated....g	0.520		0	RPI	6		1.269	3.084	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.075		0	RPI	6		0.183	0.445	
18:2 undifferentiated....g	0.050		0	RPI	6		0.122	0.297	
18:3 undifferentiated....g	0.030		0	RPI	6		0.073	0.178	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	7		0	RPI	6		16	39	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06101
Soup, cream of vegetable, dry, powder

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.90		1		1		0.52		
Energy	kcal	446		0	NC	4		80		
Energy	kJ	1866		0		4		336		
Protein (N x 6.25)	g	8.00		1		1		1.44		
Total lipid (fat)	g	24.10		1		1		4.34		
Ash	g	12.90		1		1		2.32		
Carbohydrate, by difference	g	52.10		0	NC	4		9.38		
Fiber, total dietary	g	3.0		0		4		0.5		
Sugars, total	g	17.51		0	FLA	4		3.15		
Starch	g									
Minerals:										
Calcium, Ca	mg	134		0		4		24		
Iron, Fe	mg	2.60		0		4		0.47		
Magnesium, Mg	mg	48		0		4		9		
Phosphorus, P	mg	228		1		1		41		
Potassium, K	mg	408		1		1		73		
Sodium, Na	mg	4957		1		1		892		
Zinc, Zn	mg	1.60		0		4		0.29		
Copper, Cu	mg	0.400		0		4		0.072		
Manganese, Mn	mg	0.800		0		4		0.144		
Selenium, Se	µg	20.7		0	RA	4		3.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.6		1		1		3.0		
Thiamin	mg	5.180		1		1		0.932		
Riboflavin	mg	0.450		1		1		0.081		
Niacin	mg	2.200		1		1		0.396		
Pantothenic acid	mg	0.700		0		4		0.126		
Vitamin B-6	mg	0.100		0		4		0.018		
Folate, total	µg	30		0		4		5		
Folic acid	µg	0		0	Z	7		0		
Folate, food	µg	30		0		4		5		
Folate, DFE	mcg_DFE	30		0	NC	4		5		
Choline, total	mg	58.0		0	O	4		10.4		
Betaine	mg									
Vitamin B-12	µg	0.50		0		4		0.09		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	600		0	FLA	4		108		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	5620		0	FLA	4		1012		
Carotene, alpha	µg	2820		0	FLA	4		508		
Cryptoxanthin, beta	µg	334		0	FLA	4		60		
Vitamin A, IU	IU	11996		0	FLA	4		2159		
Lycopene	µg	2		0	FLA	4		0		
Lutein + zeaxanthin	µg	920		0	FLA	4		166		
Vitamin E (alpha-tocopherol)	mg	2.41		0	FLA	4		0.43		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	32.9		0	FLA	4		5.9		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06101
Soup, cream of vegetable, dry, powder

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	6.030		0		1		1.085		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.100		0		1		0.018		
15:0....g									
16:0....g	3.400		0		1		0.612		
17:0....g									
18:0....g	2.560		0		1		0.461		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.730		0		1		1.931		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	10.730		0		1		1.931		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.290		0		1		1.132		
18:2 undifferentiated....g	5.910		0		1		1.064		
18:3 undifferentiated....g	0.390		0		1		0.070		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	2		1		1		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 18g: 1 packet

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27000
Soup, egg drop, Chinese restaurant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.87	0.689	4	A	1		223.83		
Energy....kcal	27		0	NC	4		66		
Energy....kJ	114		0	NC	4		275		
Protein....g	1.16	0.220	4	A	1		2.79		
Total lipid (fat)....g	0.61	0.155	4	A	1		1.48		
Ash....g	1.07	0.104	4	A	1		2.57		
Carbohydrate, by difference....g	4.29		0	NC	4		10.33		
Fiber, total dietary....g	0.4		0	RA	4		0.9		
Sugars, total....g	0.09		0	RA	4		0.21		
Starch....g	2.45	0.210	4	A	1		5.90		
Minerals:									
Calcium, Ca....mg	7	1.153	4	A	1		17		
Iron, Fe....mg	0.26	0.017	4	A	1		0.62		
Magnesium, Mg....mg	2	0.211	4	A	1		4		
Phosphorus, P....mg	15	5.483	4	A	1		37		
Potassium, K....mg	22	5.225	4	A	1		53		
Sodium, Na....mg	370	48.416	4	A	1		890		
Zinc, Zn....mg	0.09	0.021	4	A	1		0.22		
Copper, Cu....mg	0.019	0.000	4	A	1		0.045		
Manganese, Mn....mg	0.011	0.000	4	A	1		0.027		
Selenium, Se....µg	0.4	0.000	4	A	1		1.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.5		0	RA	4		15.6		
Thiamin....mg	0.019	0.004	4	A	1		0.045		
Riboflavin....mg	0.019	0.004	4	A	1		0.045		
Niacin....mg	0.156	0.110	4	A	1		0.376		
Pantothenic acid....mg	0.120	0.047	4	A	1		0.289		
Vitamin B-6....mg	0.020	0.007	4	A	1		0.049		
Folate, total....µg	7		0	RA	4		18		
Folic acid....µg	0		0	RA	4		0		
Folate, food....µg	7		0	RA	4		18		
Folate, DFE....mcg_DFE	7		0	NC	4		18		
Choline, total....mg	33.0		0	RA	4		79.6		
Betaine....mg									
Vitamin B-12....µg	0.03	0.012	4	A	1		0.08		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....mcg_RAE	20		0	RA	4		47		
Retinol....µg	18		0	RA	4		44		
Carotene, beta....µg	16		0	RA	4		39		
Carotene, alpha....µg	1		0	RA	4		1		
Cryptoxanthin, beta....µg	1		0	RA	4		3		
Vitamin A, IU....IU	89		0	NC	4		215		
Lycopene....µg	0		0	RA	4		0		
Lutein + zeaxanthin....µg	48		0	RA	4		116		
Vitamin E (alpha-tocopherol)....mg	0.13		0	RA	4		0.31		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.2		0	RA	4		0.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	6		0	NR	4		16		
Vitamin K (phylloquinone)....µg	1.2		0	RA	4		2.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 27000
Soup, egg drop, Chinese restaurant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.166		0	NC	4		0.400		
4:0....g	0.000	0.000	4	A	1		0.000		
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.006	0.006	4	A	1		0.015		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.002	0.001	4	A	1		0.004		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	0.115	0.065	4	A	1		0.277		
17:0....g	0.001	0.001	4	A	1		0.001		
18:0....g	0.042	0.021	4	A	1		0.101		
20:0....g	0.000	0.001	4	A	1		0.001		
22:0....g	0.000	0.001	4	A	1		0.001		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	0.191		0	NC	4		0.459		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.011	0.008	4	AS	1		0.026		
16:1 c....g	0.011	0.008	4	A	1		0.026		
16:1 t....g	0.000	0.000	4	A	1		0.000		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	0.179	0.099	4	AS	1		0.432		
18:1 c....g	0.178	0.098	4	A	1		0.429		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.001	0.002	4	A	1		0.002		
18:1-11t (18:1t n-7)....g									
20:1....g	0.001	0.001	4	A	1		0.001		
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
22:1 c....g	0.000	0.000	4	A	1		0.000		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.129		0	NC	4		0.312		
18:2 undifferentiated....g	0.113	0.073	4	AS	1		0.272		
18:2 n-6 c,c....g	0.112	0.073	4	A	1		0.271		
18:2 CLAs....g	0.000	0.000	4	A	1		0.000		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000	0.001	4	A	1		0.001		
18:3 undifferentiated....g	0.008	0.010	4	AS	1		0.018		
18:3 n-3 c,c,c (ALA)....g	0.007	0.009	4	A	1		0.017		
18:3 n-6 c,c,c....g	0.000	0.001	4	A	1		0.001		
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.001	4	A	1		0.001		
20:3 undifferentiated....g	0.001	0.001	4	AS	1		0.001		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.001	0.001	4	A	1		0.001		
20:4 undifferentiated....g	0.007	0.005	4	A	1		0.017		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		
22:6 n-3 (DHA)....g	0.001	0.002	4	A	1		0.003		
Fatty acids, total trans....g	0.001		0	NC	4		0.003		
Cholesterol....mg	23	4.190	4	A	1		55		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0	A	1		0.060		

NDB No. 27000
Soup, egg drop, Chinese restaurant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Threonine....g	0.037		0	A	1		0.089		
Isoleucine....g	0.028		0	A	1		0.068		
Leucine....g	0.047		0	A	1		0.113		
Lysine....g	0.052		0	A	1		0.126		
Methionine....g	0.019		0	A	1		0.045		
Cystine....g	0.026		0	A	1		0.063		
Phenylalanine....g	0.028		0	A	1		0.068		
Tyrosine....g	0.019		0	A	1		0.045		
Valine....g	0.037		0	A	1		0.090		
Arginine....g	0.037		0	A	1		0.090		
Histidine....g	0.013		0	A	1		0.030		
Alanine....g	0.030		0	A	1		0.072		
Aspartic acid....g	0.067		0	A	1		0.161		
Glutamic acid....g	0.767		0	A	1		1.848		
Glycine....g	0.032		0	A	1		0.076		
Proline....g	0.043		0	A	1		0.104		
Serine....g	0.033		0	A	1		0.079		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06035
Soup, escarole, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	96.89		1		1		240.29	535.80	
Energy....kcal	11		0	NC	4		27	61	
Energy....kJ	46				4		114	255	
Protein (N x 6.25)....g	0.62		1		1		1.54	3.43	
Total lipid (fat)....g	0.73		1		1		1.81	4.04	
Ash....g	1.04		1		1		2.58	5.75	
Carbohydrate, by difference....g	0.72		0	NC	4		1.79	3.98	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1		1		32	72	
Iron, Fe....mg	0.30		1		1		0.74	1.66	
Magnesium, Mg....mg	2		0		4		5	11	
Phosphorus, P....mg	32		0		4		79	177	
Potassium, K....mg	107		0		4		265	592	
Sodium, Na....mg	1558		1		1		3864	8616	
Zinc, Zn....mg	0.90		0		4		2.23	4.98	
Copper, Cu....mg	0.150		0		4		0.372	0.830	
Manganese, Mn....mg	0.500		0		4		1.240	2.765	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.8		1		1		4.5	10.0	
Thiamin....mg	0.030		1		1		0.074	0.166	
Riboflavin....mg	0.020		1		1		0.050	0.111	
Niacin....mg	0.930		1		1		2.306	5.143	
Pantothenic acid....mg	0.070		0		4		0.174	0.387	
Vitamin B-6....mg	0.090		0		4		0.223	0.498	
Folate, total....µg	14		0		4		35	77	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	14		0		4		35	77	
Folate, DFE....mcg_DFE	14		0	NC	4		35	77	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.20		0		4		0.50	1.11	
Vitamin A, RAE....mcg_RAE	44		0	NC	4		109	242	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	875		1		1		2170	4839	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.220		0		1		0.546	1.217	
4:0....g									

NDB No. 06035
Soup, escarole, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.010		0		1		0.025	0.055	
15:0....g									
16:0....g	0.160		0		1		0.397	0.885	
17:0....g									
18:0....g	0.040		0		1		0.099	0.221	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.330		0		1		0.818	1.825	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0		1		0.099	0.221	
17:1....g									
18:1 undifferentiated....g	0.270		0		1		0.670	1.493	
20:1....g	0.010		0		1		0.025	0.055	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.150		0		1		0.372	0.830	
18:2 undifferentiated....g	0.140		0		1		0.347	0.774	
18:3 undifferentiated....g	0.010		0		1		0.025	0.055	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	1		0		1		2	6	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 553g: 1 can (19.5 oz)

Calories Factors: Protein 4.1 **Fat** 9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06036
Soup, gazpacho, canned, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.77		1		1		228.80	346.01	
Energy	kcal	19		0	NC	4		46	70	
Energy	kJ	79		0		4		194	293	
Protein (N x 6.25)	g	2.90		0		4		7.08	10.70	
Total lipid (fat)	g	0.10		0		4		0.24	0.37	
Ash	g	1.43		1		1		3.49	5.28	
Carbohydrate, by difference	g	1.80		0	NC	4		4.39	6.64	
Fiber, total dietary	g	0.2		0		4		0.5	0.7	
Sugars, total	g	0.59		0	FLA	4		1.45	2.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		1		1		24	37	
Iron, Fe	mg	0.40		1		1		0.98	1.48	
Magnesium, Mg	mg	3		0		4		7	11	
Phosphorus, P	mg	15		1		1		37	55	
Potassium, K	mg	92		1		1		224	339	
Sodium, Na	mg	303		0		4		739	1118	
Zinc, Zn	mg	0.10		0		4		0.24	0.37	
Copper, Cu	mg	0.060		0		4		0.146	0.221	
Manganese, Mn	mg	0.300		0		4		0.732	1.107	
Selenium, Se	µg	1.5		0	BFSN	4		3.7	5.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		0		4		7.1	10.7	
Thiamin	mg	0.020		1		1		0.049	0.074	
Riboflavin	mg	0.010		1		1		0.024	0.037	
Niacin	mg	0.380		1		1		0.927	1.402	
Pantothenic acid	mg	0.070		1		1		0.171	0.258	
Vitamin B-6	mg	0.060		1		1		0.146	0.221	
Folate, total	µg	8		0	FLA	4		19	29	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	8		0	FLA	4		19	29	
Folate, DFE	mcg_DFE	8		0	NC	4		19	29	
Choline, total	mg	3.2		0	O	4		7.9	12.0	
Betaine	mg									
Vitamin B-12	µg	0.00		0		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	6		0	FLA	4		15	23	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	69		0	FLA	4		167	253	
Carotene, alpha	µg	1		0	FLA	4		3	4	
Cryptoxanthin, beta	µg	8		0	FLA	4		21	31	
Vitamin A, IU	IU	122		0	FLA	4		298	451	
Lycopene	µg	915		0	FLA	4		2232	3375	
Lutein + zeaxanthin	µg	26		0	FLA	4		63	96	
Vitamin E (alpha-tocopherol)	mg	0.18		0	FLA	4		0.44	0.66	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	1.9		0	FLA	4		4.6	7.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06036
Soup, gazpacho, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.010		0		4		0.024	0.037	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.007		0		4		0.017	0.026	
17:0....g									
18:0....g	0.002		0		4		0.005	0.007	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		4		0.024	0.037	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.008		0		4		0.020	0.030	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		4		0.073	0.111	
18:2 undifferentiated....g	0.022		0		4		0.054	0.081	
18:3 undifferentiated....g	0.003		0		4		0.007	0.011	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 369g: 1 can (13 oz)

Calories Factors: Protein 3.9 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27001
Soup, hot and sour, Chinese restaurant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.65	0.439	4	A	1		211.23		
Energy....kcal	39		0	NC	4		90		
Energy....kJ	162		0	NC	4		376		
Protein....g	2.58	0.243	4	A	1		6.01		
Total lipid (fat)....g	1.21	0.214	4	A	1		2.82		
Ash....g	1.20	0.045	4	A	1		2.81		
Carbohydrate, by difference....g	4.35		0	NC	4		10.14		
Fiber, total dietary....g	0.5		0	RC	4		1.1		
Sugars, total....g	0.42	0.082	4	A	1		0.98		
Sucrose....g	0.40	0.070	4	A	1		0.92		
Glucose (dextrose)....g	0.03	0.026	4	A	1		0.06		
Fructose....g	0.00	0.000	4	A	1		0.00		
Lactose....g	0.00	0.000	4	A	1		0.00		
Maltose....g	0.00	0.000	4	A	1		0.00		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	2.43	0.235	4	A	1		5.66		
Minerals:									
Calcium, Ca....mg	19	2.745	4	A	1		45		
Iron, Fe....mg	0.64	0.053	4	A	1		1.49		
Magnesium, Mg....mg	9	1.885	4	A	1		20		
Phosphorus, P....mg	32	5.290	4	A	1		75		
Potassium, K....mg	55	7.081	4	A	1		128		
Sodium, Na....mg	376	17.762	4	A	1		876		
Zinc, Zn....mg	0.22	0.032	4	A	1		0.52		
Copper, Cu....mg	0.026	0.004	4	A	1		0.060		
Manganese, Mn....mg	0.085	0.014	4	A	1		0.199		
Selenium, Se....µg	0.4	0.000	4	A	1		1.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	4	A	1		0.0		
Thiamin....mg	0.026	0.006	4	A	1		0.061		
Riboflavin....mg	0.031	0.008	4	A	1		0.073		
Niacin....mg	0.507	0.144	4	A	1		1.182		
Pantothenic acid....mg	0.227	0.035	4	A	1		0.530		
Vitamin B-6....mg	0.064	0.007	4	A	1		0.149		
Folate, total....µg	8		0	RC	4		19		
Folic acid....µg	0		0	RC	4		0		
Folate, food....µg	8		0	RC	4		19		
Folate, DFE....mcg_DFE	8		0	NC	4		19		
Choline, total....mg	39.9		0	AS	1		93.0		
Betaine....mg	1.0		1	A	1		2.4		
Vitamin B-12....µg	0.10	0.032	4	A	1		0.23		
Vitamin B-12, added....µg	0.00		0	RC	4		0.00		
Vitamin A, RAE....mcg_RAE	9		0	RC	4		22		
Retinol....µg	9		0	RC	4		22		
Carotene, beta....µg	1		0	RC	4		3		
Carotene, alpha....µg	0		0	RC	4		0		
Cryptoxanthin, beta....µg	1		0	RC	4		1		
Vitamin A, IU....IU	34		0	NC	4		79		
Lycopene....µg	0		0	RC	4		0		
Lutein + zeaxanthin....µg	22		0	RC	4		52		
Vitamin E (alpha-tocopherol)....mg	0.39		0	RC	4		0.91		
Vitamin E, added....mg	0.00		0	RC	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	RC	4		0.3		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 27001
Soup, hot and sour, Chinese restaurant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	5		0	RC	4		11		
Vitamin K (phylloquinone)....µg	1.1	0.137	4	A	1		2.6		
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg	3.4	1.191	4	A	1		8.0		
Lipids:									
Fatty acids, total saturated....g	0.229		0	NC	4		0.533		
4:0....g	0.000	0.000	4	A	1		0.000		
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.021	0.002	4	A	1		0.049		
12:0....g	0.000	0.000	4	A	1		0.001		
13:0....g									
14:0....g	0.004	0.001	4	A	1		0.009		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	0.162	0.044	4	A	1		0.377		
17:0....g	0.001	0.001	4	A	1		0.002		
18:0....g	0.040	0.014	4	A	1		0.093		
20:0....g	0.001	0.001	4	A	1		0.002		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	0.288		0	NC	4		0.670		
14:1....g	0.000	0.000	4	A	1		0.000		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.013	0.005	4	AS	1		0.030		
16:1 c....g	0.013	0.005	4	A	1		0.030		
16:1 t....g	0.000	0.000	4	A	1		0.000		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	0.274	0.080	4	AS	1		0.638		
18:1 c....g	0.274	0.080	4	A	1		0.638		
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.000	0.000	4	A	1		0.000		
18:1-11t (18:1t n-7)....g									
20:1....g	0.001	0.001	4	A	1		0.002		
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
22:1 c....g	0.000	0.000	4	A	1		0.000		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.311		0	NC	4		0.724		
18:2 undifferentiated....g	0.273	0.056	4	AS	1		0.636		
18:2 n-6 c,c....g	0.273	0.056	4	A	1		0.636		
18:2 CLAs....g	0.000	0.000	4	A	1		0.000		
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000	0.000	4	A	1		0.000		
18:3 undifferentiated....g	0.030	0.006	4	AS	1		0.070		
18:3 n-3 c,c,c (ALA)....g	0.030	0.006	4	A	1		0.070		
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated....g	0.008	0.003	4	A	1		0.019		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000		
21:5....g									
22:4....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000		

NDB No. 27001
Soup, hot and sour, Chinese restaurant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	21	5.381	4	A	1		49		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0	A	1		0.045		
Threonine....g	0.111		0	A	1		0.259		
Isoleucine....g	0.080		0	A	1		0.187		
Leucine....g	0.151		0	A	1		0.352		
Lysine....g	0.153		0	A	1		0.357		
Methionine....g	0.039		0	A	1		0.090		
Cystine....g	0.039		0	A	1		0.091		
Phenylalanine....g	0.085		0	A	1		0.198		
Tyrosine....g	0.061		0	A	1		0.141		
Valine....g	0.092		0	A	1		0.214		
Arginine....g	0.133		0	A	1		0.310		
Histidine....g	0.058		0	A	1		0.136		
Alanine....g	0.092		0	A	1		0.214		
Aspartic acid....g	0.213		0	A	1		0.497		
Glutamic acid....g	0.979		0	A	1		2.281		
Glycine....g	0.105		0	A	1		0.246		
Proline....g	0.125		0	A	1		0.291		
Serine....g	0.089		0	A	1		0.208		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RC	4		0.0		
Caffeine....mg	0		0	RC	4		0		
Theobromine....mg	0		0	RC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06037
Soup, lentil with ham, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.75		2		1		212.66	486.20	
Energy....kcal	56		0	NC	4		139	318	
Energy....kJ	234				4		581	1329	
Protein (N x 6.25)....g	3.74		2		1		9.28	21.21	
Total lipid (fat)....g	1.12		2		1		2.78	6.35	
Ash....g	1.24		2		1		3.08	7.03	
Carbohydrate, by difference....g	8.16		0	NC	4		20.24	46.27	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17		2		1		42	96	
Iron, Fe....mg	1.07		2		1		2.65	6.07	
Magnesium, Mg....mg	9		0		4		22	51	
Phosphorus, P....mg	74		1		1		184	420	
Potassium, K....mg	144		0		1		357	816	
Sodium, Na....mg	532		1		1		1319	3016	
Zinc, Zn....mg	0.30		0		4		0.74	1.70	
Copper, Cu....mg	0.070		0		4		0.174	0.397	
Manganese, Mn....mg	0.120		0		4		0.298	0.680	
Selenium, Se....µg	0.3		0	BFSN	4		0.7	1.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.7		2		1		4.2	9.6	
Thiamin....mg	0.070		2		1		0.174	0.397	
Riboflavin....mg	0.045		2		1		0.112	0.255	
Niacin....mg	0.545		2		1		1.352	3.090	
Pantothenic acid....mg	0.140		1		1		0.347	0.794	
Vitamin B-6....mg	0.090		1		1		0.223	0.510	
Folate, total....µg	20		1		1		50	113	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	20		1		1		50	113	
Folate, DFE....mcg_DFE	20		0	NC	4		50	113	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.12		1		1		0.30	0.68	
Vitamin A, RAE....mcg_RAE	7		0	NC	4		18	41	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	145		2		1		360	822	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.450		0		1		1.116	2.552	
4:0....g									

NDB No. 06037
Soup, lentil with ham, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.020		0		1		0.050	0.113	
15:0....g									
16:0....g	0.270		0		1		0.670	1.531	
17:0....g									
18:0....g	0.160		0		1		0.397	0.907	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.520		0		1		1.290	2.948	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0		1		0.074	0.170	
17:1....g									
18:1 undifferentiated....g	0.470		0		1		1.166	2.665	
20:1....g	0.010		0		1		0.025	0.057	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.130		0		1		0.322	0.737	
18:2 undifferentiated....g	0.120		0		1		0.298	0.680	
18:3 undifferentiated....g	0.010		0		1		0.025	0.057	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		7	17	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 567g: 1 can (20 oz)

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06039
Soup, minestrone, canned, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.72	0.304	11		1		208.13	467.42	
Energy	kcal	53		0	NC	4		127	286	
Energy	kJ	222		0		4		532	1195	
Protein (N x 6.25)	g	2.13	0.089	11		1		5.11	11.48	
Total lipid (fat)	g	1.17	0.014	11		1		2.81	6.31	
Ash	g	1.35	0.016	11		1		3.24	7.28	
Carbohydrate, by difference	g	8.64		0	NC	4		20.74	46.57	
Fiber, total dietary	g	2.4		0		1		5.8	12.9	
Sugars, total	g	2.17		0	FLA	4		5.21	11.69	
Starch	g									
Minerals:										
Calcium, Ca	mg	25	0.689	11		1		60	135	
Iron, Fe	mg	0.74	0.065	11		1		1.78	3.99	
Magnesium, Mg	mg	6		0		4		14	32	
Phosphorus, P	mg	46		0		4		110	248	
Potassium, K	mg	255		0		4		612	1374	
Sodium, Na	mg	288		0	LC	8		691	1552	
Zinc, Zn	mg	0.60		0		4		1.44	3.23	
Copper, Cu	mg	0.100		0		4		0.240	0.539	
Manganese, Mn	mg	0.300		0		4		0.720	1.617	
Selenium, Se	µg	2.2		0	RA	4		5.3	11.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0	0.191	11		1		4.8	10.8	
Thiamin	mg	0.023	0.001	11		1		0.055	0.124	
Riboflavin	mg	0.049	0.004	11		1		0.118	0.264	
Niacin	mg	0.491	0.016	11		1		1.178	2.646	
Pantothenic acid	mg	0.300		0		4		0.720	1.617	
Vitamin B-6	mg	0.100		0		4		0.240	0.539	
Folate, total	µg	22		0	BFSN	4		53	119	
Folic acid	µg	9		0	NC	4		22	49	
Folate, food	µg	13		0		4		31	70	
Folate, DFE	mcg_DFE	28		0	NC	4		68	153	
Choline, total	mg	6.9		0	BFSN	4		16.6	37.3	
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	89		0	NC	4		214	481	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	885		0	FLA	4		2124	4770	
Carotene, alpha	µg	370		0	FLA	4		887	1993	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	1783		0	NC	4		4280	9611	
Lycopene	µg	5963		0	FLA	4		14312	32142	
Lutein + zeaxanthin	µg	45		0	FLA	4		109	244	
Vitamin E (alpha-tocopherol)	mg	0.67		0	FLA	4		1.60	3.60	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	3.2		0	FLA	4		7.6	17.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06039

Soup, minestrone, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.620		0		1		1.488	3.342	
4:0....g	0.030		0		1		0.072	0.162	
6:0....g	0.020		0		1		0.048	0.108	
8:0....g	0.010		0		1		0.024	0.054	
10:0....g	0.020		0		1		0.048	0.108	
12:0....g	0.030		0		1		0.072	0.162	
13:0....g									
14:0....g	0.090		0		1		0.216	0.485	
15:0....g									
16:0....g	0.270		0		1		0.648	1.455	
17:0....g									
18:0....g	0.140		0		1		0.336	0.755	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.380		0		1		0.912	2.048	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.048	0.108	
17:1....g									
18:1 undifferentiated....g	0.350		0		1		0.840	1.887	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.110		0		1		0.264	0.593	
18:2 undifferentiated....g	0.090		0		1		0.216	0.485	
18:3 undifferentiated....g	0.020		0		1		0.048	0.108	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		5	11	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz)

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06040
Soup, minestrone, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.95	0.545	13		1		102.03	247.19	
Energy....kcal	68		0	NC	4		84	203	
Energy....kJ	285		0		4		350	848	
Protein (N x 6.25)....g	3.48	0.089	10		1		4.28	10.37	
Total lipid (fat)....g	2.05	0.031	10		1		2.52	6.11	
Ash....g	2.35	0.040	10		1		2.89	7.00	
Carbohydrate, by difference....g	9.17		0	NC	4		11.28	27.33	
Fiber, total dietary....g	0.8		0		4		1.0	2.4	
Sugars, total....g	1.50		0	FLA	4		1.84	4.46	
Starch....g									
Minerals:									
Calcium, Ca....mg	28	0.471	10		1		34	83	
Iron, Fe....mg	0.75	0.092	10		1		0.92	2.24	
Magnesium, Mg....mg	6		1		1		7	18	
Phosphorus, P....mg	46		1		1		57	137	
Potassium, K....mg	255		1		1		314	760	
Sodium, Na....mg	516		1	LC	8		635	1538	
Zinc, Zn....mg	0.60		1		1		0.74	1.79	
Copper, Cu....mg	0.100		1		1		0.123	0.298	
Manganese, Mn....mg	0.300		1		1		0.369	0.894	
Selenium, Se....µg	2.8		0	RA	4		3.4	8.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.233	10		1		1.1	2.7	
Thiamin....mg	0.044	0.002	10		1		0.054	0.131	
Riboflavin....mg	0.036	0.001	10		1		0.044	0.107	
Niacin....mg	0.770	0.034	10		1		0.947	2.295	
Pantothenic acid....mg	0.280		0		4		0.344	0.834	
Vitamin B-6....mg	0.080		1		1		0.098	0.238	
Folate, total....µg	29		0	BFSN	4		36	86	
Folic acid....µg	16		0	NC	4		20	47	
Folate, food....µg	13	0.409	3		1		16	39	
Folate, DFE....mcg_DFE	40		0	NC	4		49	120	
Choline, total....mg	8.9		0	O	4		10.9	26.5	
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	85		0	NC	4		105	255	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	920		1	A	1		1132	2742	
Carotene, alpha....µg	210		1	A	1		258	626	
Cryptoxanthin, beta....µg	0		1	A	1		0	0	
Vitamin A, IU....IU	1708		0	NC	4		2101	5091	
Lycopene....µg	1480		1	A	1		1820	4410	
Lutein + zeaxanthin....µg	150		1	A	1		185	447	
Vitamin E (alpha-tocopherol)....mg	0.46		0	FLA	4		0.57	1.37	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	7.8		0	FLA	4		9.5	23.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06040
Soup, minestrone, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.440		0		1		0.541	1.311	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		1		1		0.000	0.000	
8:0....g	0.000		1		1		0.000	0.000	
10:0....g	0.000		1		1		0.000	0.000	
12:0....g	0.000		1		1		0.000	0.000	
13:0....g									
14:0....g	0.020		1		1		0.025	0.060	
15:0....g									
16:0....g	0.250		1		1		0.308	0.745	
17:0....g									
18:0....g	0.090		1		1		0.111	0.268	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.560		0		1		0.689	1.669	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.012	0.030	
17:1....g									
18:1 undifferentiated....g	0.540		1		1		0.664	1.609	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.910		0		1		1.119	2.712	
18:2 undifferentiated....g	0.790		1		1		0.972	2.354	
18:3 undifferentiated....g	0.110		1		1		0.135	0.328	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0		1		1	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0		1		0.031	0.075	
Threonine....g	0.085		0		1		0.105	0.253	
Isoleucine....g	0.106		0		1		0.130	0.316	
Leucine....g	0.192		0		1		0.236	0.572	
Lysine....g	0.149		0		1		0.183	0.444	
Methionine....g	0.036		0		1		0.044	0.107	
Cystine....g	0.027		0		1		0.033	0.080	
Phenylalanine....g	0.125		0		1		0.154	0.373	
Tyrosine....g	0.069		0		1		0.085	0.206	
Valine....g	0.146		0		1		0.180	0.435	
Arginine....g	0.161		0		1		0.198	0.480	
Histidine....g	0.060		0		1		0.074	0.179	
Alanine....g	0.202		0		1		0.248	0.602	
Aspartic acid....g	0.299		0		1		0.368	0.891	
Glutamic acid....g	0.996		0		1		1.225	2.968	
Glycine....g	0.320		0		1		0.394	0.954	
Proline....g	0.265		0		1		0.326	0.790	
Serine....g	0.118		0		1		0.145	0.352	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06040
Soup, minestrone, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: .5 cup (4 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06440

Soup, minestrone, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.33		0		1		220.11	535.19	
Energy....kcal	34		0	NC	4		82	199	
Energy....kJ	142		0		4		343	834	
Protein (N x 6.25)....g	1.77		0		1		4.27	10.37	
Total lipid (fat)....g	1.04		0		1		2.51	6.09	
Ash....g	1.19		0		1		2.87	6.97	
Carbohydrate, by difference....g	4.66		0	NC	4		11.23	27.31	
Fiber, total dietary....g	0.4		0		4		1.0	2.3	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14		0		1		34	82	
Iron, Fe....mg	0.38		0		1		0.92	2.23	
Magnesium, Mg....mg	3		0		1		7	18	
Phosphorus, P....mg	23		0		1		55	135	
Potassium, K....mg	130		0		1		313	762	
Sodium, Na....mg	254		1	LC	8		612	1488	
Zinc, Zn....mg	0.31		0		1		0.74	1.79	
Copper, Cu....mg	0.051		0		1		0.123	0.299	
Manganese, Mn....mg	0.152		0		1		0.366	0.891	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0		1		1.2	2.9	
Thiamin....mg	0.022		0		1		0.053	0.129	
Riboflavin....mg	0.018		0		1		0.043	0.105	
Niacin....mg	0.391		0		1		0.942	2.291	
Pantothenic acid....mg	0.140		0		4		0.337	0.820	
Vitamin B-6....mg	0.041		0		1		0.099	0.240	
Folate, total....µg	15		0	BFSN	4		36	88	
Folic acid....µg	8		0	NC	4		20	49	
Folate, food....µg	7		0		1		16	39	
Folate, DFE....mcg_DFE	21		0	NC	4		50	122	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	49		0	NC	4		117	284	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	970		0		1		2338	5684	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.230		0		1		0.554	1.348	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 06440

Soup, minestrone, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		1		0.000	0.000	
8:0 ... g	0.000		0		1		0.000	0.000	
10:0 ... g	0.000		0		1		0.000	0.000	
12:0 ... g	0.000		0		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.010		0		1		0.024	0.059	
15:0 ... g									
16:0 ... g	0.130		0		1		0.313	0.762	
17:0 ... g									
18:0 ... g	0.050		0		1		0.121	0.293	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.290		0		1		0.699	1.699	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.010		0		1		0.024	0.059	
17:1 ... g									
18:1 undifferentiated ... g	0.270		0		1		0.651	1.582	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.460		0		1		1.109	2.696	
18:2 undifferentiated ... g	0.400		0		1		0.964	2.344	
18:3 undifferentiated ... g	0.060		0		1		0.145	0.352	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	6	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.013		0		1		0.031	0.076	
Threonine ... g	0.043		0		1		0.104	0.252	
Isoleucine ... g	0.054		0		1		0.130	0.316	
Leucine ... g	0.098		0		1		0.236	0.574	
Lysine ... g	0.076		0		1		0.183	0.445	
Methionine ... g	0.018		0		1		0.043	0.105	
Cystine ... g	0.014		0		1		0.034	0.082	
Phenylalanine ... g	0.064		0		1		0.154	0.375	
Tyrosine ... g	0.035		0		1		0.084	0.205	
Valine ... g	0.074		0		1		0.178	0.434	
Arginine ... g	0.082		0		1		0.198	0.481	
Histidine ... g	0.030		0		1		0.072	0.176	
Alanine ... g	0.103		0		1		0.248	0.604	
Aspartic acid ... g	0.152		0		1		0.366	0.891	
Glutamic acid ... g	0.506		0		1		1.219	2.965	
Glycine ... g	0.163		0		1		0.393	0.955	
Proline ... g	0.135		0		1		0.325	0.791	
Serine ... g	0.060		0		1		0.145	0.352	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06440

Soup, minestrone, canned, prepared with equal volume water

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06177

Soup, minestrone, canned, reduced sodium, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.30		0		4		213.89		
Energy	kcal	50		0		4		123		
Energy	kJ	209		0		4		513		
Protein	g	2.00		0		4		4.90		
Total lipid (fat)	g	0.80		0		4		1.96		
Ash	g	1.26		0	FLA	4		3.08		
Carbohydrate, by difference	g	9.00		0		4		22.05		
Fiber, total dietary	g	2.4		0		4		5.9		
Sugars, total	g	2.13		0	FLA	4		5.22		
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0		4		49		
Iron, Fe	mg	0.72		0		4		1.76		
Magnesium, Mg	mg	13		0		4		32		
Phosphorus, P	mg	34		0		4		83		
Potassium, K	mg	186		0		4		456		
Sodium, Na	mg	215		0		4		527		
Zinc, Zn	mg	0.32		0		4		0.78		
Copper, Cu	mg	0.083		0		4		0.203		
Manganese, Mn	mg									
Selenium, Se	µg	2.1		0	BFSN	4		5.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.7		0		4		14.0		
Thiamin	mg	0.060		0		4		0.147		
Riboflavin	mg	0.040		0		4		0.098		
Niacin	mg	0.640		0		4		1.568		
Pantothenic acid	mg									
Vitamin B-6	mg	0.060		0		4		0.147		
Folate, total	µg	16		0	FLA	4		39		
Folic acid	µg	1		0	FLA	4		3		
Folate, food	µg	14		0	FLA	4		36		
Folate, DFE	mcg_DFE	17		0	NC	4		41		
Choline, total	mg	6.6		0	O	4		16.2		
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	33		0	FLA	4		81		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	349		0	FLA	4		856		
Carotene, alpha	µg	99		0	FLA	4		242		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	665		0	NC	4		1629		
Lycopene	µg	6359		0	FLA	4		15579		
Lutein + zeaxanthin	µg	90		0	FLA	4		220		
Vitamin E (alpha-tocopherol)	mg	0.70		0	FLA	4		1.73		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	5.8		0	FLA	4		14.1		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06177

Soup, minestrone, canned, reduced sodium, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.140		0		4		0.343		
4:0....g	0.007		0		4		0.017		
6:0....g	0.003		0		4		0.007		
8:0....g	0.001		0		4		0.002		
10:0....g	0.004		0		4		0.010		
12:0....g	0.005		0		4		0.012		
13:0....g									
14:0....g	0.009		0		4		0.022		
15:0....g									
16:0....g	0.086		0		4		0.211		
17:0....g									
18:0....g	0.025		0		4		0.061		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.280		0		4		0.686		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		4		0.010		
17:1....g									
18:1 undifferentiated....g	0.230		0		4		0.564		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.250		0		4		0.613		
18:2 undifferentiated....g	0.216		0		4		0.529		
18:3 undifferentiated....g	0.033		0		4		0.081		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0		4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06042
Soup, mushroom barley, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.90		0		4		106.97	258.95	
Energy....kcal	61		0		4		77	186	
Energy....kJ	255		0		4		322	778	
Protein (N x 6.25)....g	1.50		1		1		1.89	4.58	
Total lipid (fat)....g	1.80		1		1		2.27	5.49	
Ash....g	2.20		0		4		2.77	6.71	
Carbohydrate, by difference....g	9.60		0		4		12.10	29.28	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		1		1		13	31	
Iron, Fe....mg	0.40		1		1		0.50	1.22	
Magnesium, Mg....mg	7		0		4		9	21	
Phosphorus, P....mg	50		0		4		63	153	
Potassium, K....mg	76		0		4		96	232	
Sodium, Na....mg	573		0	LC	8		722	1748	
Zinc, Zn....mg	0.40		0		4		0.50	1.22	
Copper, Cu....mg	0.160		0		4		0.202	0.488	
Manganese, Mn....mg	0.100		0		4		0.126	0.305	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.020		1		1		0.025	0.061	
Riboflavin....mg	0.070		1		1		0.088	0.214	
Niacin....mg	0.700		1		1		0.882	2.135	
Pantothenic acid....mg	0.100		0		4		0.126	0.305	
Vitamin B-6....mg	0.140		0		4		0.176	0.427	
Folate, total....µg	5		0		4		6	15	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	5		0		4		6	15	
Folate, DFE....mcg_DFE	5		0	NC	4		6	15	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	8		0	NC	4		10	24	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	158		1		1		199	482	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.350		0		1		0.441	1.068	
4:0....g									

NDB No. 06042
Soup, mushroom barley, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.220		0		1		0.277	0.671	
17:0....g									
18:0....g	0.130		0		1		0.164	0.397	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.800		0		1		1.008	2.440	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.800		0		1		1.008	2.440	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.570		0		1		0.718	1.739	
18:2 undifferentiated....g	0.540		0		1		0.680	1.647	
18:3 undifferentiated....g	0.030		0		1		0.038	0.092	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup (4 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06442

Soup, mushroom barley, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.40		0		4		225.46	547.93	
Energy....kcal	30		0		4		73	178	
Energy....kJ	126		0		4		306	744	
Protein (N x 6.25)....g	0.77		0		1		1.88	4.57	
Total lipid (fat)....g	0.93		0		1		2.27	5.51	
Ash....g	1.10		0		4		2.68	6.52	
Carbohydrate, by difference....g	4.80		0		4		11.71	28.46	
Fiber, total dietary....g	0.3		0		4		0.7	1.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0		1		12	30	
Iron, Fe....mg	0.21		0		1		0.51	1.25	
Magnesium, Mg....mg	4		0		4		10	24	
Phosphorus, P....mg	25		0		4		61	148	
Potassium, K....mg	38		0		4		93	225	
Sodium, Na....mg	365		0		4		891	2164	
Zinc, Zn....mg	0.20		0		4		0.49	1.19	
Copper, Cu....mg	0.100		0		4		0.244	0.593	
Manganese, Mn....mg	0.050		0		4		0.122	0.297	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	
Thiamin....mg	0.010		0		1		0.024	0.059	
Riboflavin....mg	0.036		0		1		0.088	0.213	
Niacin....mg	0.360		0		1		0.878	2.135	
Pantothenic acid....mg	0.050		0		4		0.122	0.297	
Vitamin B-6....mg	0.070		0		4		0.171	0.415	
Folate, total....µg	2		0		4		5	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2		0		4		5	12	
Folate, DFE....mcg_DFE	2		0	NC	4		5	12	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	4		0	NC	4		10	24	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	81		0		1		198	480	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.180		0		1		0.439	1.067	
4:0....g									

NDB No. 06442

Soup, mushroom barley, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.110		0		1		0.268	0.652	
17:0....g									
18:0....g	0.070		0		1		0.171	0.415	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.410		0		1		1.000	2.431	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.410		0		1		1.000	2.431	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.290		0		1		0.708	1.720	
18:2 undifferentiated....g	0.280		0		1		0.683	1.660	
18:3 undifferentiated....g	0.010		0		1		0.024	0.059	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.6 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06044
Soup, mushroom with beef stock, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.60	0.172	13		1		106.60	258.03	
Energy	kcal	68		0	NC	4		86	207	
Energy	kJ	285		0		4		358	868	
Protein (N x 6.25)	g	2.51	0.062	10		1		3.16	7.66	
Total lipid (fat)	g	3.21	0.122	10		1		4.04	9.79	
Ash	g	2.27	0.021	10		1		2.86	6.92	
Carbohydrate, by difference	g	7.41		0	NC	4		9.34	22.60	
Fiber, total dietary	g	0.1		0		4		0.1	0.3	
Sugars, total	g	2.28		0	FLA	4		2.88	6.96	
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.629	10		1		10	24	
Iron, Fe	mg	0.67	0.116	10		1		0.84	2.04	
Magnesium, Mg	mg	7		1		1		9	21	
Phosphorus, P	mg	29		1		1		37	88	
Potassium, K	mg	126		1		1		159	384	
Sodium, Na	mg	773	23.377	5		1		974	2358	
Zinc, Zn	mg	1.10		1		1		1.39	3.36	
Copper, Cu	mg	0.200		1		1		0.252	0.610	
Manganese, Mn	mg	0.300		1		1		0.378	0.915	
Selenium, Se	µg	3.7		0	RA	4		4.7	11.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8	0.133	10		1		1.0	2.4	
Thiamin	mg	0.028	0.001	10		1		0.035	0.085	
Riboflavin	mg	0.076	0.004	10		1		0.096	0.232	
Niacin	mg	0.960	0.027	10		1		1.210	2.928	
Pantothenic acid	mg	0.190		0		4		0.239	0.580	
Vitamin B-6	mg	0.030		1		1		0.038	0.092	
Folate, total	µg	7	0.470	3		1		9	22	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	7	0.470	3		1		9	22	
Folate, DFE	mcg_DFE	7		0	NC	4		9	22	
Choline, total	mg	8.9		0	O	4		11.2	27.2	
Betaine	mg									
Vitamin B-12	µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	17		0	FLA	4		21	50	
Retinol	µg	8		0	FLA	4		10	25	
Carotene, beta	µg	100		0	FLA	4		126	305	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	194		0	FLA	4		244	591	
Lycopene	µg	6632		0	FLA	4		8357	20229	
Lutein + zeaxanthin	µg	0		0	FLA	4		0	1	
Vitamin E (alpha-tocopherol)	mg	0.89		0	FLA	4		1.12	2.70	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.3		0	FLA	4		2.9	7.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06044

Soup, mushroom with beef stock, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.240		0		1		1.562	3.782	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.020		1		1		0.025	0.061	
8:0....g	0.010		1		1		0.013	0.031	
10:0....g	0.020		1		1		0.025	0.061	
12:0....g	0.030		1		1		0.038	0.092	
13:0....g									
14:0....g	0.090		1		1		0.113	0.275	
15:0....g									
16:0....g	0.650		1		1		0.819	1.983	
17:0....g									
18:0....g	0.370		1		1		0.466	1.129	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.120		0		1		1.411	3.416	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		1		1		0.088	0.214	
17:1....g									
18:1 undifferentiated....g	1.010		1		1		1.273	3.081	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.620		0		1		0.781	1.891	
18:2 undifferentiated....g	0.540		1		1		0.680	1.647	
18:3 undifferentiated....g	0.080		1		1		0.101	0.244	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6		0		1		8	18	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup (4 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06444

Soup, mushroom with beef stock, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.08		0		1		224.68	546.03	
Energy	kcal	35		0	NC	4		85	208	
Energy	kJ	146		0		4		357	868	
Protein (N x 6.25)	g	1.29		0		1		3.15	7.65	
Total lipid (fat)	g	1.65		0		1		4.03	9.78	
Ash	g	1.17		0		1		2.85	6.94	
Carbohydrate, by difference	g	3.81		0	NC	4		9.30	22.59	
Fiber, total dietary	g	0.3		0		4		0.7	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		10	24	
Iron, Fe	mg	0.34		0		1		0.83	2.02	
Magnesium, Mg	mg	4		0		1		10	24	
Phosphorus, P	mg	15		0		1		37	89	
Potassium, K	mg	65		0		1		159	385	
Sodium, Na	mg	397		0		1		969	2354	
Zinc, Zn	mg	0.57		0		1		1.38	3.36	
Copper, Cu	mg	0.103		0		1		0.251	0.611	
Manganese, Mn	mg	0.154		0		1		0.376	0.913	
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		1.0	2.4	
Thiamin	mg	0.014		0		1		0.034	0.083	
Riboflavin	mg	0.039		0		1		0.095	0.231	
Niacin	mg	0.494		0		1		1.205	2.929	
Pantothenic acid	mg	0.100		0		1		0.244	0.593	
Vitamin B-6	mg	0.015		0		1		0.037	0.089	
Folate, total	µg	4		0		1		9	23	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	4		0		1		9	23	
Folate, DFE	mcg_DFE	4		0	NC	4		9	23	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE	mcg_RAE	26		0	NC	4		63	152	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	514		0		1		1254	3048	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.640		0		1		1.562	3.795	
4:0	g									

NDB No. 06444

Soup, mushroom with beef stock, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.010		0		1		0.024	0.059	
8:0 ... g	0.010		0		1		0.024	0.059	
10:0 ... g	0.010		0		1		0.024	0.059	
12:0 ... g	0.010		0		1		0.024	0.059	
13:0 ... g									
14:0 ... g	0.050		0		1		0.122	0.297	
15:0 ... g									
16:0 ... g	0.330		0		1		0.805	1.957	
17:0 ... g									
18:0 ... g	0.190		0		1		0.464	1.127	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.580		0		1		1.415	3.439	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.040		0		1		0.098	0.237	
17:1 ... g									
18:1 undifferentiated ... g	0.520		0		1		1.269	3.084	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.320		0		1		0.781	1.898	
18:2 undifferentiated ... g	0.280		0		1		0.683	1.660	
18:3 undifferentiated ... g	0.040		0		1		0.098	0.237	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		7	18	
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06493
Soup, mushroom, dry, mix, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.36		0	FLA	4		233.66	179.17	
Energy....kcal	33		0	FLA	4		84	64	
Energy....kJ	138		0	FLA	4		350	268	
Protein (N x 6.25)....g	0.66		0	FLA	4		1.67	1.28	
Total lipid (fat)....g	1.82		0	FLA	4		4.60	3.53	
Ash....g	1.19		0	FLA	4		3.00	2.30	
Carbohydrate, by difference....g	4.40		0	FLA	4		11.13	8.54	
Fiber, total dietary....g	0.2		0	FLA	4		0.5	0.3	
Sugars, total....g	0.18		0	FLA	4		0.45	0.34	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		0	FLA	4		12	9	
Iron, Fe....mg	0.18		0	FLA	4		0.46	0.35	
Magnesium, Mg....mg	3		0	FLA	4		7	5	
Phosphorus, P....mg	9		0	FLA	4		24	18	
Potassium, K....mg	38		0	FLA	4		96	74	
Sodium, Na....mg	403		0	FLA	4		1019	782	
Zinc, Zn....mg	0.05		0	FLA	4		0.13	0.10	
Copper, Cu....mg	0.031		0	FLA	4		0.078	0.060	
Manganese, Mn....mg	0.027		0	FLA	4		0.069	0.053	
Selenium, Se....µg	1.3		0	FLA	4		3.4	2.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	FLA	4		1.0	0.8	
Thiamin....mg	0.007		0	FLA	4		0.017	0.013	
Riboflavin....mg	0.013		0	FLA	4		0.033	0.025	
Niacin....mg	0.239		0	FLA	4		0.604	0.463	
Pantothenic acid....mg	0.076		0	FLA	4		0.193	0.148	
Vitamin B-6....mg	0.009		0	FLA	4		0.022	0.017	
Folate, total....µg	2		0	FLA	4		4	3	
Folic acid....µg	0		0	FLA	4		0	0	
Folate, food....µg	2		0	FLA	4		4	3	
Folate, DFE....mcg_DFE	2		0	NC	4		4	3	
Choline, total....mg	4.7		0	BFSN	4		11.8	9.0	
Betaine....mg									
Vitamin B-12....µg	0.02		0	FLA	4		0.04	0.03	
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	7		0	FLA	4		17	13	
Retinol....µg	6		0	FLA	4		15	11	
Carotene, beta....µg	12		0	FLA	4		30	23	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	39		0	FLA	4		99	76	
Lycopene....µg	507		0	FLA	4		1283	984	
Lutein + zeaxanthin....µg	0		0	FLA	4		1	1	
Vitamin E (alpha-tocopherol)....mg	0.22		0	FLA	4		0.57	0.43	
Vitamin E, added....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.1		0	FLA	4		2.7	2.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06493

Soup, mushroom, dry, mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.320		0	FLA	4		0.810	0.621	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		0	FLA	4		0.000	0.000	
13:0....g									
14:0....g	0.004		0	FLA	4		0.011	0.008	
15:0....g									
16:0....g	0.228		0	FLA	4		0.577	0.442	
17:0....g									
18:0....g	0.088		0	FLA	4		0.222	0.170	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.890		0	FLA	4		2.252	1.727	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	FLA	4		0.008	0.006	
17:1....g									
18:1 undifferentiated....g	0.887		0	FLA	4		2.244	1.720	
20:1....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.610		0	FLA	4		1.543	1.183	
18:2 undifferentiated....g	0.589		0	FLA	4		1.490	1.143	
18:3 undifferentiated....g	0.021		0	FLA	4		0.053	0.041	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.1	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 194g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06045
Soup, onion, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.35	0.244	13		1		106.21	257.32	
Energy....kcal	46		0	NC	4		57	137	
Energy....kJ	192		0		4		237	574	
Protein (N x 6.25)....g	3.06	0.107	10		1		3.76	9.12	
Total lipid (fat)....g	1.42	0.195	10		1		1.75	4.23	
Ash....g	2.49	0.038	10		1		3.06	7.42	
Carbohydrate, by difference....g	6.68		0	NC	4		8.22	19.91	
Fiber, total dietary....g	0.7		0		4		0.9	2.1	
Sugars, total....g	2.72		0	FLA	4		3.34	8.10	
Starch....g									
Minerals:									
Calcium, Ca....mg	22	1.368	10		1		27	66	
Iron, Fe....mg	0.55	0.096	10		1		0.68	1.64	
Magnesium, Mg....mg	2		1		1		2	6	
Phosphorus, P....mg	9		1		1		11	27	
Potassium, K....mg	56		1		1		69	167	
Sodium, Na....mg	732		0	LC	8		900	2181	
Zinc, Zn....mg	0.50		1		1		0.62	1.49	
Copper, Cu....mg	0.100		1		1		0.123	0.298	
Manganese, Mn....mg	0.200		1		1		0.246	0.596	
Selenium, Se....µg	3.5		0	RA	4		4.3	10.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.000	10		1		1.2	3.0	
Thiamin....mg	0.027	0.001	10		1		0.033	0.080	
Riboflavin....mg	0.020	0.001	10		1		0.025	0.060	
Niacin....mg	0.490	0.023	10		1		0.603	1.460	
Pantothenic acid....mg	0.000		0		4		0.000	0.000	
Vitamin B-6....mg	0.040		1		1		0.049	0.119	
Folate, total....µg	12	0.688	3		1		15	37	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12	0.688	3		1		15	37	
Folate, DFE....mcg_DFE	12		0	NC	4		15	37	
Choline, total....mg	4.0		0	O	4		5.0	12.0	
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	FLA	4		3	8	
Retinol....µg	3		0	FLA	4		3	8	
Carotene, beta....µg	1		0	FLA	4		1	4	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	11		0	FLA	4		13	32	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	1		0	FLA	4		1	3	
Vitamin E (alpha-tocopherol)....mg	0.22		0	FLA	4		0.27	0.66	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		0	FLA	4		0.5	1.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06045
Soup, onion, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.210		0		1		0.258	0.626	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.140		0		1		0.172	0.417	
17:0....g									
18:0....g	0.070		0		1		0.086	0.209	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.610		0		1		0.750	1.818	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.012	0.030	
17:1....g									
18:1 undifferentiated....g	0.600		0		1		0.738	1.788	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.530		0		1		0.652	1.579	
18:2 undifferentiated....g	0.500		0		1		0.615	1.490	
18:3 undifferentiated....g	0.040		0		1		0.049	0.119	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: .5 cup (4 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 2.5 **Fat** 8.5 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06445

Soup, onion, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	93.26		0	RPI	6		226.63	28.35	
Energy....kcal	23		0	RPI	6		55	7	
Energy....kJ	95		0	RPI	6		231	29	
Protein (N x 6.25)....g	1.50		0	RPI	6		3.64	0.46	
Total lipid (fat)....g	0.70		0	RPI	6		1.69	0.21	
Ash....g	1.27		0	RPI	6		3.09	0.39	
Carbohydrate, by difference....g	3.27		0	RPI	6		7.95	0.99	
Fiber, total dietary....g	0.3		0	RPI	6		0.8	0.1	
Sugars, total....g	1.33		0	RPI	6		3.23	0.40	
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	RPA	1		30	4	
Iron, Fe....mg	0.27		0	RPA	1		0.66	0.08	
Magnesium, Mg....mg	1		0	RPA	1		4	0	
Phosphorus, P....mg	4		0	RPA	1		11	1	
Potassium, K....mg	28		0	RPA	1		67	8	
Sodium, Na....mg	423		0	RPA	1		1028	129	
Zinc, Zn....mg	0.25		0	RPA	1		0.60	0.08	
Copper, Cu....mg	0.054		0	RPA	1		0.131	0.016	
Manganese, Mn....mg	0.098		0	RPA	1		0.238	0.030	
Selenium, Se....µg	1.7		0	RPI	6		4.2	0.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.5		0	RPI	6		1.2	0.1	
Thiamin....mg	0.013		0	RPI	6		0.032	0.004	
Riboflavin....mg	0.010		0	RPI	6		0.024	0.003	
Niacin....mg	0.240		0	RPI	6		0.583	0.073	
Pantothenic acid....mg	0.000		0	RPI	6		0.000	0.000	
Vitamin B-6....mg	0.020		0	RPI	6		0.048	0.006	
Folate, total....µg	6		0	RPI	6		15	2	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	6		0	RPI	6		15	2	
Folate, DFE....mcg_DFE	6		0	NC	4		15	2	
Choline, total....mg	2.0		0	RPI	6		4.8	0.6	
Betaine....mg									
Vitamin B-12....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	1		0	RPI	6		3	0	
Retinol....µg	1		0	RPI	6		3	0	
Carotene, beta....µg	1		0	RPI	6		1	0	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	5		0	RPI	6		13	2	
Lycopene....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RPI	6		1	0	
Vitamin E (alpha-tocopherol)....mg	0.11		0	RPI	6		0.26	0.03	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.2		0	RPI	6		0.5	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06445

Soup, onion, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.103		0	RPI	6		0.250	0.031	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.000	0.000	
15:0....g									
16:0....g	0.069		0	RPI	6		0.167	0.021	
17:0....g									
18:0....g	0.034		0	RPI	6		0.083	0.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.299		0	RPI	6		0.726	0.091	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	RPI	6		0.012	0.001	
17:1....g									
18:1 undifferentiated....g	0.294		0	RPI	6		0.714	0.089	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.260		0	RPI	6		0.631	0.079	
18:2 undifferentiated....g	0.245		0	RPI	6		0.595	0.074	
18:3 undifferentiated....g	0.020		0	RPI	6		0.048	0.006	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 serving 1 cup

Measure 2 = 30.4g: 1 fl oz

Calories Factors: Protein 2.5 **Fat** 8.5 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06094
Soup, onion, dry, mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.79	0.204	4	A	1		0.28	1.48	
Energy	kcal	293		0	NC	4		22	114	
Energy	kJ	1227		0	NC	4		92	479	
Protein (N x 6.25)	g	7.48	0.811	4	A	1		0.56	2.92	
Total lipid (fat)	g	0.34		0	FLC	4		0.03	0.13	
Ash	g	23.31	0.765	4	A	1		1.75	9.09	
Carbohydrate, by difference	g	65.07		0	NC	4		4.88	25.38	
Fiber, total dietary	g	6.6		2	A	1		0.5	2.6	
Sugars, total	g	4.65		2	NR	4		0.35	1.81	
Starch	g									
Minerals:										
Calcium, Ca	mg	143	20.489	4	A	1		11	56	
Iron, Fe	mg	1.25		0	FLC	4		0.09	0.49	
Magnesium, Mg	mg	60	0.905	4	A	1		4	23	
Phosphorus, P	mg	211	5.103	4	A	1		16	82	
Potassium, K	mg	721	11.332	4	A	1		54	281	
Sodium, Na	mg	8031	510.021	4	A	1		602	3132	
Zinc, Zn	mg	1.12	0.089	4	A	1		0.08	0.44	
Copper, Cu	mg	0.353	0.061	4	A	1		0.026	0.137	
Manganese, Mn	mg	0.665	0.041	4	A	1		0.050	0.259	
Selenium, Se	µg	5.0		2	A	1		0.4	2.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.4		2	LC	8		0.3	1.3	
Thiamin	mg	0.279		2	A	1		0.021	0.109	
Riboflavin	mg	0.274		2	A	1		0.021	0.107	
Niacin	mg	1.472		2	A	1		0.110	0.574	
Pantothenic acid	mg	0.854		2	A	1		0.064	0.333	
Vitamin B-6	mg	0.582		2	A	1		0.044	0.227	
Folate, total	µg	0		2	A	1		0	0	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	0		2	A	1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	28.4		0	O	4		2.1	11.1	
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	FLC	4		0	0	
Retinol	µg	0		0	FLC	4		0	0	
Carotene, beta	µg	9		0	FLC	4		1	4	
Carotene, alpha	µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLC	4		0	0	
Vitamin A, IU	IU	15		0	FLC	4		1	6	
Lycopene	µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin	µg	27		0	FLC	4		2	11	
Vitamin E (alpha-tocopherol)	mg	0.13		0	FLC	4		0.01	0.05	
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.66		1	A	1		0.05	0.26	
Tocopherol, delta	mg	0.28		1	A	1		0.02	0.11	
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	1.4		0	FLA	4		0.1	0.5	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06094
Soup, onion, dry, mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.089		0	NC	4		0.007	0.035	
4:0....g	0.000		0	FLC	4		0.000	0.000	
6:0....g	0.000		0	FLC	4		0.000	0.000	
8:0....g	0.000		0	FLC	4		0.000	0.000	
10:0....g	0.000		0	FLC	4		0.000	0.000	
12:0....g	0.000		0	FLC	4		0.000	0.000	
13:0....g	0.001		1	A	1		0.000	0.000	
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.060		0	FLC	4		0.004	0.023	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.005		0	FLC	4		0.000	0.002	
20:0....g	0.012		2	A	1		0.001	0.005	
22:0....g	0.012		2	A	1		0.001	0.005	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.067		0	NC	4		0.005	0.026	
14:1....g									
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
17:1....g	0.012		2	A	1		0.001	0.005	
18:1 undifferentiated....g	0.056		0	FLC	4		0.004	0.022	
20:1....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.164		0	NC	4		0.012	0.064	
18:2 undifferentiated....g	0.147		0	FLC	4		0.011	0.057	
18:3 undifferentiated....g	0.012		2	A	1		0.001	0.005	
18:4....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c....g	0.006		2	A	1		0.000	0.002	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0	0	
Phytosterols....mg	0		0	FLC	4		0	0	
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.5g: 1 serving 1 tbsp

Measure 2 = 39g: 1 packet

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06494
Soup, onion, dry, mix, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	95.80		0	RP	4		220.35	27.50	
Energy	kcal	12		0	RP	4		29	4	
Energy	kJ	52		0	RP	4		120	15	
Protein (N x 6.25)	g	0.32		0	RP	4		0.73	0.09	
Total lipid (fat)	g	0.01		0	RP	4		0.03	0.00	
Ash	g	1.10		0	RP	4		2.52	0.31	
Carbohydrate, by difference	g	2.77		0	RP	4		6.37	0.79	
Fiber, total dietary	g	0.3		0	RP	4		0.6	0.1	
Sugars, total	g	0.20		0	RP	4		0.45	0.06	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	RP	4		21	3	
Iron, Fe	mg	0.05		0	RP	4		0.13	0.02	
Magnesium, Mg	mg	4		0	RP	4		8	1	
Phosphorus, P	mg	9		0	RP	4		21	3	
Potassium, K	mg	31		0	RP	4		72	9	
Sodium, Na	mg	346		0	RP	4		795	99	
Zinc, Zn	mg	0.05		0	RP	4		0.12	0.02	
Copper, Cu	mg	0.025		0	RP	4		0.058	0.007	
Manganese, Mn	mg	0.029		0	RP	4		0.066	0.008	
Selenium, Se	µg	0.2		0	RP	4		0.5	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	RP	4		0.3	0.0	
Thiamin	mg	0.012		0	RP	4		0.027	0.003	
Riboflavin	mg	0.012		0	RP	4		0.027	0.003	
Niacin	mg	0.063		0	RP	4		0.144	0.018	
Pantothenic acid	mg	0.036		0	RP	4		0.084	0.010	
Vitamin B-6	mg	0.025		0	RP	4		0.057	0.007	
Folate, total	µg	0		0	RP	4		0	0	
Folic acid	µg	0		0	RP	4		0	0	
Folate, food	µg	0		0	RP	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	1.2		0	RP	4		2.8	0.3	
Betaine	mg									
Vitamin B-12	µg	0.00		0	RP	4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	RP	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	RP	4		0	0	
Retinol	µg	0		0	RP	4		0	0	
Carotene, beta	µg	0		0	RP	4		1	0	
Carotene, alpha	µg	0		0	RP	4		0	0	
Cryptoxanthin, beta	µg	0		0	RP	4		0	0	
Vitamin A, IU	IU	1		0	RP	4		1	0	
Lycopene	µg	0		0	RP	4		0	0	
Lutein + zeaxanthin	µg	1		0	RP	4		3	0	
Vitamin E (alpha-tocopherol)	mg	0.01		0	RP	4		0.01	0.00	
Vitamin E, added	mg	0.00		0	RP	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	RP	4		0.00	0.00	
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.1		0	RP	4		0.1	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06494
Soup, onion, dry, mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.004		0	RP	4		0.009	0.001	
4:0....g	0.000		0	RP	4		0.000	0.000	
6:0....g	0.000		0	RP	4		0.000	0.000	
8:0....g	0.000		0	RP	4		0.000	0.000	
10:0....g	0.000		0	RP	4		0.000	0.000	
12:0....g	0.000		0	RP	4		0.000	0.000	
13:0....g	0.000		0	RP	4		0.000	0.000	
14:0....g	0.000		0	RP	4		0.000	0.000	
15:0....g	0.000		0	RP	4		0.000	0.000	
16:0....g	0.003		0	RP	4		0.006	0.001	
17:0....g	0.000		0	RP	4		0.000	0.000	
18:0....g	0.000		0	RP	4		0.000	0.000	
20:0....g	0.000		0	RP	4		0.001	0.000	
22:0....g	0.000		0	RP	4		0.001	0.000	
24:0....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.003		0	RP	4		0.007	0.001	
14:1....g									
15:1....g	0.000		0	RP	4		0.000	0.000	
16:1 undifferentiated....g	0.000		0	RP	4		0.000	0.000	
17:1....g	0.000		0	RP	4		0.001	0.000	
18:1 undifferentiated....g	0.002		0	RP	4		0.005	0.001	
20:1....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RP	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.007		0	RP	4		0.016	0.002	
18:2 undifferentiated....g	0.006		0	RP	4		0.014	0.002	
18:3 undifferentiated....g	0.000		0	RP	4		0.001	0.000	
18:4....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	RP	4		0.000	0.000	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RP	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RP	4		0.0	0.0	
Caffeine....mg	0		0	RP	4		0	0	
Theobromine....mg	0		0	RP	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 230g: 1 serving 1 cup

Measure 2 = 28.7g: 1 fl oz

Calories Factors: Protein 2.5 **Fat** 8.5 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06495
Soup, oxtail, dry, mix, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.96		0	FLA	4		226.82		
Energy	kcal	28		0	FLA	4		68		
Energy	kJ	116		0	FLA	4		283		
Protein (N x 6.25)	g	1.11		0	FLA	4		2.71		
Total lipid (fat)	g	1.01		0	FLA	4		2.46		
Ash	g	1.38		0	FLA	4		3.37		
Carbohydrate, by difference	g	3.54		0	FLA	4		8.64		
Fiber, total dietary	g	0.1		0	FLA	4		0.4		
Sugars, total	g	0.98		0	FLA	4		2.40		
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	FLA	4		19		
Iron, Fe	mg	0.19		0	FLA	4		0.46		
Magnesium, Mg	mg	3		0	FLA	4		7		
Phosphorus, P	mg	14		0	FLA	4		33		
Potassium, K	mg	13		0	FLA	4		32		
Sodium, Na	mg	475		0	FLA	4		1160		
Zinc, Zn	mg	0.07		0	FLA	4		0.18		
Copper, Cu	mg	0.029		0	FLA	4		0.070		
Manganese, Mn	mg	0.033		0	FLA	4		0.081		
Selenium, Se	µg	0.8		0	FLA	4		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0	FLA	4		0.3		
Thiamin	mg	0.008		0	FLA	4		0.019		
Riboflavin	mg	0.005		0	FLA	4		0.013		
Niacin	mg	0.079		0	FLA	4		0.193		
Pantothenic acid	mg	0.011		0	FLA	4		0.026		
Vitamin B-6	mg	0.011		0	FLA	4		0.028		
Folate, total	µg	3		0	FLA	4		8		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	3		0	FLA	4		8		
Folate, DFE	mcg_DFE	3		0	NC	4		8		
Choline, total	mg	1.0		0	FLA	4		2.5		
Betaine	mg									
Vitamin B-12	µg	0.01		0	FLA	4		0.02		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	2		0	FLA	4		6		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	4		0	FLA	4		10		
Lycopene	µg	11		0	FLA	4		26		
Lutein + zeaxanthin	µg	1		0	FLA	4		1		
Vitamin E (alpha-tocopherol)	mg	0.13		0	FLA	4		0.31		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg	0.00		0	FLA	4		0.00		
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.3		0	FLA	4		0.7		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06495
Soup, oxtail, dry, mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.500		0	FLA	4		1.220		
4:0....g	0.000		0	FLA	4		0.000		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.001		0	FLA	4		0.003		
13:0....g									
14:0....g	0.013		0	FLA	4		0.031		
15:0....g									
16:0....g	0.371		0	FLA	4		0.905		
17:0....g									
18:0....g	0.115		0	FLA	4		0.282		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.420		0	FLA	4		1.025		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0	FLA	4		0.015		
17:1....g									
18:1 undifferentiated....g	0.414		0	FLA	4		1.009		
20:1....g	0.000		0	FLA	4		0.001		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0	FLA	4		0.098		
18:2 undifferentiated....g	0.038		0	FLA	4		0.092		
18:3 undifferentiated....g	0.002		0	FLA	4		0.006		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0		
Phytosterols....mg	2		0	FLA	4		5		
Amino Acids:									
Tryptophan....g	0.013		0	FLA	4		0.033		
Threonine....g	0.035		0	FLA	4		0.086		
Isoleucine....g	0.048		0	FLA	4		0.116		
Leucine....g	0.078		0	FLA	4		0.190		
Lysine....g	0.057		0	FLA	4		0.139		
Methionine....g	0.014		0	FLA	4		0.035		
Cystine....g	0.015		0	FLA	4		0.036		
Phenylalanine....g	0.053		0	FLA	4		0.130		
Tyrosine....g	0.037		0	FLA	4		0.090		
Valine....g	0.047		0	FLA	4		0.115		
Arginine....g	0.078		0	FLA	4		0.191		
Histidine....g	0.026		0	FLA	4		0.064		
Alanine....g	0.041		0	FLA	4		0.100		
Aspartic acid....g	0.106		0	FLA	4		0.259		
Glutamic acid....g	0.235		0	FLA	4		0.574		
Glycine....g	0.042		0	FLA	4		0.103		
Proline....g	0.069		0	FLA	4		0.169		
Serine....g	0.053		0	FLA	4		0.130		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06495
Soup, oxtail, dry, mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 244g: 1 cup

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate**4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06048
Soup, oyster stew, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.88	0.220	10		1		110.55	267.84	
Energy	kcal	48		0	NC	4		59	143	
Energy	kJ	201		0		4		247	598	
Protein (N x 6.25)	g	1.72	0.061	10		1		2.12	5.13	
Total lipid (fat)	g	3.13	0.237	10		1		3.85	9.33	
Ash	g	1.95	0.017	10		1		2.40	5.81	
Carbohydrate, by difference	g	3.32		0	NC	4		4.08	9.89	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18	1.455	10		1		22	54	
Iron, Fe	mg	0.80	0.063	10		1		0.98	2.38	
Magnesium, Mg	mg	4		1		1		5	12	
Phosphorus, P	mg	39		1		1		48	116	
Potassium, K	mg	40		1		1		49	119	
Sodium, Na	mg	740		0	LC	8		910	2205	
Zinc, Zn	mg	8.40		1		1		10.33	25.03	
Copper, Cu	mg	1.300		1		1		1.599	3.874	
Manganese, Mn	mg	0.300		1		1		0.369	0.894	
Selenium, Se	µg	6.8		0	RA	4		8.4	20.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.6	0.503	9		1		3.2	7.7	
Thiamin	mg	0.017	0.001	10		1		0.021	0.051	
Riboflavin	mg	0.029	0.000	10		1		0.036	0.086	
Niacin	mg	0.190	0.010	10		1		0.234	0.566	
Pantothenic acid	mg	0.100		0		4		0.123	0.298	
Vitamin B-6	mg	0.010		1		1		0.012	0.030	
Folate, total	µg	2		0		4		2	6	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	2		0		4		2	6	
Folate, DFE	mcg_DFE	2		0	NC	4		2	6	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.79		1		1		2.20	5.33	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		4	9	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	58	6.218	8		1		71	173	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.040		0		1		2.509	6.079	
4:0	g	0.120		1		1		0.148	0.358	

NDB No. 06048
Soup, oyster stew, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.070		1		1		0.086	0.209	
8:0 ... g	0.050		1		1		0.062	0.149	
10:0 ... g	0.110		1		1		0.135	0.328	
12:0 ... g	0.090		1		1		0.111	0.268	
13:0 ... g									
14:0 ... g	0.340		1		1		0.418	1.013	
15:0 ... g									
16:0 ... g	0.770		1		1		0.947	2.295	
17:0 ... g									
18:0 ... g	0.370		1		1		0.455	1.103	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.740		0		1		0.910	2.205	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.040		1		1		0.049	0.119	
17:1 ... g									
18:1 undifferentiated ... g	0.660		1		1		0.812	1.967	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.130		0		1		0.160	0.387	
18:2 undifferentiated ... g	0.100		1		1		0.123	0.298	
18:3 undifferentiated ... g	0.020		1		1		0.025	0.060	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0		1		14	33	
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: .5 cup (4 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06248

Soup, oyster stew, canned, prepared with equal volume milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.94		0		1		217.90	529.19	
Energy	kcal	55		0	NC	4		135	327	
Energy	kJ	230		0		4		564	1369	
Protein (N x 6.25)	g	2.51		0		1		6.15	14.93	
Total lipid (fat)	g	3.24		0		1		7.94	19.28	
Ash	g	1.34		0		1		3.28	7.97	
Carbohydrate, by difference	g	3.99		0	NC	4		9.78	23.74	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	68		0		1		167	405	
Iron, Fe	mg	0.43		0		1		1.05	2.56	
Magnesium, Mg	mg	8		0		1		20	48	
Phosphorus, P	mg	66		0		1		162	393	
Potassium, K	mg	96		0		1		235	571	
Sodium, Na	mg	425		0		1		1041	2529	
Zinc, Zn	mg	4.22		0		1		10.34	25.11	
Copper, Cu	mg	0.655		0		1		1.605	3.897	
Manganese, Mn	mg	0.151		0		1		0.370	0.898	
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		1		4.4	10.7	
Thiamin	mg	0.027		0		1		0.066	0.161	
Riboflavin	mg	0.095		0		1		0.233	0.565	
Niacin	mg	0.137		0		1		0.336	0.815	
Pantothenic acid	mg	0.200		0		4		0.490	1.190	
Vitamin B-6	mg	0.026		0		1		0.064	0.155	
Folate, total	µg	4		0		4		10	24	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	4		0		4		10	24	
Folate, DFE	mcg_DFE	4		0	NC	4		10	24	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	1.07		0		1		2.62	6.37	
Vitamin A, RAE	mcg_RAE	23		0	NC	4		56	137	
Retinol	µg	22		0	NC	4		54	131	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	92		0		1		225	547	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	2.060		0		1		5.047	12.257	
4:0	g	0.120		0		1		0.294	0.714	

NDB No. 06248

Soup, oyster stew, canned, prepared with equal volume milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.070		0		1		0.172	0.417	
8:0 ... g	0.040		0		1		0.098	0.238	
10:0 ... g	0.090		0		1		0.221	0.536	
12:0 ... g	0.090		0		1		0.221	0.536	
13:0 ... g									
14:0 ... g	0.340		0		1		0.833	2.023	
15:0 ... g									
16:0 ... g	0.830		0		1		2.034	4.939	
17:0 ... g									
18:0 ... g	0.390		0		1		0.956	2.321	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.850		0		1		2.083	5.058	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.060		0		1		0.147	0.357	
17:1 ... g									
18:1 undifferentiated ... g	0.750		0		1		1.838	4.463	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.130		0		1		0.319	0.774	
18:2 undifferentiated ... g	0.090		0		1		0.221	0.536	
18:3 undifferentiated ... g	0.030		0		1		0.074	0.179	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0		1		32	77	
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 595g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06448

Soup, oyster stew, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	94.86		0		1		228.61	555.88	
Energy....kcal	24		0	NC	4		58	141	
Energy....kJ	100		0		4		242	588	
Protein (N x 6.25)....g	0.87		0		1		2.10	5.10	
Total lipid (fat)....g	1.59		0		1		3.83	9.32	
Ash....g	0.99		0		1		2.39	5.80	
Carbohydrate, by difference....g	1.69		0	NC	4		4.07	9.90	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		22	53	
Iron, Fe....mg	0.41		0		1		0.99	2.40	
Magnesium, Mg....mg	2		0		1		5	12	
Phosphorus, P....mg	20		0		1		48	117	
Potassium, K....mg	20		0		1		48	117	
Sodium, Na....mg	407		0		1		981	2385	
Zinc, Zn....mg	4.27		0		1		10.29	25.02	
Copper, Cu....mg	0.661		0		1		1.593	3.873	
Manganese, Mn....mg	0.152		0		1		0.366	0.891	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3		0		1		3.1	7.6	
Thiamin....mg	0.009		0		1		0.022	0.053	
Riboflavin....mg	0.015		0		1		0.036	0.088	
Niacin....mg	0.097		0		1		0.234	0.568	
Pantothenic acid....mg	0.050		0		4		0.121	0.293	
Vitamin B-6....mg	0.005		0		1		0.012	0.029	
Folate, total....µg	1		0		4		2	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		4		2	6	
Folate, DFE....mcg_DFE	1		0	NC	4		2	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.91		0		1		2.19	5.33	
Vitamin A, RAE....mcg_RAE	8		0	NC	4		18	44	
Retinol....µg	7		0	NC	4		17	41	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	29		0		1		70	170	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.040		0		1		2.506	6.094	
4:0....g	0.060		0		1		0.145	0.352	

NDB No. 06448

Soup, oyster stew, canned, prepared with equal volume water

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0	g	0.040		0		1		0.096	0.234	
8:0	g	0.020		0		1		0.048	0.117	
10:0	g	0.050		0		1		0.121	0.293	
12:0	g	0.050		0		1		0.121	0.293	
13:0	g									
14:0	g	0.170		0		1		0.410	0.996	
15:0	g									
16:0	g	0.390		0		1		0.940	2.285	
17:0	g									
18:0	g	0.190		0		1		0.458	1.113	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.380		0		1		0.916	2.227	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.048	0.117	
17:1	g									
18:1 undifferentiated	g	0.330		0		1		0.795	1.934	
20:1	g									
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.070		0		1		0.169	0.410	
18:2 undifferentiated	g	0.050		0		1		0.121	0.293	
18:3 undifferentiated	g	0.010		0		1		0.024	0.059	
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g									
20:5 n-3 (EPA)	g									
22:5 n-3 (DPA)	g									
22:6 n-3 (DHA)	g									
Fatty acids, total trans	g									
Cholesterol	mg	6		0		1		14	35	
Phytosterols	mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06049
Soup, pea, green, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.54	0.483	17		1		87.73	218.64	
Energy....kcal	125		0	NC	4		160	399	
Energy....kJ	523		0		4		669	1668	
Protein (N x 6.25)....g	6.54	0.187	14		1		8.37	20.86	
Total lipid (fat)....g	2.23	0.293	14		1		2.85	7.11	
Ash....g	2.51	0.055	14		1		3.21	8.01	
Carbohydrate, by difference....g	20.18		0	NC	4		25.83	64.37	
Fiber, total dietary....g	3.9		0	O	4		5.0	12.4	
Sugars, total....g	6.52		0	FLA	4		8.34	20.79	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		11		1		27	67	
Iron, Fe....mg	1.48	0.088	14		1		1.89	4.72	
Magnesium, Mg....mg	30		1		1		38	96	
Phosphorus, P....mg	95		2		1		122	303	
Potassium, K....mg	145		2		1		186	463	
Sodium, Na....mg	680		0	LC	8		870	2169	
Zinc, Zn....mg	1.30		1		1		1.66	4.15	
Copper, Cu....mg	0.288		2		1		0.369	0.919	
Manganese, Mn....mg	0.500		1		1		0.640	1.595	
Selenium, Se....µg	7.4		0	BFSN	4		9.5	23.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.3	0.134	13		1		1.7	4.1	
Thiamin....mg	0.082	0.005	14		1		0.105	0.262	
Riboflavin....mg	0.052	0.003	14		1		0.067	0.166	
Niacin....mg	0.943	0.050	14		1		1.207	3.008	
Pantothenic acid....mg	0.100		0		4		0.128	0.319	
Vitamin B-6....mg	0.040		1		1		0.051	0.128	
Folate, total....µg	1	0.135	4		1		2	4	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1	0.135	4		1		2	4	
Folate, DFE....mcg_DFE	1		0	NC	4		2	4	
Choline, total....mg	27.0		0	O	4		34.6	86.1	
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	7		0	NC	4		9	22	
Retinol....µg	7		0	FLA	4		9	21	
Carotene, beta....µg	2		0	FLA	4		2	5	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	25		0	NC	4		32	80	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	0		0	FLA	4		1	1	
Vitamin E (alpha-tocopherol)....mg	0.18		0	FLA	4		0.22	0.56	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		0	FLA	4		0.5	1.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06049
Soup, pea, green, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.070		0		1		1.370	3.413	
4:0....g	0.050		0		1		0.064	0.160	
6:0....g	0.030		0		1		0.038	0.096	
8:0....g	0.020		0		1		0.026	0.064	
10:0....g	0.040		0		1		0.051	0.128	
12:0....g	0.040		0		1		0.051	0.128	
13:0....g									
14:0....g	0.150		0		1		0.192	0.479	
15:0....g									
16:0....g	0.480		0		1		0.614	1.531	
17:0....g									
18:0....g	0.240		0		1		0.307	0.766	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.760		0		1		0.973	2.424	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0		1		0.038	0.096	
17:1....g									
18:1 undifferentiated....g	0.710		0		1		0.909	2.265	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.290		0		1		0.371	0.925	
18:2 undifferentiated....g	0.260		0		1		0.333	0.829	
18:3 undifferentiated....g	0.030		0		1		0.038	0.096	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0		1		0.070	0.175	
Threonine....g	0.231		0		1		0.296	0.737	
Isoleucine....g	0.226		0		1		0.289	0.721	
Leucine....g	0.473		0		1		0.605	1.509	
Lysine....g	0.388		0		1		0.497	1.238	
Methionine....g	0.079		0		1		0.101	0.252	
Cystine....g	0.061		0		1		0.078	0.195	
Phenylalanine....g	0.287		0		1		0.367	0.916	
Tyrosine....g	0.191		0		1		0.244	0.609	
Valine....g	0.336		0		1		0.430	1.072	
Arginine....g	0.538		0		1		0.689	1.716	
Histidine....g	0.130		0		1		0.166	0.415	
Alanine....g	0.282		0		1		0.361	0.900	
Aspartic acid....g	0.669		0		1		0.856	2.134	
Glutamic acid....g	1.231		0		1		1.576	3.927	
Glycine....g	0.261		0		1		0.334	0.833	
Proline....g	0.337		0		1		0.431	1.075	
Serine....g	0.264		0		1		0.338	0.842	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06049
Soup, pea, green, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: .5 cup

Measure 2 = 319g: 1 can (11.2 oz)

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06249

Soup, pea, green, canned, prepared with equal volume milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.93		0		1		197.94	480.05	
Energy....kcal	94		0	NC	4		239	579	
Energy....kJ	393		0		4		999	2423	
Protein (N x 6.25)....g	4.97		0		1		12.62	30.62	
Total lipid (fat)....g	2.77		0		1		7.04	17.06	
Ash....g	1.65		0		1		4.19	10.16	
Carbohydrate, by difference....g	12.69		0	NC	4		32.23	78.17	
Fiber, total dietary....g	1.1		0		4		2.8	6.8	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	68		0		1		173	419	
Iron, Fe....mg	0.79		0		1		2.01	4.87	
Magnesium, Mg....mg	22		0		1		56	136	
Phosphorus, P....mg	94		0		1		239	579	
Potassium, K....mg	148		0		1		376	912	
Sodium, Na....mg	352		1	LC	8		894	2168	
Zinc, Zn....mg	0.69		0		1		1.76	4.26	
Copper, Cu....mg	0.154		0		1		0.391	0.949	
Manganese, Mn....mg	0.260		0		1		0.660	1.602	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0		1		2.8	6.8	
Thiamin....mg	0.061		0		1		0.155	0.376	
Riboflavin....mg	0.105		0		1		0.267	0.647	
Niacin....mg	0.528		0		1		1.341	3.252	
Pantothenic acid....mg	0.220		0		4		0.559	1.355	
Vitamin B-6....mg	0.041		0		1		0.104	0.253	
Folate, total....µg	3		0		1		8	19	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	3		0		1		8	19	
Folate, DFE....mcg_DFE	3		0	NC	4		8	19	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.17		0		1		0.43	1.05	
Vitamin A, RAE....mcg_RAE									
Retinol....µg									
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	140		0		1		356	862	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.580		0		1		4.013	9.733	
4:0....g	0.080		0		1		0.203	0.493	

NDB No. 06249

Soup, pea, green, canned, prepared with equal volume milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.040		0		1		0.102	0.246	
8:0 g	0.030		0		1		0.076	0.185	
10:0 g	0.060		0		1		0.152	0.370	
12:0 g	0.070		0		1		0.178	0.431	
13:0 g									
14:0 g	0.250		0		1		0.635	1.540	
15:0 g									
16:0 g	0.680		0		1		1.727	4.189	
17:0 g									
18:0 g	0.320		0		1		0.813	1.971	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.860		0		1		2.184	5.298	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		0		1		0.152	0.370	
17:1 g									
18:1 undifferentiated g	0.770		0		1		1.956	4.743	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.210		0		1		0.533	1.294	
18:2 undifferentiated g	0.170		0		1		0.432	1.047	
18:3 undifferentiated g	0.040		0		1		0.102	0.246	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	7		0		1		18	43	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.051		0		1		0.130	0.314	
Threonine g	0.191		0		1		0.485	1.177	
Isoleucine g	0.213		0		1		0.541	1.312	
Leucine g	0.400		0		1		1.016	2.464	
Lysine g	0.327		0		1		0.831	2.014	
Methionine g	0.081		0		1		0.206	0.499	
Cystine g	0.046		0		1		0.117	0.283	
Phenylalanine g	0.225		0		1		0.572	1.386	
Tyrosine g	0.176		0		1		0.447	1.084	
Valine g	0.280		0		1		0.711	1.725	
Arginine g	0.336		0		1		0.853	2.070	
Histidine g	0.110		0		1		0.279	0.678	
Alanine g	0.200		0		1		0.508	1.232	
Aspartic acid g	0.467		0		1		1.186	2.877	
Glutamic acid g	0.969		0		1		2.461	5.969	
Glycine g	0.169		0		1		0.429	1.041	
Proline g	0.328		0		1		0.833	2.020	
Serine g	0.223		0		1		0.566	1.374	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06249

Soup, pea, green, canned, prepared with equal volume milk

Common Measures:

Measure 1 = 254g: 1 cup (8 fl oz)

Measure 2 = 616g: 1 can (11.25 oz), prepared

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06449

Soup, pea, green, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.55		0	RPI	6		218.99	27.39	
Energy	kcal	61		0	RPI	6		158	20	
Energy	kJ	256		0	RPI	6		662	83	
Protein (N x 6.25)	g	3.20		0	RPI	6		8.29	1.04	
Total lipid (fat)	g	1.09		0	RPI	6		2.83	0.35	
Ash	g	1.28		0	RPI	6		3.31	0.41	
Carbohydrate, by difference	g	9.88		0	RPI	6		25.58	3.20	
Fiber, total dietary	g	1.9		0	RPI	6		4.9	0.6	
Sugars, total	g	3.19		0	RPI	6		8.26	1.03	
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	RPA	1		31	4	
Iron, Fe	mg	0.73		0	RPA	1		1.88	0.23	
Magnesium, Mg	mg	15		0	RPA	1		39	5	
Phosphorus, P	mg	47		0	RPA	1		120	15	
Potassium, K	mg	71		0	RPA	1		184	23	
Sodium, Na	mg	336		1	LC	8		870	109	
Zinc, Zn	mg	0.64		0	RPA	1		1.65	0.21	
Copper, Cu	mg	0.146		0	RPA	1		0.378	0.047	
Manganese, Mn	mg	0.245		0	RPA	1		0.634	0.079	
Selenium, Se	µg	3.6		0	RPI	6		9.4	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	RPI	6		1.6	0.2	
Thiamin	mg	0.040		0	RPI	6		0.104	0.013	
Riboflavin	mg	0.025		0	RPI	6		0.066	0.008	
Niacin	mg	0.462		0	RPI	6		1.195	0.150	
Pantothenic acid	mg	0.049		0	RPI	6		0.127	0.016	
Vitamin B-6	mg	0.020		0	RPI	6		0.051	0.006	
Folate, total	µg	1		0	RPI	6		2	0	
Folic acid	µg	0		0	RPI	6		0	0	
Folate, food	µg	1		0	RPI	6		2	0	
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	
Choline, total	mg	13.2		0	RPI	6		34.2	4.3	
Betaine	mg									
Vitamin B-12	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	3		0	RPI	6		9	1	
Retinol	µg	3		0	RPI	6		9	1	
Carotene, beta	µg	1		0	RPI	6		2	0	
Carotene, alpha	µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta	µg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	12		0	RPI	6		32	4	
Lycopene	µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin	µg	0		0	RPI	6		1	0	
Vitamin E (alpha-tocopherol)	mg	0.09		0	RPI	6		0.22	0.03	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.2		0	RPI	6		0.5	0.1	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06449

Soup, pea, green, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.524		0	RPI	6		1.356	0.170	
4:0....g	0.024		0	RPI	6		0.063	0.008	
6:0....g	0.015		0	RPI	6		0.038	0.005	
8:0....g	0.010		0	RPI	6		0.025	0.003	
10:0....g	0.020		0	RPI	6		0.051	0.006	
12:0....g	0.020		0	RPI	6		0.051	0.006	
13:0....g									
14:0....g	0.073		0	RPI	6		0.190	0.024	
15:0....g									
16:0....g	0.235		0	RPI	6		0.609	0.076	
17:0....g									
18:0....g	0.117		0	RPI	6		0.304	0.038	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.372		0	RPI	6		0.963	0.121	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0	RPI	6		0.038	0.005	
17:1....g									
18:1 undifferentiated....g	0.348		0	RPI	6		0.900	0.113	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.142		0	RPI	6		0.368	0.046	
18:2 undifferentiated....g	0.127		0	RPI	6		0.330	0.041	
18:3 undifferentiated....g	0.015		0	RPI	6		0.038	0.005	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 259g: 1 serving 1 cup

Measure 2 = 32.4g: 1 fl oz

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06965
Soup, pea, low sodium, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.55		0	BFZN	4		218.99	27.39	
Energy....kcal	62		0	BFZN	4		161	20	
Energy....kJ	260		0	BFZN	4		673	84	
Protein....g	3.20		0	BFZN	4		8.29	1.04	
Total lipid (fat)....g	1.09		0	BFZN	4		2.83	0.35	
Ash....g	1.28		0	BFZN	4		3.31	0.41	
Carbohydrate, by difference....g	9.88		0	BFZN	4		25.58	3.20	
Fiber, total dietary....g	1.9		0	BFZN	4		4.9	0.6	
Sugars, total....g	3.19		0	BFZN	4		8.26	1.03	
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	BFZN	4		31	4	
Iron, Fe....mg	0.73		0	BFZN	4		1.88	0.23	
Magnesium, Mg....mg	15		0	BFZN	4		39	5	
Phosphorus, P....mg	47		0	BFZN	4		120	15	
Potassium, K....mg	71		0	BFZN	4		184	23	
Sodium, Na....mg	10		1		1		26	3	
Zinc, Zn....mg	0.64		0	BFZN	4		1.65	0.21	
Copper, Cu....mg	0.146		0	BFZN	4		0.378	0.047	
Manganese, Mn....mg									
Selenium, Se....µg	3.6		0	BFZN	4		9.4	1.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	BFZN	4		1.6	0.2	
Thiamin....mg	0.040		0	BFZN	4		0.104	0.013	
Riboflavin....mg	0.025		0	BFZN	4		0.066	0.008	
Niacin....mg	0.462		0	BFZN	4		1.195	0.150	
Pantothenic acid....mg									
Vitamin B-6....mg	0.020		0	BFZN	4		0.051	0.006	
Folate, total....µg	1		0	BFZN	4		2	0	
Folic acid....µg	0		0	BFZN	4		0	0	
Folate, food....µg	1		0	BFZN	4		2	0	
Folate, DFE....mcg_DFE	1		0	NC	4		2	0	
Choline, total....mg	13.2		0	BFZN	4		34.2	4.3	
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	3		0	BFZN	4		9	1	
Retinol....µg	3		0	BFZN	4		9	1	
Carotene, beta....µg	1		0	BFZN	4		2	0	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	12		0	BFZN	4		32	4	
Lycopene....µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin....µg	0		0	BFZN	4		1	0	
Vitamin E (alpha-tocopherol)....mg	0.09		0	BFZN	4		0.22	0.03	
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.2		0	BFZN	4		0.5	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06965

Soup, pea, low sodium, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.524		0	BFZN	4		1.356	0.170	
4:0....g	0.024		0	BFZN	4		0.063	0.008	
6:0....g	0.015		0	BFZN	4		0.038	0.005	
8:0....g	0.010		0	BFZN	4		0.025	0.003	
10:0....g	0.020		0	BFZN	4		0.051	0.006	
12:0....g	0.020		0	BFZN	4		0.051	0.006	
13:0....g									
14:0....g	0.073		0	BFZN	4		0.190	0.024	
15:0....g									
16:0....g	0.235		0	BFZN	4		0.609	0.076	
17:0....g									
18:0....g	0.117		0	BFZN	4		0.304	0.038	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.372		0	BFZN	4		0.963	0.121	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0	BFZN	4		0.038	0.005	
17:1....g									
18:1 undifferentiated....g	0.348		0	BFZN	4		0.900	0.113	
20:1....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.142		0	BFZN	4		0.368	0.046	
18:2 undifferentiated....g	0.127		0	BFZN	4		0.330	0.041	
18:3 undifferentiated....g	0.015		0	BFZN	4		0.038	0.005	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 259g: 1 cup

Measure 2 = 32.4g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06050
Soup, pea, split with ham, canned, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.95	0.158	13		1		194.28	436.32	
Energy....kcal	77		0	NC	4		185	415	
Energy....kJ	322		0		4		773	1736	
Protein (N x 6.25)....g	4.62	0.065	10		1		11.09	24.90	
Total lipid (fat)....g	1.66	0.081	10		1		3.98	8.95	
Ash....g	1.60	0.086	10		1		3.84	8.62	
Carbohydrate, by difference....g	11.17		0	NC	4		26.81	60.21	
Fiber, total dietary....g	1.7		0		4		4.1	9.2	
Sugars, total....g	1.91		0	FLA	4		4.59	10.31	
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.680	10		1		34	75	
Iron, Fe....mg	0.89	0.099	10		1		2.14	4.80	
Magnesium, Mg....mg	16		0		4		38	86	
Phosphorus, P....mg	74		0		4		178	399	
Potassium, K....mg	127		0		4		305	685	
Sodium, Na....mg	301		0	LC	8		722	1622	
Zinc, Zn....mg	1.30		0		4		3.12	7.01	
Copper, Cu....mg	0.100		0		4		0.240	0.539	
Manganese, Mn....mg	0.250		0		4		0.600	1.348	
Selenium, Se....µg	4.1		0	BFSN	4		9.8	22.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.9	0.314	10		1		7.0	15.6	
Thiamin....mg	0.048	0.002	10		1		0.115	0.259	
Riboflavin....mg	0.039	0.000	10		1		0.094	0.210	
Niacin....mg	1.050	0.022	10		1		2.520	5.660	
Pantothenic acid....mg	0.200		0		4		0.480	1.078	
Vitamin B-6....mg	0.090		0		4		0.216	0.485	
Folate, total....µg	2	0.390	3		1		5	10	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2	0.390	3		1		5	10	
Folate, DFE....mcg_DFE	2		0	NC	4		5	10	
Choline, total....mg	16.9		0	O	4		40.7	91.3	
Betaine....mg									
Vitamin B-12....µg	0.10		0		4		0.24	0.54	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	102		0	FLA	4		244	547	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	995		0	FLA	4		2389	5365	
Carotene, alpha....µg	445		0	FLA	4		1068	2400	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	2030		0	FLA	4		4872	10942	
Lycopene....µg	0		0	FLA	4		1	1	
Lutein + zeaxanthin....µg	78		0	FLA	4		188	422	
Vitamin E (alpha-tocopherol)....mg	0.20		0	FLA	4		0.48	1.09	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	7.5		0	FLA	4		17.9	40.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06050

Soup, pea, split with ham, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.660		0		1		1.584	3.557	
4:0....g	0.010		0		1		0.024	0.054	
6:0....g	0.010		0		1		0.024	0.054	
8:0....g	0.010		0		1		0.024	0.054	
10:0....g	0.010		0		1		0.024	0.054	
12:0....g	0.010		0		1		0.024	0.054	
13:0....g									
14:0....g	0.050		0		1		0.120	0.270	
15:0....g									
16:0....g	0.360		0		1		0.864	1.940	
17:0....g									
18:0....g	0.190		0		1		0.456	1.024	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.680		0		1		1.632	3.665	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0		1		0.072	0.162	
17:1....g									
18:1 undifferentiated....g	0.630		0		1		1.512	3.396	
20:1....g	0.010		0		1		0.024	0.054	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.240		0		1		0.576	1.294	
18:2 undifferentiated....g	0.220		0		1		0.528	1.186	
18:3 undifferentiated....g	0.020		0		1		0.048	0.108	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		7	16	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.046		0		1		0.110	0.248	
Threonine....g	0.163		0		1		0.391	0.879	
Isoleucine....g	0.195		0		1		0.468	1.051	
Leucine....g	0.319		0		1		0.766	1.719	
Lysine....g	0.312		0		1		0.749	1.682	
Methionine....g	0.062		0		1		0.149	0.334	
Cystine....g	0.060		0		1		0.144	0.323	
Phenylalanine....g	0.204		0		1		0.490	1.100	
Tyrosine....g	0.143		0		1		0.343	0.771	
Valine....g	0.219		0		1		0.526	1.180	
Arginine....g	0.316		0		1		0.758	1.703	
Histidine....g	0.097		0		1		0.233	0.523	
Alanine....g	0.216		0		1		0.518	1.164	
Aspartic acid....g	0.471		0		1		1.130	2.539	
Glutamic acid....g	0.783		0		1		1.879	4.220	
Glycine....g	0.223		0		1		0.535	1.202	
Proline....g	0.210		0		1		0.504	1.132	
Serine....g	0.199		0		1		0.478	1.073	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06050

Soup, pea, split with ham, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz)

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06051
Soup, pea, split with ham, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.67	0.420	19		1		88.65	214.08	
Energy....kcal	141		0	NC	4		190	460	
Energy....kJ	590		0		4		796	1923	
Protein (N x 6.25)....g	7.68	0.126	16		1		10.37	25.04	
Total lipid (fat)....g	3.28	0.053	16		1		4.43	10.69	
Ash....g	2.57	0.099	16		1		3.47	8.38	
Carbohydrate, by difference....g	20.81		0	NC	4		28.09	67.84	
Fiber, total dietary....g	1.7		0		4		2.3	5.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16	0.902	14		1		22	52	
Iron, Fe....mg	1.70	0.150	16		1		2.30	5.54	
Magnesium, Mg....mg	36		3		1		49	117	
Phosphorus, P....mg	159		4		1		215	518	
Potassium, K....mg	297		2		1		401	968	
Sodium, Na....mg	630		0	LC	8		851	2054	
Zinc, Zn....mg	0.99		6		1		1.33	3.21	
Copper, Cu....mg	0.275		2		1		0.371	0.897	
Manganese, Mn....mg	0.500		1		1		0.675	1.630	
Selenium, Se....µg	7.4		0	BFSN	4		10.0	24.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1	0.023	15		1		1.5	3.6	
Thiamin....mg	0.110	0.003	15		1		0.149	0.359	
Riboflavin....mg	0.056	0.002	15		1		0.076	0.183	
Niacin....mg	1.098	0.033	15		1		1.482	3.579	
Pantothenic acid....mg	0.200		0		4		0.270	0.652	
Vitamin B-6....mg	0.050		1		1		0.068	0.163	
Folate, total....µg	2	0.301	3		1		3	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	2	0.301	3		1		3	6	
Folate, DFE....mcg_DFE	2		0	NC	4		3	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.20		0		4		0.27	0.65	
Vitamin A, RAE....mcg_RAE	17		0	NC	4		22	54	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	331	23.803	15		1		447	1079	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.310		0		1		1.769	4.271	
4:0....g	0.030		0		1		0.041	0.098	

NDB No. 06051
Soup, pea, split with ham, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.020		0		1		0.027	0.065	
8:0 g	0.010		0		1		0.014	0.033	
10:0 g	0.020		0		1		0.027	0.065	
12:0 g	0.030		0		1		0.041	0.098	
13:0 g									
14:0 g	0.110		0		1		0.149	0.359	
15:0 g									
16:0 g	0.710		0		1		0.959	2.315	
17:0 g									
18:0 g	0.380		0		1		0.513	1.239	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.340		0		1		1.809	4.368	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.060		0		1		0.081	0.196	
17:1 g									
18:1 undifferentiated g	1.250		0		1		1.688	4.075	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.470		0		1		0.635	1.532	
18:2 undifferentiated g	0.430		0		1		0.581	1.402	
18:3 undifferentiated g	0.040		0		1		0.054	0.130	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	6		0		1		8	20	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.076		0		1		0.103	0.248	
Threonine g	0.271		0		1		0.366	0.883	
Isoleucine g	0.324		0		1		0.437	1.056	
Leucine g	0.529		0		1		0.714	1.725	
Lysine g	0.518		0		1		0.699	1.689	
Methionine g	0.103		0		1		0.139	0.336	
Cystine g	0.099		0		1		0.134	0.323	
Phenylalanine g	0.339		0		1		0.458	1.105	
Tyrosine g	0.238		0		1		0.321	0.776	
Valine g	0.365		0		1		0.493	1.190	
Arginine g	0.524		0		1		0.707	1.708	
Histidine g	0.161		0		1		0.217	0.525	
Alanine g	0.359		0		1		0.485	1.170	
Aspartic acid g	0.782		0		1		1.056	2.549	
Glutamic acid g	1.302		0		1		1.758	4.245	
Glycine g	0.371		0		1		0.501	1.209	
Proline g	0.349		0		1		0.471	1.138	
Serine g	0.330		0		1		0.446	1.076	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: .5 cup (4 fl oz)

NDB No. 06051

Soup, pea, split with ham, canned, condensed

Measure 2 = 326g: 1 can (11.5 oz)

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06451

Soup, pea, split with ham, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.77		0		1		206.88	502.07	
Energy....kcal	75		0	NC	4		190	461	
Energy....kJ	314		0		4		794	1927	
Protein (N x 6.25)....g	4.08		0		1		10.32	25.05	
Total lipid (fat)....g	1.74		0		1		4.40	10.68	
Ash....g	1.36		0		1		3.44	8.35	
Carbohydrate, by difference....g	11.05		0	NC	4		27.96	67.85	
Fiber, total dietary....g	0.9		0		4		2.3	5.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		23	55	
Iron, Fe....mg	0.90		0		1		2.28	5.53	
Magnesium, Mg....mg	19		0		1		48	117	
Phosphorus, P....mg	84		0		1		213	516	
Potassium, K....mg	158		0		1		400	970	
Sodium, Na....mg	398		0		1		1007	2444	
Zinc, Zn....mg	0.52		0		1		1.32	3.21	
Copper, Cu....mg	0.146		0		1		0.369	0.896	
Manganese, Mn....mg	0.265		0		1		0.670	1.627	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0		1		1.5	3.7	
Thiamin....mg	0.058		0		1		0.147	0.356	
Riboflavin....mg	0.030		0		1		0.076	0.184	
Niacin....mg	0.583		0		1		1.475	3.580	
Pantothenic acid....mg	0.100		0		4		0.253	0.614	
Vitamin B-6....mg	0.027		0		1		0.068	0.166	
Folate, total....µg	1		0		1		3	6	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	1		0		1		3	6	
Folate, DFE....mcg_DFE	1		0	NC	4		3	6	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.10		0		4		0.25	0.61	
Vitamin A, RAE....mcg_RAE	9		0	NC	4		22	54	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	176		0		1		445	1081	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.700		0		1		1.771	4.298	
4:0....g	0.010		0		1		0.025	0.061	

NDB No. 06451

Soup, pea, split with ham, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.010		0		1		0.025	0.061	
8:0 g	0.010		0		1		0.025	0.061	
10:0 g	0.010		0		1		0.025	0.061	
12:0 g	0.020		0		1		0.051	0.123	
13:0 g									
14:0 g	0.060		0		1		0.152	0.368	
15:0 g									
16:0 g	0.370		0		1		0.936	2.272	
17:0 g									
18:0 g	0.200		0		1		0.506	1.228	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.710		0		1		1.796	4.359	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.030		0		1		0.076	0.184	
17:1 g									
18:1 undifferentiated g	0.660		0		1		1.670	4.052	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.250		0		1		0.633	1.535	
18:2 undifferentiated g	0.230		0		1		0.582	1.412	
18:3 undifferentiated g	0.020		0		1		0.051	0.123	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	3		0		1		8	18	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.040		0		1		0.101	0.246	
Threonine g	0.144		0		1		0.364	0.884	
Isoleucine g	0.172		0		1		0.435	1.056	
Leucine g	0.281		0		1		0.711	1.725	
Lysine g	0.275		0		1		0.696	1.689	
Methionine g	0.055		0		1		0.139	0.338	
Cystine g	0.053		0		1		0.134	0.325	
Phenylalanine g	0.180		0		1		0.455	1.105	
Tyrosine g	0.126		0		1		0.319	0.774	
Valine g	0.194		0		1		0.491	1.191	
Arginine g	0.278		0		1		0.703	1.707	
Histidine g	0.085		0		1		0.215	0.522	
Alanine g	0.191		0		1		0.483	1.173	
Aspartic acid g	0.415		0		1		1.050	2.548	
Glutamic acid g	0.691		0		1		1.748	4.243	
Glycine g	0.197		0		1		0.498	1.210	
Proline g	0.185		0		1		0.468	1.136	
Serine g	0.175		0		1		0.443	1.075	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup (8 fl oz)

NDB No. 06451

Soup, pea, split with ham, canned, prepared with equal volume water

Measure 2 = 614g: 1 can (11.5 oz), prepared

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06052
Soup, pepperpot, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	80.62	0.246	10		1		101.58	240.25	
Energy....kcal	84		0	NC	4		106	250	
Energy....kJ	351		0		4		443	1047	
Protein (N x 6.25)....g	5.19	0.102	10		1		6.54	15.47	
Total lipid (fat)....g	3.78	0.158	10		1		4.76	11.26	
Ash....g	2.75	0.090	10		1		3.47	8.20	
Carbohydrate, by difference....g	7.66		0	NC	4		9.65	22.83	
Fiber, total dietary....g	0.4		0		4		0.5	1.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	19	1.242	10		1		24	57	
Iron, Fe....mg	0.73	0.040	10		1		0.92	2.18	
Magnesium, Mg....mg	4		1		1		5	12	
Phosphorus, P....mg	34		1		1		43	101	
Potassium, K....mg	124		1		1		156	370	
Sodium, Na....mg	778		1	LC	8		980	2318	
Zinc, Zn....mg	1.00		1		1		1.26	2.98	
Copper, Cu....mg	0.100		1		1		0.126	0.298	
Manganese, Mn....mg	0.500		1		1		0.630	1.490	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1	0.143	7		1		1.4	3.3	
Thiamin....mg	0.043	0.001	10		1		0.054	0.128	
Riboflavin....mg	0.039	0.000	10		1		0.049	0.116	
Niacin....mg	1.000	0.033	10		1		1.260	2.980	
Pantothenic acid....mg	0.280		0		4		0.353	0.834	
Vitamin B-6....mg	0.050		1		1		0.063	0.149	
Folate, total....µg	8		0		4		10	24	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		4		10	24	
Folate, DFE....mcg_DFE	8		0	NC	4		10	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.14		1		1		0.18	0.42	
Vitamin A, RAE....mcg_RAE	35		0	NC	4		44	105	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	706	129.120	10		1		890	2104	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.07		0		4		0.09	0.21	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.680		0		1		2.117	5.006	
4:0....g									

NDB No. 06052
Soup, pepperpot, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.020		0		1		0.025	0.060	
13:0 g									
14:0 g	0.100		0		1		0.126	0.298	
15:0 g									
16:0 g	0.920		0		1		1.159	2.742	
17:0 g									
18:0 g	0.610		0		1		0.769	1.818	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.640		0		1		2.066	4.887	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.130		0		1		0.164	0.387	
17:1 g									
18:1 undifferentiated g	1.460		0		1		1.840	4.351	
20:1 g	0.030		0		1		0.038	0.089	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.290		0		1		0.365	0.864	
18:2 undifferentiated g	0.250		0		1		0.315	0.745	
18:3 undifferentiated g	0.030		0		1		0.038	0.089	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	8		0		1		10	24	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.034		0		1		0.043	0.101	
Threonine g	0.159		0		1		0.200	0.474	
Isoleucine g	0.191		0		1		0.241	0.569	
Leucine g	0.328		0		1		0.413	0.977	
Lysine g	0.254		0		1		0.320	0.757	
Methionine g	0.074		0		1		0.093	0.221	
Cystine g	0.050		0		1		0.063	0.149	
Phenylalanine g	0.191		0		1		0.241	0.569	
Tyrosine g	0.127		0		1		0.160	0.378	
Valine g	0.243		0		1		0.306	0.724	
Arginine g	0.403		0		1		0.508	1.201	
Histidine g	0.074		0		1		0.093	0.221	
Alanine g	0.381		0		1		0.480	1.135	
Aspartic acid g	0.455		0		1		0.573	1.356	
Glutamic acid g	0.921		0		1		1.160	2.745	
Glycine g	0.688		0		1		0.867	2.050	
Proline g	0.487		0		1		0.614	1.451	
Serine g	0.191		0		1		0.241	0.569	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06052

Soup, pepperpot, canned, condensed

Common Measures:

Measure 1 = 126g: .5 cup (4 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06452

Soup, pepperpot, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.46		0	RPI	6		219.83	27.50	
Energy	kcal	41		0	RPI	6		100	13	
Energy	kJ	173		0	RPI	6		420	53	
Protein (N x 6.25)	g	2.54		0	RPI	6		6.17	0.77	
Total lipid (fat)	g	1.85		0	RPI	6		4.50	0.56	
Ash	g	1.40		0	RPI	6		3.39	0.42	
Carbohydrate, by difference	g	3.75		0	RPI	6		9.11	1.14	
Fiber, total dietary	g	0.2		0	RPI	6		0.5	0.1	
Sugars, total	g	0.00		0	RPI	6		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	RPA	1		26	3	
Iron, Fe	mg	0.36		0	RPA	1		0.87	0.11	
Magnesium, Mg	mg	2		0	RPA	1		6	1	
Phosphorus, P	mg	17		0	RPA	1		40	5	
Potassium, K	mg	61		0	RPA	1		148	19	
Sodium, Na	mg	385		1	LC	8		936	117	
Zinc, Zn	mg	0.49		0	RPA	1		1.20	0.15	
Copper, Cu	mg	0.054		0	RPA	1		0.131	0.016	
Manganese, Mn	mg	0.245		0	RPA	1		0.595	0.074	
Selenium, Se	µg	0.0		0	RPI	6		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	RPI	6		1.3	0.2	
Thiamin	mg	0.021		0	RPI	6		0.051	0.006	
Riboflavin	mg	0.019		0	RPI	6		0.046	0.006	
Niacin	mg	0.489		0	RPI	6		1.189	0.149	
Pantothenic acid	mg	0.137		0	RPI	6		0.333	0.042	
Vitamin B-6	mg	0.024		0	RPI	6		0.059	0.007	
Folate, total	µg	4		0	RPI	6		10	1	
Folic acid	µg	0		0	RPI	6		0	0	
Folate, food	µg	4		0	RPI	6		10	1	
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	
Choline, total	mg	5.0		0	BFSN	4		12.1	1.5	
Betaine	mg									
Vitamin B-12	µg	0.07		0	RPI	6		0.17	0.02	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	19		0	NC	4		47	6	
Retinol	µg	0		0	RPI	6		0	0	
Carotene, beta	µg	190		0	RPI	6		462	58	
Carotene, alpha	µg	79		0	RPI	6		192	24	
Cryptoxanthin, beta	µg	2		0	RPI	6		5	1	
Vitamin A, IU	IU	384		0	NC	4		934	117	
Lycopene	µg	576		0	RPI	6		1400	175	
Lutein + zeaxanthin	µg	13		0	RPI	6		32	4	
Vitamin E (alpha-tocopherol)	mg	0.03		0	RPI	6		0.08	0.01	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06452

Soup, pepperpot, canned, prepared with equal volume water

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	0.822		0	RPI	6		1.998	0.250	
4:0	g	0.000		0	RPI	6		0.000	0.000	
6:0	g	0.000		0	RPI	6		0.000	0.000	
8:0	g	0.000		0	RPI	6		0.000	0.000	
10:0	g	0.000		0	RPI	6		0.000	0.000	
12:0	g	0.010		0	RPI	6		0.024	0.003	
13:0	g									
14:0	g	0.049		0	RPI	6		0.119	0.015	
15:0	g									
16:0	g	0.450		0	RPI	6		1.094	0.137	
17:0	g									
18:0	g	0.299		0	RPI	6		0.726	0.091	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.803		0	RPI	6		1.951	0.244	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.064		0	RPI	6		0.155	0.019	
17:1	g									
18:1 undifferentiated	g	0.715		0	RPI	6		1.737	0.217	
20:1	g	0.015		0	RPI	6		0.036	0.004	
22:1 undifferentiated	g	0.000		0	RPI	6		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.142		0	RPI	6		0.345	0.043	
18:2 undifferentiated	g	0.122		0	RPI	6		0.297	0.037	
18:3 undifferentiated	g	0.015		0	RPI	6		0.036	0.004	
18:4	g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)	g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)	g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)	g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	4		0	RPI	6		10	1	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	RPI	6		0.0	0.0	
Caffeine	mg	0		0	RPI	6		0	0	
Theobromine	mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 serving 1 cup

Measure 2 = 30.4g: 1 fl oz

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06728

Soup, potato ham chowder, chunky, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.30		1	A	1		459.77	204.72	
Energy....kcal	80		0	NC	4		431	192	
Energy....kJ	335				4		1804	803	
Protein....g	2.70		1	A	1		14.55	6.48	
Total lipid (fat)....g	5.20		1	A	1		28.03	12.48	
Ash....g	1.20		1	A	1		6.47	2.88	
Carbohydrate, by difference....g	5.60		0	NC	4		30.18	13.44	
Fiber, total dietary....g	0.6		1	A	1		3.2	1.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.70		1	A	1		3.77	1.68	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	364		1	A	1		1962	874	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	1.620		1	A	1		8.732	3.888	
Fatty acids, total monounsaturated....g	2.460		1	A	1		13.259	5.904	
Fatty acids, total polyunsaturated....g	0.320		1	A	1		1.725	0.768	
Fatty acids, total trans....g									
Cholesterol....mg	9		1	A	1		49	22	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06583
Soup, ramen noodle, any flavor, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.89	0.648	8	A	1		2.10	4.16	
Energy	kcal	436		0	NC	4		188	371	
Energy	kJ	1825		0	NC	4		785	1551	
Protein	g	10.48	0.242	8	A	1		4.50	8.90	
Total lipid (fat)	g	15.63	1.067	8	A	1		6.72	13.28	
Ash	g	5.59	0.189	8	A	1		2.40	4.75	
Carbohydrate, by difference	g	63.42		0	NC	4		27.27	53.90	
Fiber, total dietary	g	2.3		4	A	1		1.0	2.0	
Sugars, total	g	1.57		4	A	1		0.67	1.33	
Sucrose	g	0.78		4	A	1		0.34	0.67	
Glucose (dextrose)	g	0.00		2	A	1		0.00	0.00	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.28		4	A	1		0.12	0.24	
Maltose	g	0.50		4	A	1		0.21	0.42	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g	53.64		4	A	1		23.07	45.60	
Minerals:										
Calcium, Ca	mg	29	3.820	8	A	1		12	24	
Iron, Fe	mg	4.01	0.284	8	A	1		1.73	3.41	
Magnesium, Mg	mg	23	0.517	8	A	1		10	19	
Phosphorus, P	mg	119	3.224	8	A	1		51	102	
Potassium, K	mg	179	4.791	8	A	1		77	152	
Sodium, Na	mg	2036	23.723	8	A	1		876	1731	
Zinc, Zn	mg	0.85	0.255	8	A	1		0.36	0.72	
Copper, Cu	mg	0.174	0.030	8	A	1		0.075	0.148	
Manganese, Mn	mg	0.503	0.048	8	A	1		0.216	0.427	
Selenium, Se	µg	10.0		4	A	1		4.3	8.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		4	A	1		0.1	0.3	
Thiamin	mg	1.029		4	A	1		0.443	0.875	
Riboflavin	mg	0.259		4	A	1		0.111	0.220	
Niacin	mg	4.085		4	A	1		1.757	3.472	
Pantothenic acid	mg	0.276		4	A	1		0.119	0.234	
Vitamin B-6	mg	0.087		2	A	1		0.037	0.074	
Folate, total	µg	113		4	A	1		48	96	
Folic acid	µg	70		0	FLC	4		30	60	
Folate, food	µg	42		0	FLC	4		18	36	
Folate, DFE	mcg_DFE	162		0	NC	4		70	138	
Choline, total	mg	13.8		0	BFPN	4		6.0	11.8	
Betaine	mg									
Vitamin B-12	µg	0.25		2	A	1		0.11	0.21	
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	
Retinol	µg	0		0	FLC	4		0	0	
Carotene, beta	µg	6		0	NR	4		3	5	
Carotene, alpha	µg	2		0	NR	4		1	2	
Cryptoxanthin, beta	µg	0		0	NR	4		0	0	
Vitamin A, IU	IU	12		0	NC	4		5	10	
Lycopene	µg	0		0	NR	4		0	0	
Lutein + zeaxanthin	µg	20		0	NR	4		9	17	
Vitamin E (alpha-tocopherol)	mg	1.51		4	A	1		0.65	1.28	
Vitamin E, added	mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta	mg	0.14		4	A	1		0.06	0.12	
Tocopherol, gamma	mg	1.07		4	A	1		0.46	0.91	
Tocopherol, delta	mg	0.18		4	A	1		0.08	0.15	
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									

NDB No. 06583
Soup, ramen noodle, any flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	5.7		0	NR	4		2.5	4.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.553		0	NC	4		3.248	6.420	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.125		4	A	1		0.054	0.106	
13:0....g									
14:0....g	0.200		4	A	1		0.086	0.170	
15:0....g									
16:0....g	6.423		4	A	1		2.762	5.459	
17:0....g	0.020		1	A	1		0.009	0.017	
18:0....g	0.700		4	A	1		0.301	0.595	
20:0....g	0.075		4	A	1		0.032	0.064	
22:0....g	0.010		1	A	1		0.004	0.009	
24:0....g									
Fatty acids, total monounsaturated....g	6.530		0	NC	4		2.808	5.550	
14:1....g									
15:1....g	0.020		1	A	1		0.009	0.017	
16:1 undifferentiated....g	0.049		0	FLA	4		0.021	0.042	
17:1....g	0.043		4	A	1		0.018	0.036	
18:1 undifferentiated....g	6.341		4	A	1		2.727	5.390	
20:1....g	0.078		4	A	1		0.033	0.066	
22:1 undifferentiated....g	0.000		0	FLC	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.457		0	NC	4		0.627	1.238	
18:2 undifferentiated....g	1.375		4	A	1		0.591	1.168	
18:3 undifferentiated....g	0.060		4	A	1		0.026	0.051	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g	0.023		4	A	1		0.010	0.019	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLA	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	FLC	4		0	0	
Theobromine....mg	0		0	FLC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Measure 2 = 85g: 1 package

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

NDB No. 06583
Soup, ramen noodle, any flavor, dry

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06982
Soup, ramen noodle, beef flavor, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.52	1.294	4	A	1		2.37	4.69	
Energy	kcal	436		0	NC	4		187	370	
Energy	kJ	1823		0	NC	4		784	1549	
Protein	g	10.29	0.259	4	A	1		4.42	8.75	
Total lipid (fat)	g	15.71	1.999	4	A	1		6.76	13.35	
Ash	g	5.21	0.366	4	A	1		2.24	4.43	
Carbohydrate, by difference	g	63.27		0	NC	4		27.20	53.78	
Fiber, total dietary	g	2.2		2	A	1		1.0	1.9	
Sugars, total	g	1.78		2	A	1		0.76	1.51	
Sucrose	g	0.94		2	A	1		0.40	0.80	
Glucose (dextrose)	g	0.00		2	A	1		0.00	0.00	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.32		2	A	1		0.14	0.27	
Maltose	g	0.52		2	A	1		0.22	0.44	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g	56.15		2	A	1		24.14	47.73	
Minerals:										
Calcium, Ca	mg	30	6.055	4	A	1		13	26	
Iron, Fe	mg	4.11	0.425	4	A	1		1.77	3.49	
Magnesium, Mg	mg	24	0.954	4	A	1		10	20	
Phosphorus, P	mg	121	5.450	4	A	1		52	103	
Potassium, K	mg	185	6.490	4	A	1		80	158	
Sodium, Na	mg	2002	41.363	4	A	1		861	1702	
Zinc, Zn	mg	1.08	0.508	4	A	1		0.46	0.92	
Copper, Cu	mg	0.150	0.047	4	A	1		0.065	0.128	
Manganese, Mn	mg	0.530	0.082	4	A	1		0.228	0.451	
Selenium, Se	µg	10.7		2	A	1		4.6	9.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		2	A	1		0.3	0.5	
Thiamin	mg	1.500		2	A	1		0.645	1.275	
Riboflavin	mg	0.267		2	A	1		0.115	0.227	
Niacin	mg	4.196		2	A	1		1.804	3.566	
Pantothenic acid	mg	0.302		2	A	1		0.130	0.257	
Vitamin B-6	mg	0.087		1	A	1		0.037	0.074	
Folate, total	µg	109		2	A	1		47	92	
Folic acid	µg	84		0	FLA	4		36	72	
Folate, food	µg	24		0	NC	4		11	21	
Folate, DFE	mcg_DFE	168		0	NC	4		72	142	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.18		1	A	1		0.08	0.16	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	0		0	FLA	4		0	0	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Lycopene	µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	µg	10		0	FLA	4		4	8	
Vitamin E (alpha-tocopherol)	mg	1.56		2	A	1		0.67	1.33	
Tocopherol, beta	mg	0.09		2	A	1		0.04	0.08	
Tocopherol, gamma	mg	0.96		2	A	1		0.41	0.82	
Tocopherol, delta	mg	0.16		2	A	1		0.07	0.14	
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									

NDB No. 06982
Soup, ramen noodle, beef flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.965		2	NC	4		3.425	6.770	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.140		2	A	1		0.060	0.119	
13:0....g									
14:0....g	0.220		2	A	1		0.095	0.187	
15:0....g									
16:0....g	6.785		2	A	1		2.918	5.767	
17:0....g	0.020		1	A	1		0.009	0.017	
18:0....g	0.725		2	A	1		0.312	0.616	
20:0....g	0.080		2	A	1		0.034	0.068	
22:0....g	0.010		1	A	1		0.004	0.009	
24:0....g									
Fatty acids, total monounsaturated....g	6.784		2	NC	4		2.917	5.766	
14:1....g									
15:1....g	0.020		1	A	1		0.009	0.017	
16:1 undifferentiated....g									
17:1....g	0.045		2	A	1		0.019	0.038	
18:1 undifferentiated....g	6.649		2	A	1		2.859	5.652	
20:1....g	0.080		2	A	1		0.034	0.068	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.528		2	NC	4		0.657	1.298	
18:2 undifferentiated....g	1.438		2	A	1		0.618	1.222	
18:3 undifferentiated....g	0.065		2	A	1		0.028	0.055	
18:4....g									
20:2 n-6 c,c....g	0.025		2	A	1		0.011	0.021	
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049		1	A	1		0.021	0.042	
Threonine....g	0.301		1	A	1		0.129	0.256	
Isoleucine....g	0.368		1	A	1		0.158	0.313	
Leucine....g	0.669		1	A	1		0.288	0.569	
Lysine....g	0.214		1	A	1		0.092	0.182	
Methionine....g	0.108		1	A	1		0.046	0.092	
Cystine....g	0.143		1	A	1		0.062	0.122	
Phenylalanine....g	0.457		1	A	1		0.197	0.388	
Tyrosine....g	0.284		1	A	1		0.122	0.241	
Valine....g	0.420		1	A	1		0.181	0.357	
Arginine....g	0.370		1	A	1		0.159	0.315	
Histidine....g	0.198		1	A	1		0.085	0.168	
Alanine....g	0.300		1	A	1		0.129	0.255	
Aspartic acid....g	0.404		1	A	1		0.174	0.343	
Glutamic acid....g	4.069		1	A	1		1.750	3.459	
Glycine....g	0.350		1	A	1		0.151	0.298	
Proline....g	1.297		1	A	1		0.558	1.102	
Serine....g	0.493		1	A	1		0.212	0.419	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	

NDB No. 06982
Soup, ramen noodle, beef flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Measure 2 = 85g: 1 package

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate**4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06983
Soup, ramen noodle, chicken flavor, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	4.26	0.071	4	A	1		1.83	3.62	
Energy....kcal	437		0	NC	4		188	371	
Energy....kJ	1828		0	NC	4		786	1554	
Protein....g	10.66	0.409	4	A	1		4.58	9.06	
Total lipid (fat)....g	15.55	0.745	4	A	1		6.68	13.21	
Ash....g	5.96	0.097	4	A	1		2.56	5.07	
Carbohydrate, by difference....g	63.57		0	NC	4		27.33	54.03	
Fiber, total dietary....g	2.4		2	A	1		1.0	2.0	
Sugars, total....g	1.35		2	A	1		0.58	1.15	
Sucrose....g	0.63		2	A	1		0.27	0.53	
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	
Fructose....g	0.00		2	A	1		0.00	0.00	
Lactose....g	0.25		2	A	1		0.11	0.21	
Maltose....g	0.48		2	A	1		0.20	0.40	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	51.13		2	A	1		21.99	43.46	
Minerals:									
Calcium, Ca....mg	27	4.658	4	A	1		12	23	
Iron, Fe....mg	3.92	0.377	4	A	1		1.69	3.34	
Magnesium, Mg....mg	22	0.400	4	A	1		10	19	
Phosphorus, P....mg	118	3.444	4	A	1		51	100	
Potassium, K....mg	173	7.050	4	A	1		74	147	
Sodium, Na....mg	2071	23.243	4	A	1		890	1760	
Zinc, Zn....mg	0.61	0.053	4	A	1		0.26	0.52	
Copper, Cu....mg	0.198	0.036	4	A	1		0.085	0.168	
Manganese, Mn....mg	0.475	0.051	4	A	1		0.204	0.404	
Selenium, Se....µg	9.4		2	A	1		4.0	7.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0	0.0	
Thiamin....mg	0.558		2	A	1		0.240	0.475	
Riboflavin....mg	0.251		2	A	1		0.108	0.213	
Niacin....mg	3.975		2	A	1		1.709	3.378	
Pantothenic acid....mg	0.249		2	A	1		0.107	0.212	
Vitamin B-6....mg	0.088		1	A	1		0.038	0.074	
Folate, total....µg	117		2	A	1		50	99	
Folic acid....µg	85		0	FLA	4		37	72	
Folate, food....µg	31		0	NC	4		13	27	
Folate, DFE....mcg_DFE	176		0	NC	4		76	150	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.31		1	A	1		0.13	0.26	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	1		0	FLA	4		0	1	
Carotene, alpha....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	1		0	NC	4		0	1	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	12		0	FLA	4		5	10	
Vitamin E (alpha-tocopherol)....mg	1.45		2	A	1		0.62	1.23	
Tocopherol, beta....mg	0.20		2	A	1		0.09	0.17	
Tocopherol, gamma....mg	1.17		2	A	1		0.50	0.99	
Tocopherol, delta....mg	0.19		2	A	1		0.08	0.17	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									

NDB No. 06983
Soup, ramen noodle, chicken flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	7.095		2	NC	4		3.051	6.031	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.110		2	A	1		0.047	0.094	
13:0....g									
14:0....g	0.180		2	A	1		0.077	0.153	
15:0....g									
16:0....g	6.060		2	A	1		2.606	5.151	
17:0....g									
18:0....g	0.675		2	A	1		0.290	0.574	
20:0....g	0.070		2	A	1		0.030	0.060	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.148		2	NC	4		2.643	5.225	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g	0.040		2	A	1		0.017	0.034	
18:1 undifferentiated....g	6.033		2	A	1		2.594	5.128	
20:1....g	0.075		2	A	1		0.032	0.064	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.387		2	NC	4		0.596	1.179	
18:2 undifferentiated....g	1.312		2	A	1		0.564	1.115	
18:3 undifferentiated....g	0.055		2	A	1		0.024	0.047	
18:4....g									
20:2 n-6 c,c....g	0.020		2	A	1		0.009	0.017	
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		1	A	1		0.013	0.026	
Threonine....g	0.295		1	A	1		0.127	0.251	
Isoleucine....g	0.346		1	A	1		0.149	0.294	
Leucine....g	0.644		1	A	1		0.277	0.547	
Lysine....g	0.210		1	A	1		0.090	0.179	
Methionine....g	0.104		1	A	1		0.045	0.088	
Cystine....g	0.139		1	A	1		0.060	0.118	
Phenylalanine....g	0.448		1	A	1		0.193	0.381	
Tyrosine....g	0.268		1	A	1		0.115	0.228	
Valine....g	0.403		1	A	1		0.173	0.343	
Arginine....g	0.350		1	A	1		0.151	0.298	
Histidine....g	0.190		1	A	1		0.082	0.162	
Alanine....g	0.330		1	A	1		0.142	0.281	
Aspartic acid....g	0.405		1	A	1		0.174	0.344	
Glutamic acid....g	4.971		1	A	1		2.138	4.225	
Glycine....g	0.343		1	A	1		0.147	0.292	
Proline....g	1.239		1	A	1		0.533	1.053	
Serine....g	0.477		1	A	1		0.205	0.405	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	

NDB No. 06983
Soup, ramen noodle, chicken flavor, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Measure 2 = 85g: 1 package

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate**4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27035

Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	12.08		0	FLC	4		4.83		
Energy	kcal	350		0	FLC	4		140		
Energy	kJ	1464		0	FLC	4		585		
Protein (N x 6.25)	g	10.89		0	FLC	4		4.35		
Total lipid (fat)	g	2.50		0	FLC	4		1.00		
Ash	g	3.59		0	FLC	4		1.44		
Carbohydrate, by difference	g	70.95		0	FLC	4		28.38		
Fiber, total dietary	g	2.7		0	FLC	4		1.1		
Sugars, total	g	0.85		0	FLC	4		0.34		
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0	FLC	4		9		
Iron, Fe	mg	4.52		0	FLC	4		1.81		
Magnesium, Mg	mg	23		0	FLC	4		9		
Phosphorus, P	mg	117		0	FLC	4		47		
Potassium, K	mg	128		0	FLC	4		51		
Sodium, Na	mg	1200		0	FLC	4		480		
Zinc, Zn	mg	0.74		0	FLC	4		0.30		
Copper, Cu	mg	0.165		0	FLC	4		0.066		
Manganese, Mn	mg									
Selenium, Se	µg	30.9		0	FLC	4		12.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0	FLC	4		0.5		
Thiamin	mg	0.582		0	FLC	4		0.233		
Riboflavin	mg	0.410		0	FLC	4		0.164		
Niacin	mg	4.906		0	FLC	4		1.962		
Pantothenic acid	mg									
Vitamin B-6	mg	0.065		0	FLC	4		0.026		
Folate, total	µg	122		0	FLC	4		49		
Folic acid	µg	98		0	FLC	4		39		
Folate, food	µg	24		0	FLC	4		10		
Folate, DFE	mcg_DFE	191		0	NC	4		76		
Choline, total	mg	13.1		0	FLC	4		5.2		
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added	µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLC	4		0		
Retinol	µg	0		0	FLC	4		0		
Carotene, beta	µg	1		0	FLC	4		0		
Carotene, alpha	µg	0		0	FLC	4		0		
Cryptoxanthin, beta	µg	0		0	FLC	4		0		
Vitamin A, IU	IU	2		0	FLC	4		1		
Lycopene	µg	0		0	FLC	4		0		
Lutein + zeaxanthin	µg	16		0	FLC	4		6		
Vitamin E (alpha-tocopherol)	mg	0.24		0	FLC	4		0.10		
Vitamin E, added	mg	0.00		0	FLC	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	FLC	4		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	FLC	4		0		
Vitamin K (phylloquinone)	µg	0.9		0	FLC	4		0.3		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 27035

Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		0	FLC	4		0.000		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.000		0	FLC	4		0.000		
15:0....g									
16:0....g	0.000		0	FLC	4		0.000		
17:0....g									
18:0....g	0.000		0	FLC	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.685		0	FLC	4		0.274		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0	FLC	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.681		0	FLC	4		0.272		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.438		0	FLC	4		0.575		
18:2 undifferentiated....g	1.355		0	FLC	4		0.542		
18:3 undifferentiated....g	0.083		0	FLC	4		0.033		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g	0.000		0	FLC	4		0.000		
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLC	4		0.0		
Caffeine....mg	0		0	FLC	4		0		
Theobromine....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1.41 oz dry (half noodle block)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06055
Soup, scotch broth, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.78	0.159	10		1		103.05	249.66	
Energy....kcal	66		0	NC	4		81	197	
Energy....kJ	276		0		4		340	823	
Protein (N x 6.25)....g	4.05	0.091	10		1		4.98	12.07	
Total lipid (fat)....g	2.14	0.040	10		1		2.63	6.38	
Ash....g	2.30	0.021	10		1		2.83	6.85	
Carbohydrate, by difference....g	7.73		0	NC	4		9.51	23.04	
Fiber, total dietary....g	1.0		0		4		1.2	2.9	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.517	10		1		15	36	
Iron, Fe....mg	0.68	0.053	10		1		0.84	2.03	
Magnesium, Mg....mg	3		1		1		4	9	
Phosphorus, P....mg	45		1		1		55	134	
Potassium, K....mg	130		1		1		160	387	
Sodium, Na....mg	716		0	LC	8		881	2134	
Zinc, Zn....mg	1.30		1		1		1.60	3.87	
Copper, Cu....mg	0.200		1		1		0.246	0.596	
Manganese, Mn....mg	0.300		1		1		0.369	0.894	
Selenium, Se....µg	2.2		0	BFSN	4		2.7	6.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.153	10		1		0.9	2.1	
Thiamin....mg	0.015	0.001	10		1		0.018	0.045	
Riboflavin....mg	0.037	0.003	10		1		0.046	0.110	
Niacin....mg	0.950	0.045	10		1		1.169	2.831	
Pantothenic acid....mg	0.280		0		4		0.344	0.834	
Vitamin B-6....mg	0.060		1		1		0.074	0.179	
Folate, total....µg	8		0		4		10	24	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		4		10	24	
Folate, DFE....mcg_DFE	8		0	NC	4		10	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.22		1		1		0.27	0.66	
Vitamin A, RAE....mcg_RAE	89		0	NC	4		109	265	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1779	252.003	10		1		2188	5301	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg	0.06		0		4		0.07	0.18	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.910		0		1		1.119	2.712	
4:0....g									

NDB No. 06055
Soup, scotch broth, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.050		1		1		0.062	0.149	
15:0 g									
16:0 g	0.410		1		1		0.504	1.222	
17:0 g									
18:0 g	0.390		1		1		0.480	1.162	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.630		0		1		0.775	1.877	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.030		1		1		0.037	0.089	
17:1 g									
18:1 undifferentiated g	0.580		1		1		0.713	1.728	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.450		0		1		0.554	1.341	
18:2 undifferentiated g	0.370		1		1		0.455	1.103	
18:3 undifferentiated g	0.070		1		1		0.086	0.209	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	4		0		1		5	12	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.035		0		1		0.043	0.104	
Threonine g	0.126		0		1		0.155	0.375	
Isoleucine g	0.152		0		1		0.187	0.453	
Leucine g	0.258		0		1		0.317	0.769	
Lysine g	0.248		0		1		0.305	0.739	
Methionine g	0.068		0		1		0.084	0.203	
Cystine g	0.028		0		1		0.034	0.083	
Phenylalanine g	0.148		0		1		0.182	0.441	
Tyrosine g	0.105		0		1		0.129	0.313	
Valine g	0.178		0		1		0.219	0.530	
Arginine g	0.188		0		1		0.231	0.560	
Histidine g	0.089		0		1		0.109	0.265	
Alanine g	0.230		0		1		0.283	0.685	
Aspartic acid g	0.339		0		1		0.417	1.010	
Glutamic acid g	1.015		0		1		1.248	3.025	
Glycine g	0.253		0		1		0.311	0.754	
Proline g	0.231		0		1		0.284	0.688	
Serine g	0.139		0		1		0.171	0.414	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06055

Soup, scotch broth, canned, condensed

Common Measures:

Measure 1 = 123g: .5 cup (4 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06455

Soup, scotch broth, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.84		0	RPI	6		221.33	538.18	
Energy....kcal	33		0	RPI	6		79	192	
Energy....kJ	137		0	RPI	6		331	804	
Protein (N x 6.25)....g	2.03		0	RPI	6		4.88	11.87	
Total lipid (fat)....g	1.07		0	RPI	6		2.58	6.27	
Ash....g	1.20		0	RPI	6		2.89	7.03	
Carbohydrate, by difference....g	3.87		0	RPI	6		9.31	22.65	
Fiber, total dietary....g	0.5		0	RPI	6		1.2	2.9	
Sugars, total....g	0.26		0	O	4		0.63	1.53	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	RPA	1		18	44	
Iron, Fe....mg	0.34		0	RPA	1		0.82	2.00	
Magnesium, Mg....mg	2		0	RPA	1		5	12	
Phosphorus, P....mg	23		0	RPA	1		54	132	
Potassium, K....mg	65		0	RPA	1		157	382	
Sodium, Na....mg	415		0	RPA	1		1000	2431	
Zinc, Zn....mg	0.65		0	RPA	1		1.57	3.82	
Copper, Cu....mg	0.105		0	RPA	1		0.253	0.615	
Manganese, Mn....mg	0.150		0	RPA	1		0.362	0.880	
Selenium, Se....µg	1.1		0	RPI	6		2.7	6.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.4		0	RPI	6		0.8	2.1	
Thiamin....mg	0.008		0	RPI	6		0.018	0.044	
Riboflavin....mg	0.019		0	RPI	6		0.045	0.108	
Niacin....mg	0.475		0	RPI	6		1.145	2.784	
Pantothenic acid....mg	0.140		0	RPI	6		0.337	0.820	
Vitamin B-6....mg	0.030		0	RPI	6		0.072	0.176	
Folate, total....µg	4		0	RPI	6		10	23	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	4		0	RPI	6		10	23	
Folate, DFE....mcg_DFE	4		0	NC	4		10	23	
Choline, total....mg	5.1		0	BFSN	4		12.2	29.6	
Betaine....mg									
Vitamin B-12....µg	0.11		0	RPI	6		0.27	0.64	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....µg	0		0	RPI	6		0	0	
Carotene, beta....µg	0		0	RPI	6		0	0	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	0		0	NC	4		0	0	
Lycopene....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin....µg	0		0	RPI	6		0	0	
Vitamin E (alpha-tocopherol)....mg	0.03		0	RPI	6		0.07	0.18	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	RPI	6		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06455

Soup, scotch broth, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.455		0	RPI	6		1.097	2.666	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.025		0	RPI	6		0.060	0.147	
15:0....g									
16:0....g	0.205		0	RPI	6		0.494	1.201	
17:0....g									
18:0....g	0.195		0	RPI	6		0.470	1.143	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.315		0	RPI	6		0.759	1.846	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0	RPI	6		0.036	0.088	
17:1....g									
18:1 undifferentiated....g	0.290		0	RPI	6		0.699	1.699	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.225		0	RPI	6		0.542	1.319	
18:2 undifferentiated....g	0.185		0	RPI	6		0.446	1.084	
18:3 undifferentiated....g	0.035		0	RPI	6		0.084	0.205	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0	RPI	6		5	12	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06180
Soup, shark fin, restaurant-prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.13		2	A	1		194.68		
Energy....kcal	46		0	NC	4		99		
Energy....kJ	192				4		416		
Protein (N x 6.25)....g	3.20		2	A	1		6.91		
Total lipid (fat)....g	2.00		2	A	1		4.32		
Ash....g	0.87		2	A	1		1.88		
Carbohydrate, by difference....g	3.80		0	NC	4		8.21		
Fiber, total dietary....g	0.0		0	BFZN	4		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	10		2	A	1		22		
Iron, Fe....mg	0.94		2	A	1		2.03		
Magnesium, Mg....mg	7		2	A	1		15		
Phosphorus, P....mg	21		2	A	1		45		
Potassium, K....mg	53		2	A	1		114		
Sodium, Na....mg	501		2	A	1		1082		
Zinc, Zn....mg	0.82		2	A	1		1.77		
Copper, Cu....mg	0.108		2	A	1		0.233		
Manganese, Mn....mg	0.024		2	A	1		0.052		
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		2	A	1		0.2		
Thiamin....mg	0.027		2	A	1		0.058		
Riboflavin....mg	0.039		2	A	1		0.084		
Niacin....mg	0.493		2	A	1		1.065		
Pantothenic acid....mg	0.130		2	A	1		0.281		
Vitamin B-6....mg	0.026		2	A	1		0.056		
Folate, total....µg	9		2	A	1		19		
Folic acid....µg	0		0	Z	7		0		
Folate, food....µg	9		2	A	1		19		
Folate, DFE....mcg_DFE	9		0	NC	4		19		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.19		2	A	1		0.41		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....µg	0		0	Z	7		0		
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	0		2	A	1		0		
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.501		0	BFFN	4		1.082		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 06180
Soup, shark fin, restaurant-prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.000		0	BFFN	4		0.000		
12:0 ... g	0.000		0	BFFN	4		0.000		
13:0 ... g									
14:0 ... g	0.037		0	BFFN	4		0.080		
15:0 ... g									
16:0 ... g	0.341		0	BFFN	4		0.737		
17:0 ... g									
18:0 ... g	0.086		0	BFFN	4		0.186		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.583		0	BFFN	4		1.259		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.180		0	BFFN	4		0.389		
17:1 ... g									
18:1 undifferentiated ... g	0.365		0	BFFN	4		0.788		
20:1 ... g	0.015		0	BFFN	4		0.032		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.341		0	BFFN	4		0.737		
18:2 undifferentiated ... g	0.022		0	BFFN	4		0.048		
18:3 undifferentiated ... g	0.015		0	BFFN	4		0.032		
18:4 ... g	0.007		0	BFFN	4		0.015		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.027		0	BFFN	4		0.058		
20:5 n-3 (EPA) ... g	0.086		0	BFFN	4		0.186		
22:5 n-3 (DPA) ... g	0.042		0	BFFN	4		0.091		
22:6 n-3 (DHA) ... g	0.121		0	BFFN	4		0.261		
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0	BFZN	4		4		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 216g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06729

Soup, sirloin burger with vegetables, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.10		1	A	1		453.30	201.84	
Energy....kcal	77		0	NC	4		415	185	
Energy....kJ	322				4		1736	773	
Protein....g	4.20		1	A	1		22.64	10.08	
Total lipid (fat)....g	3.70		1	A	1		19.94	8.88	
Ash....g	1.20		1	A	1		6.47	2.88	
Carbohydrate, by difference....g	6.80		0	NC	4		36.65	16.32	
Fiber, total dietary....g	2.3		1	A	1		12.4	5.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.87		1	A	1		4.69	2.09	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	361		1	A	1		1946	866	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	1.330		1	A	1		7.169	3.192	
Fatty acids, total monounsaturated....g	1.320		1	A	1		7.115	3.168	
Fatty acids, total polyunsaturated....g	0.523		1	A	1		2.819	1.255	
Fatty acids, total trans....g									
Cholesterol....mg	11		1	A	1		59	26	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06738

Soup, split pea with ham and bacon, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.40		1	A	1		213.20	88.29	
Energy....kcal	140		0	NC	4		456	189	
Energy....kJ	586				4		1910	791	
Protein....g	8.60		1	A	1		28.04	11.61	
Total lipid (fat)....g	2.30		1	A	1		7.50	3.11	
Ash....g	2.50		1	A	1		8.15	3.38	
Carbohydrate, by difference....g	21.20		0	NC	4		69.11	28.62	
Fiber, total dietary....g	3.0		1	A	1		9.8	4.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.59		1	A	1		5.18	2.15	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	729		1	A	1		2377	984	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.676		1	A	1		2.204	0.913	
Fatty acids, total monounsaturated....g	0.892		1	A	1		2.908	1.204	
Fatty acids, total polyunsaturated....g	0.439		1	A	1		1.431	0.593	
Fatty acids, total trans....g									
Cholesterol....mg	3		1	A	1		10	4	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 326g: 1 package yields

Measure 2 = 135g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06730

Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.00		1	A	1		436.59	196.83	
Energy....kcal	76		0	NC	4		410	185	
Energy....kJ	318				4		1714	773	
Protein....g	5.20		1	A	1		28.03	12.64	
Total lipid (fat)....g	1.10		1	A	1		5.93	2.67	
Ash....g	1.40		1	A	1		7.55	3.40	
Carbohydrate, by difference....g	11.30		0	NC	4		60.91	27.46	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.92		1	A	1		4.96	2.24	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	343		1	A	1		1849	833	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.2		1	A	1		22.6	10.2	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....µg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg									
Vitamin A, RAE....mcg_RAE	131		0	NC	4		707	319	
Vitamin A, IU....IU	2625		1	AS	1		14149	6379	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.300		1	A	1		1.617	0.729	
Fatty acids, total monounsaturated....g	0.404		1	A	1		2.178	0.982	
Fatty acids, total polyunsaturated....g	0.198		1	A	1		1.067	0.481	
Fatty acids, total trans....g									
Cholesterol....mg	6		1	A	1		32	15	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06730

Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06170
Soup, stock, beef, home-prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	95.89		1		1		230.14		
Energy	kcal	13		0	NC	4		31		
Energy	kJ	54		0		4		131		
Protein	g	1.97		1		1		4.73		
Total lipid (fat)	g	0.09		1		1		0.22		
Ash	g	0.70		0	FLA	4		1.69		
Carbohydrate, by difference	g	1.20		0	NC	4		2.88		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	0.54		0	FLA	4		1.29		
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1		1		19		
Iron, Fe	mg	0.27		1		1		0.65		
Magnesium, Mg	mg	7		1		1		17		
Phosphorus, P	mg	31		1		1		74		
Potassium, K	mg	185		1		1		444		
Sodium, Na	mg	198		1		1		475		
Zinc, Zn	mg	0.17		1		1		0.41		
Copper, Cu	mg	0.050		1		1		0.120		
Manganese, Mn	mg									
Selenium, Se	µg	1.2		0	BFSN	4		2.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0		
Thiamin	mg	0.033		1		1		0.079		
Riboflavin	mg	0.091		1		1		0.218		
Niacin	mg	0.872		1		1		2.093		
Pantothenic acid	mg									
Vitamin B-6	mg	0.055		1		1		0.132		
Folate, total	µg	2		0	FLA	4		5		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	2		0	FLA	4		5		
Folate, DFE	mcg_DFE	2		0	NC	4		5		
Choline, total	mg	4.8		0	O	4		11.6		
Betaine	mg									
Vitamin B-12	µg	0.00		1		1		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	FLA	4		0		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	0		0	FLA	4		0		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	0		0	FLA	4		1		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	1		0	FLA	4		1		
Vitamin E (alpha-tocopherol)	mg	0.01		0	FLA	4		0.03		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.1		0	FLA	4		0.4		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06170
Soup, stock, beef, home-prepared

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	0.035		1		1		0.084		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.001		1		1		0.002		
15:0	g									
16:0	g	0.020		1		1		0.048		
17:0	g									
18:0	g	0.013		1		1		0.031		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.043		1		1		0.103		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.003		1		1		0.007		
17:1	g									
18:1 undifferentiated	g	0.039		1		1		0.094		
20:1	g	0.001		1		1		0.002		
22:1 undifferentiated	g	0.000		0		4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.005		1		1		0.012		
18:2 undifferentiated	g	0.004		1		1		0.010		
18:3 undifferentiated	g	0.000		1		1		0.000		
18:4	g	0.000		0		4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000		
20:5 n-3 (EPA)	g	0.000		0		4		0.000		
22:5 n-3 (DPA)	g	0.000		0		4		0.000		
22:6 n-3 (DHA)	g	0.000		0		4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	0		1		1		0		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	FLA	4		0		
Theobromine	mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06172
Soup, stock, chicken, home-prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.15		1		1		221.16		
Energy	kcal	36		0	NC	4		86		
Energy	kJ	151		0		4		361		
Protein	g	2.52		1		1		6.05		
Total lipid (fat)	g	1.20		1		1		2.88		
Ash	g	0.63		0	FLA	4		1.52		
Carbohydrate, by difference	g	3.53		0	NC	4		8.47		
Fiber, total dietary	g	0.0		0		7		0.0		
Sugars, total	g	1.58		0	FLA	4		3.79		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		1		1		7		
Iron, Fe	mg	0.21		1		1		0.50		
Magnesium, Mg	mg	4		1		1		10		
Phosphorus, P	mg	27		1		1		65		
Potassium, K	mg	105		1		1		252		
Sodium, Na	mg	143		1		1		343		
Zinc, Zn	mg	0.14		1		1		0.34		
Copper, Cu	mg	0.054		1		1		0.130		
Manganese, Mn	mg									
Selenium, Se	µg	2.2		0	BFSN	4		5.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		1		1		0.5		
Thiamin	mg	0.035		1		1		0.084		
Riboflavin	mg	0.085		1		1		0.204		
Niacin	mg	1.584		1		1		3.802		
Pantothenic acid	mg									
Vitamin B-6	mg	0.061		1		1		0.146		
Folate, total	µg	5		0	FLA	4		13		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	5		0	FLA	4		13		
Folate, DFE	mcg_DFE	5		0	NC	4		13		
Choline, total	mg	9.2		0	O	4		22.1		
Betaine	mg									
Vitamin B-12	µg	0.00		1		1		0.00		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0	FLA	4		2		
Retinol	µg	1		0	FLA	4		1		
Carotene, beta	µg	0		0	FLA	4		1		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	0		0	FLA	4		0		
Vitamin A, IU	IU	3		0	FLA	4		7		
Lycopene	µg	0		0	FLA	4		0		
Lutein + zeaxanthin	µg	1		0	FLA	4		4		
Vitamin E (alpha-tocopherol)	mg	0.03		0	FLA	4		0.07		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.2		0	FLA	4		0.4		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06172
Soup, stock, chicken, home-prepared

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated	g	0.321		1		1		0.770		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.008		1		1		0.019		
15:0	g									
16:0	g	0.252		1		1		0.605		
17:0	g									
18:0	g	0.056		1		1		0.134		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.582		1		1		1.397		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.089		1		1		0.214		
17:1	g									
18:1 undifferentiated	g	0.484		1		1		1.162		
20:1	g	0.004		1		1		0.010		
22:1 undifferentiated	g	0.000		0		4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.213		1		1		0.511		
18:2 undifferentiated	g	0.204		1		1		0.490		
18:3 undifferentiated	g	0.009		1		1		0.022		
18:4	g	0.000		0		4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		4		0.000		
20:5 n-3 (EPA)	g	0.000		0		4		0.000		
22:5 n-3 (DPA)	g	0.000		0		4		0.000		
22:6 n-3 (DHA)	g	0.000		0		4		0.000		
Fatty acids, total trans	g									
Cholesterol	mg	3		1		1		7		
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0		
Caffeine	mg	0		0	FLA	4		0		
Theobromine	mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06174
Soup, stock, fish, home-prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	96.96		2	A	1		225.92		
Energy....kcal	17		0	NC	4		40		
Energy....kJ	71		0		4		166		
Protein (N x 6.25)....g	2.26		2	A	1		5.27		
Total lipid (fat)....g	0.81		2	A	1		1.89		
Ash....g	0.74		2	A	1		1.72		
Carbohydrate, by difference....g	0.00		0	NC	4		0.00		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	FLA	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	3		2	A	1		7		
Iron, Fe....mg	0.01		2	A	1		0.02		
Magnesium, Mg....mg	7		2	A	1		16		
Phosphorus, P....mg	56		2	A	1		130		
Potassium, K....mg	144		2	A	1		336		
Sodium, Na....mg	156		2	A	1		363		
Zinc, Zn....mg	0.06		2	A	1		0.14		
Copper, Cu....mg	0.058		2	A	1		0.135		
Manganese, Mn....mg	0.052		2	A	1		0.121		
Selenium, Se....µg	1.0		0	RA	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		2	A	1		0.2		
Thiamin....mg	0.033		2	A	1		0.077		
Riboflavin....mg	0.076		2	A	1		0.177		
Niacin....mg	1.186		2	A	1		2.763		
Pantothenic acid....mg	0.329		2	A	1		0.767		
Vitamin B-6....mg	0.037		2	A	1		0.086		
Folate, total....µg	2		0	FLA	4		5		
Folic acid....µg	0		0	FLA	4		0		
Folate, food....µg	2		0	FLA	4		5		
Folate, DFE....mcg_DFE	2		0	NC	4		5		
Choline, total....mg	7.0		0	O	4		16.3		
Betaine....mg									
Vitamin B-12....µg	0.69		2	A	1		1.61		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	2		0	FLA	4		4		
Retinol....µg	2		0	FLA	4		4		
Carotene, beta....µg	0		0	FLA	4		0		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		0		
Vitamin A, IU....IU	6		0	FLA	4		15		
Lycopene....µg	0		0	FLA	4		0		
Lutein + zeaxanthin....µg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.17		0	FLA	4		0.39		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06174
Soup, stock, fish, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.203		2	A	1		0.473		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.015		2	A	1		0.035		
15:0....g									
16:0....g	0.138		2	A	1		0.322		
17:0....g									
18:0....g	0.035		2	A	1		0.082		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.236		2	A	1		0.550		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.073		2	A	1		0.170		
17:1....g									
18:1 undifferentiated....g	0.148		2	A	1		0.345		
20:1....g	0.006		2	A	1		0.014		
22:1 undifferentiated....g	0.000		2	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.138		2	A	1		0.322		
18:2 undifferentiated....g	0.009		2	A	1		0.021		
18:3 undifferentiated....g	0.006		2	A	1		0.014		
18:4....g	0.003		2	A	1		0.007		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.011		2	A	1		0.026		
20:5 n-3 (EPA)....g	0.035		2	A	1		0.082		
22:5 n-3 (DPA)....g	0.017		2	A	1		0.040		
22:6 n-3 (DHA)....g	0.049		2	A	1		0.114		
Fatty acids, total trans....g									
Cholesterol....mg	1		2	A	1		2		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 233g: 1 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06060
Soup, stockpot, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.89	0.161	8		1		105.64	255.50	
Energy....kcal	78		0	NC	4		101	243	
Energy....kJ	326		0		4		421	1018	
Protein (N x 6.25)....g	3.79	0.137	8		1		4.89	11.82	
Total lipid (fat)....g	3.04	0.145	8		1		3.92	9.48	
Ash....g	2.34	0.026	8		1		3.02	7.30	
Carbohydrate, by difference....g	8.95		0	NC	4		11.55	27.92	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17	0.811	8		1		22	53	
Iron, Fe....mg	0.68	0.037	8		1		0.88	2.12	
Magnesium, Mg....mg	3		1		1		4	9	
Phosphorus, P....mg	42		1		1		54	131	
Potassium, K....mg	185		1		1		239	577	
Sodium, Na....mg	816		1		1		1053	2546	
Zinc, Zn....mg	0.90		1		1		1.16	2.81	
Copper, Cu....mg	0.100		1		1		0.129	0.312	
Manganese, Mn....mg	0.200		1		1		0.258	0.624	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.6	0.183	8		1		2.1	5.0	
Thiamin....mg	0.034	0.002	8		1		0.044	0.106	
Riboflavin....mg	0.040	0.000	8		1		0.052	0.125	
Niacin....mg	0.950	0.057	8		1		1.226	2.964	
Pantothenic acid....mg	0.280		0		4		0.361	0.874	
Vitamin B-6....mg	0.070		1		1		0.090	0.218	
Folate, total....µg	8		0		4		10	25	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8		0		4		10	25	
Folate, DFE....mcg_DFE	8		0	NC	4		10	25	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	155		0	NC	4		200	484	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	3100	179.902	8		1		3999	9672	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.670		0		1		0.864	2.090	
4:0....g									

NDB No. 06060
Soup, stockpot, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g									
8:0 ... g									
10:0 ... g									
12:0 ... g	0.000		1		1		0.000	0.000	
13:0 ... g									
14:0 ... g	0.020		1		1		0.026	0.062	
15:0 ... g									
16:0 ... g	0.460		1		1		0.593	1.435	
17:0 ... g									
18:0 ... g	0.160		1		1		0.206	0.499	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.790		0		1		1.019	2.465	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.030		1		1		0.039	0.094	
17:1 ... g									
18:1 undifferentiated ... g	0.750		1		1		0.968	2.340	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.370		0		1		1.767	4.274	
18:2 undifferentiated ... g	1.250		1		1		1.613	3.900	
18:3 undifferentiated ... g	0.100		1		1		0.129	0.312	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		4	9	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.033		0		1		0.043	0.103	
Threonine ... g	0.118		0		1		0.152	0.368	
Isoleucine ... g	0.143		0		1		0.184	0.446	
Leucine ... g	0.242		0		1		0.312	0.755	
Lysine ... g	0.233		0		1		0.301	0.727	
Methionine ... g	0.064		0		1		0.083	0.200	
Cystine ... g	0.026		0		1		0.034	0.081	
Phenylalanine ... g	0.139		0		1		0.179	0.434	
Tyrosine ... g	0.099		0		1		0.128	0.309	
Valine ... g	0.167		0		1		0.215	0.521	
Arginine ... g	0.177		0		1		0.228	0.552	
Histidine ... g	0.084		0		1		0.108	0.262	
Alanine ... g	0.216		0		1		0.279	0.674	
Aspartic acid ... g	0.319		0		1		0.412	0.995	
Glutamic acid ... g	0.954		0		1		1.231	2.976	
Glycine ... g	0.238		0		1		0.307	0.743	
Proline ... g	0.217		0		1		0.280	0.677	
Serine ... g	0.130		0		1		0.168	0.406	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129g: .5 cup (4 fl oz)

NDB No. 06060

Soup, stockpot, canned, condensed

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06460
Soup, stockpot, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.58		0		1		223.73	543.48	
Energy....kcal	40		0	NC	4		99	240	
Energy....kJ	167		0		4		413	1004	
Protein (N x 6.25)....g	1.97		0		1		4.87	11.82	
Total lipid (fat)....g	1.58		0		1		3.90	9.48	
Ash....g	1.22		0		1		3.01	7.32	
Carbohydrate, by difference....g	4.65		0	NC	4		11.49	27.90	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		1		22	54	
Iron, Fe....mg	0.35		0		1		0.86	2.10	
Magnesium, Mg....mg	2		0		1		5	12	
Phosphorus, P....mg	22		0		1		54	132	
Potassium, K....mg	96		0		1		237	576	
Sodium, Na....mg	424		0		1		1047	2544	
Zinc, Zn....mg	0.47		0		1		1.16	2.81	
Copper, Cu....mg	0.052		0		1		0.128	0.312	
Manganese, Mn....mg	0.104		0		1		0.257	0.624	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0		1		2.0	4.8	
Thiamin....mg	0.018		0		1		0.044	0.108	
Riboflavin....mg	0.021		0		1		0.052	0.126	
Niacin....mg	0.494		0		1		1.220	2.964	
Pantothenic acid....mg	0.140		0		4		0.346	0.840	
Vitamin B-6....mg	0.036		0		1		0.089	0.216	
Folate, total....µg	4		0		4		10	24	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		10	24	
Folate, DFE....mcg_DFE	4		0	NC	4		10	24	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	81		0	NC	4		199	483	
Retinol....µg	0		0	Z	7		0	0	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1611		0		1		3979	9666	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.350		0		1		0.865	2.100	
4:0....g									

NDB No. 06460
Soup, stockpot, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.010		0		1		0.025	0.060	
15:0....g									
16:0....g	0.240		0		1		0.593	1.440	
17:0....g									
18:0....g	0.080		0		1		0.198	0.480	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.410		0		1		1.013	2.460	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.025	0.060	
17:1....g									
18:1 undifferentiated....g	0.390		0		1		0.963	2.340	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.710		0		1		1.754	4.260	
18:2 undifferentiated....g	0.650		0		1		1.606	3.900	
18:3 undifferentiated....g	0.050		0		1		0.124	0.300	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		5	12	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.042	0.102	
Threonine....g	0.061		0		1		0.151	0.366	
Isoleucine....g	0.074		0		1		0.183	0.444	
Leucine....g	0.126		0		1		0.311	0.756	
Lysine....g	0.121		0		1		0.299	0.726	
Methionine....g	0.033		0		1		0.082	0.198	
Cystine....g	0.014		0		1		0.035	0.084	
Phenylalanine....g	0.072		0		1		0.178	0.432	
Tyrosine....g	0.051		0		1		0.126	0.306	
Valine....g	0.087		0		1		0.215	0.522	
Arginine....g	0.092		0		1		0.227	0.552	
Histidine....g	0.044		0		1		0.109	0.264	
Alanine....g	0.112		0		1		0.277	0.672	
Aspartic acid....g	0.166		0		1		0.410	0.996	
Glutamic acid....g	0.496		0		1		1.225	2.976	
Glycine....g	0.124		0		1		0.306	0.744	
Proline....g	0.113		0		1		0.279	0.678	
Serine....g	0.068		0		1		0.168	0.408	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

NDB No. 06460

Soup, stockpot, canned, prepared with equal volume water

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06061
Soup, tomato beef with noodle, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.08	0.370	10		1		185.94	225.94	
Energy	kcal	112		0	NC	4		281	342	
Energy	kJ	469		0		4		1176	1429	
Protein (N x 6.25)	g	3.55	0.058	10		1		8.91	10.83	
Total lipid (fat)	g	3.42	0.154	10		1		8.58	10.43	
Ash	g	2.08	0.013	10		1		5.22	6.34	
Carbohydrate, by difference	g	16.87		0	NC	4		42.34	51.45	
Fiber, total dietary	g	1.2		0		4		2.9	3.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.547	10		1		35	43	
Iron, Fe	mg	0.89	0.051	10		1		2.23	2.71	
Magnesium, Mg	mg	6		1		1		15	18	
Phosphorus, P	mg	45		1		1		113	137	
Potassium, K	mg	176		1		1		442	537	
Sodium, Na	mg	731	53.745	5		1		1835	2230	
Zinc, Zn	mg	0.60		1		1		1.51	1.83	
Copper, Cu	mg	0.100		1		1		0.251	0.305	
Manganese, Mn	mg	0.200		1		1		0.502	0.610	
Selenium, Se	µg	4.0		0	RA	4		10.0	12.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.067	0.002	10		1		0.168	0.204	
Riboflavin	mg	0.071	0.002	10		1		0.178	0.217	
Niacin	mg	1.490	0.028	10		1		3.740	4.545	
Pantothenic acid	mg	0.150		0		4		0.377	0.458	
Vitamin B-6	mg	0.070		1		1		0.176	0.214	
Folate, total	µg	15		0	FLA	4		38	46	
Folic acid	µg	9		0	NC	4		23	27	
Folate, food	µg	6		0		4		15	18	
Folate, DFE	mcg_DFE	21		0	NC	4		53	65	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.15		1		1		0.38	0.46	
Vitamin A, RAE	mcg_RAE	21		0	NC	4		53	65	
Retinol	µg	0		0	Z	7		0	0	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	425	18.088	10		1		1067	1296	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg	0.62		0		4		1.56	1.89	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.270		0		1		3.188	3.874	
4:0	g									

NDB No. 06061
Soup, tomato beef with noodle, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.070		0		1		0.176	0.214	
15:0....g									
16:0....g	0.700		0		1		1.757	2.135	
17:0....g									
18:0....g	0.430		0		1		1.079	1.312	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.380		0		1		3.464	4.209	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		0		1		0.251	0.305	
17:1....g									
18:1 undifferentiated....g	1.210		0		1		3.037	3.691	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.540		0		1		1.355	1.647	
18:2 undifferentiated....g	0.460		0		1		1.155	1.403	
18:3 undifferentiated....g	0.070		0		1		0.176	0.214	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		8	9	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1		0.085	0.104	
Threonine....g	0.114		0		1		0.286	0.348	
Isoleucine....g	0.137		0		1		0.344	0.418	
Leucine....g	0.231		0		1		0.580	0.705	
Lysine....g	0.193		0		1		0.484	0.589	
Methionine....g	0.066		0		1		0.166	0.201	
Cystine....g	0.042		0		1		0.105	0.128	
Phenylalanine....g	0.143		0		1		0.359	0.436	
Tyrosine....g	0.092		0		1		0.231	0.281	
Valine....g	0.153		0		1		0.384	0.467	
Arginine....g	0.145		0		1		0.364	0.442	
Histidine....g	0.082		0		1		0.206	0.250	
Alanine....g	0.164		0		1		0.412	0.500	
Aspartic acid....g	0.260		0		1		0.653	0.793	
Glutamic acid....g	0.980		0		1		2.460	2.989	
Glycine....g	0.166		0		1		0.417	0.506	
Proline....g	0.229		0		1		0.575	0.698	
Serine....g	0.127		0		1		0.319	0.387	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06061

Soup, tomato beef with noodle, canned, condensed

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06461

Soup, tomato beef with noodle, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.99		0	RPI	6		212.26	515.85	
Energy	kcal	56		0	RPI	6		136	331	
Energy	kJ	234		0	RPI	6		570	1386	
Protein (N x 6.25)	g	1.78		0	RPI	6		4.33	10.53	
Total lipid (fat)	g	1.71		0	RPI	6		4.17	10.14	
Ash	g	1.09		0	RPI	6		2.66	6.46	
Carbohydrate, by difference	g	8.44		0	RPI	6		20.58	50.02	
Fiber, total dietary	g	0.6		0	RPI	6		1.4	3.4	
Sugars, total	g	0.73		0	BFSN	4		1.78	4.32	
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	RPA	1		21	51	
Iron, Fe	mg	0.45		0	RPA	1		1.09	2.64	
Magnesium, Mg	mg	3		0	RPA	1		8	21	
Phosphorus, P	mg	23		0	RPA	1		55	133	
Potassium, K	mg	88		0	RPA	1		215	523	
Sodium, Na	mg	367		0	RPA	1		896	2179	
Zinc, Zn	mg	0.30		0	RPA	1		0.74	1.79	
Copper, Cu	mg	0.055		0	RPA	1		0.134	0.326	
Manganese, Mn	mg	0.100		0	RPA	1		0.244	0.594	
Selenium, Se	µg	2.0		0	RPI	6		4.9	11.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	RPI	6		0.0	0.0	
Thiamin	mg	0.034		0	RPI	6		0.082	0.199	
Riboflavin	mg	0.036		0	RPI	6		0.087	0.211	
Niacin	mg	0.745		0	RPI	6		1.818	4.418	
Pantothenic acid	mg	0.075		0	RPI	6		0.183	0.445	
Vitamin B-6	mg	0.035		0	RPI	6		0.085	0.208	
Folate, total	µg	8		0	RPI	6		18	44	
Folic acid	µg	5		0	RPI	6		11	27	
Folate, food	µg	3		0	RPI	6		7	18	
Folate, DFE	mcg_DFE	11		0	NC	4		26	63	
Choline, total	mg	8.2		0	BFSN	4		20.0	48.5	
Betaine	mg									
Vitamin B-12	µg	0.08		0	RPI	6		0.18	0.44	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	12		0	FLA	4		29	71	
Retinol	µg	1		0	FLA	4		2	6	
Carotene, beta	µg	114		0	FLA	4		278	676	
Carotene, alpha	µg	30		0	FLA	4		73	178	
Cryptoxanthin, beta	µg	2		0	FLA	4		5	12	
Vitamin A, IU	IU	219		0	FLA	4		534	1299	
Lycopene	µg	2929		0	FLA	4		7147	17369	
Lutein + zeaxanthin	µg	21		0	FLA	4		51	125	
Vitamin E (alpha-tocopherol)	mg	0.31		0	RPI	6		0.76	1.84	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	0.0		0	RPI	6		0.0	0.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06461

Soup, tomato beef with noodle, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.635		0	RPI	6		1.549	3.766	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.035		0	RPI	6		0.085	0.208	
15:0....g									
16:0....g	0.350		0	RPI	6		0.854	2.076	
17:0....g									
18:0....g	0.215		0	RPI	6		0.525	1.275	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.690		0	RPI	6		1.684	4.092	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050		0	RPI	6		0.122	0.297	
17:1....g									
18:1 undifferentiated....g	0.605		0	RPI	6		1.476	3.588	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.270		0	RPI	6		0.659	1.601	
18:2 undifferentiated....g	0.230		0	RPI	6		0.561	1.364	
18:3 undifferentiated....g	0.035		0	RPI	6		0.085	0.208	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0	RPI	6		4	9	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06158
Soup, tomato bisque, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.32	0.277	13		1		97.16	235.00	
Energy....kcal	96		0	NC	4		124	300	
Energy....kJ	402		0		4		518	1253	
Protein (N x 6.25)....g	1.76	0.058	13		1		2.27	5.49	
Total lipid (fat)....g	1.95	0.058	13		1		2.52	6.08	
Ash....g	2.49	0.035	13		1		3.21	7.77	
Carbohydrate, by difference....g	18.47		0	NC	4		23.83	57.63	
Fiber, total dietary....g	0.8		0		4		1.0	2.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	31	2.333	13		1		40	97	
Iron, Fe....mg	0.64	0.046	13		1		0.83	2.00	
Magnesium, Mg....mg	7		1		1		9	22	
Phosphorus, P....mg	47		1		1		61	147	
Potassium, K....mg	325		1		1		419	1014	
Sodium, Na....mg	685		0	LC	8		884	2137	
Zinc, Zn....mg	0.46		5		1		0.59	1.43	
Copper, Cu....mg	0.100		1		1		0.129	0.312	
Manganese, Mn....mg	0.200		1		1		0.258	0.624	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.6		1		1		5.9	14.4	
Thiamin....mg	0.051	0.001	13		1		0.066	0.159	
Riboflavin....mg	0.055	0.002	13		1		0.071	0.172	
Niacin....mg	0.894	0.023	13		1		1.153	2.789	
Pantothenic acid....mg	0.100		0		4		0.129	0.312	
Vitamin B-6....mg	0.070		1		1		0.090	0.218	
Folate, total....µg	12		0		4		15	37	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	12		0		4		15	37	
Folate, DFE....mcg_DFE	12		0	NC	4		15	37	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		1		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	32		0	NC	4		41	98	
Retinol....µg	4		0	NC	4		5	12	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	562		13		1		725	1753	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.420		0		1		0.542	1.310	
4:0....g									

NDB No. 06158
Soup, tomato bisque, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.020		0		1		0.026	0.062	
15:0....g									
16:0....g	0.240		0		1		0.310	0.749	
17:0....g									
18:0....g	0.090		0		1		0.116	0.281	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.530		0		1		0.684	1.654	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.013	0.031	
17:1....g									
18:1 undifferentiated....g	0.510		0		1		0.658	1.591	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.870		0		1		1.122	2.714	
18:2 undifferentiated....g	0.750		0		1		0.968	2.340	
18:3 undifferentiated....g	0.110		0		1		0.142	0.343	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		5	12	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		0		1		0.023	0.056	
Threonine....g	0.052		0		1		0.067	0.162	
Isoleucine....g	0.060		0		1		0.077	0.187	
Leucine....g	0.098		0		1		0.126	0.306	
Lysine....g	0.070		0		1		0.090	0.218	
Methionine....g	0.023		0		1		0.030	0.072	
Cystine....g	0.019		0		1		0.025	0.059	
Phenylalanine....g	0.060		0		1		0.077	0.187	
Tyrosine....g	0.046		0		1		0.059	0.144	
Valine....g	0.068		0		1		0.088	0.212	
Arginine....g	0.051		0		1		0.066	0.159	
Histidine....g	0.034		0		1		0.044	0.106	
Alanine....g	0.050		0		1		0.065	0.156	
Aspartic acid....g	0.154		0		1		0.199	0.480	
Glutamic acid....g	0.605		0		1		0.780	1.888	
Glycine....g	0.040		0		1		0.052	0.125	
Proline....g	0.108		0		1		0.139	0.337	
Serine....g	0.069		0		1		0.089	0.215	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129g: .5 cup (4 fl oz)

NDB No. 06158

Soup, tomato bisque, canned, condensed

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06358

Soup, tomato bisque, canned, prepared with equal volume milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.51		0		1		204.59	496.40	
Energy	kcal	79		0	NC	4		198	481	
Energy	kJ	331		0		4		830	2013	
Protein (N x 6.25)	g	2.51		0		1		6.30	15.29	
Total lipid (fat)	g	2.63		0		1		6.60	16.02	
Ash	g	1.63		0		1		4.09	9.93	
Carbohydrate, by difference	g	11.73		0	NC	4		29.44	71.44	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	74		0		1		186	451	
Iron, Fe	mg	0.35		0		1		0.88	2.13	
Magnesium, Mg	mg	10		0		1		25	61	
Phosphorus, P	mg	69		0		1		173	420	
Potassium, K	mg	241		0		1		605	1468	
Sodium, Na	mg	442		0		1		1109	2692	
Zinc, Zn	mg	0.25		0		1		0.63	1.53	
Copper, Cu	mg	0.056		0		1		0.141	0.341	
Manganese, Mn	mg	0.103		0		1		0.259	0.627	
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.8		0		1		7.0	17.1	
Thiamin	mg	0.045		0		1		0.113	0.274	
Riboflavin	mg	0.107		0		1		0.269	0.652	
Niacin	mg	0.499		0		1		1.252	3.039	
Pantothenic acid	mg	0.200		0		4		0.502	1.218	
Vitamin B-6	mg	0.056		0		1		0.141	0.341	
Folate, total	µg	9		0		4		21	52	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	9		0		4		21	52	
Folate, DFE	mcg_DFE	9		0	NC	4		21	52	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.17		0		1		0.43	1.04	
Vitamin A, RAE	mcg_RAE	25		0	NC	4		63	152	
Retinol	µg	9		0	NC	4		23	55	
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	350		0		1		879	2132	
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	1.250		0		1		3.138	7.613	
4:0	g	0.060		0		1		0.151	0.365	

NDB No. 06358

Soup, tomato bisque, canned, prepared with equal volume milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.030		0		1		0.075	0.183	
8:0 g	0.020		0		1		0.050	0.122	
10:0 g	0.040		0		1		0.100	0.244	
12:0 g	0.050		0		1		0.126	0.305	
13:0 g									
14:0 g	0.180		0		1		0.452	1.096	
15:0 g									
16:0 g	0.560		0		1		1.406	3.410	
17:0 g									
18:0 g	0.240		0		1		0.602	1.462	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.750		0		1		1.883	4.568	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.050		0		1		0.126	0.305	
17:1 g									
18:1 undifferentiated g	0.680		0		1		1.707	4.141	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.490		0		1		1.230	2.984	
18:2 undifferentiated g	0.420		0		1		1.054	2.558	
18:3 undifferentiated g	0.080		0		1		0.201	0.487	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	9		0		1		23	55	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.032		0		1		0.080	0.195	
Threonine g	0.099		0		1		0.248	0.603	
Isoleucine g	0.128		0		1		0.321	0.780	
Leucine g	0.207		0		1		0.520	1.261	
Lysine g	0.163		0		1		0.409	0.993	
Methionine g	0.052		0		1		0.131	0.317	
Cystine g	0.024		0		1		0.060	0.146	
Phenylalanine g	0.108		0		1		0.271	0.658	
Tyrosine g	0.101		0		1		0.254	0.615	
Valine g	0.142		0		1		0.356	0.865	
Arginine g	0.084		0		1		0.211	0.512	
Histidine g	0.061		0		1		0.153	0.371	
Alanine g	0.081		0		1		0.203	0.493	
Aspartic acid g	0.201		0		1		0.505	1.224	
Glutamic acid g	0.646		0		1		1.621	3.934	
Glycine g	0.055		0		1		0.138	0.335	
Proline g	0.211		0		1		0.530	1.285	
Serine g	0.123		0		1		0.309	0.749	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

NDB No. 06358

Soup, tomato bisque, canned, prepared with equal volume milk

Measure 2 = 609g: 1 can (11 oz), prepared

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06558

Soup, tomato bisque, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	87.17		0		1		215.31	523.02	
Energy....kcal	50		0	NC	4		124	300	
Energy....kJ	209		0		4		517	1255	
Protein (N x 6.25)....g	0.92		0		1		2.27	5.52	
Total lipid (fat)....g	1.02		0		1		2.52	6.12	
Ash....g	1.29		0		1		3.19	7.74	
Carbohydrate, by difference....g	9.60		0	NC	4		23.71	57.60	
Fiber, total dietary....g	0.2		0		4		0.5	1.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0		1		40	96	
Iron, Fe....mg	0.33		0		1		0.82	1.98	
Magnesium, Mg....mg	4		0		1		10	24	
Phosphorus, P....mg	24		0		1		59	144	
Potassium, K....mg	169		0		1		417	1014	
Sodium, Na....mg	424		0		1		1047	2544	
Zinc, Zn....mg	0.24		0		1		0.59	1.43	
Copper, Cu....mg	0.052		0		1		0.128	0.312	
Manganese, Mn....mg	0.104		0		1		0.257	0.624	
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.4		0		1		5.9	14.4	
Thiamin....mg	0.027		0		1		0.067	0.162	
Riboflavin....mg	0.029		0		1		0.072	0.174	
Niacin....mg	0.465		0		1		1.149	2.790	
Pantothenic acid....mg	0.050		0		4		0.124	0.300	
Vitamin B-6....mg	0.036		0		1		0.089	0.216	
Folate, total....µg	6		0		4		15	36	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	6		0		4		15	36	
Folate, DFE....mcg_DFE	6		0	NC	4		15	36	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.00		0		1		0.00	0.00	
Vitamin A, RAE....mcg_RAE	18		0	NC	4		44	108	
Retinol....µg	4		0	NC	4		10	24	
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	292		0		1		721	1752	
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.220		0		1		0.543	1.320	
4:0....g									

NDB No. 06558

Soup, tomato bisque, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g	0.010		0		1		0.025	0.060	
15:0 g									
16:0 g	0.120		0		1		0.296	0.720	
17:0 g									
18:0 g	0.040		0		1		0.099	0.240	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.280		0		1		0.692	1.680	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.010		0		1		0.025	0.060	
17:1 g									
18:1 undifferentiated g	0.270		0		1		0.667	1.620	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.450		0		1		1.112	2.700	
18:2 undifferentiated g	0.390		0		1		0.963	2.340	
18:3 undifferentiated g	0.060		0		1		0.148	0.360	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	2		0		1		5	12	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.009		0		1		0.022	0.054	
Threonine g	0.027		0		1		0.067	0.162	
Isoleucine g	0.031		0		1		0.077	0.186	
Leucine g	0.051		0		1		0.126	0.306	
Lysine g	0.036		0		1		0.089	0.216	
Methionine g	0.012		0		1		0.030	0.072	
Cystine g	0.010		0		1		0.025	0.060	
Phenylalanine g	0.031		0		1		0.077	0.186	
Tyrosine g	0.024		0		1		0.059	0.144	
Valine g	0.035		0		1		0.086	0.210	
Arginine g	0.027		0		1		0.067	0.162	
Histidine g	0.018		0		1		0.044	0.108	
Alanine g	0.026		0		1		0.064	0.156	
Aspartic acid g	0.080		0		1		0.198	0.480	
Glutamic acid g	0.315		0		1		0.778	1.890	
Glycine g	0.021		0		1		0.052	0.126	
Proline g	0.056		0		1		0.138	0.336	
Serine g	0.036		0		1		0.089	0.216	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

NDB No. 06558

Soup, tomato bisque, canned, prepared with equal volume water

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06063
Soup, tomato rice, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.13	0.096	14		1		99.50	240.65	
Energy	kcal	93		0	NC	4		120	290	
Energy	kJ	389		0		4		502	1214	
Protein (N x 6.25)	g	1.64	0.027	14		1		2.12	5.12	
Total lipid (fat)	g	2.12	0.024	14		1		2.73	6.61	
Ash	g	2.03	0.012	14		1		2.62	6.33	
Carbohydrate, by difference	g	17.08		0	NC	4		22.03	53.29	
Fiber, total dietary	g	1.3		0		4		1.7	4.1	
Sugars, total	g	5.90		0	FLA	4		7.61	18.40	
Starch	g									
Minerals:										
Calcium, Ca	mg	18		11		1		23	56	
Iron, Fe	mg	0.62	0.034	14		1		0.80	1.93	
Magnesium, Mg	mg	4		0		1		5	12	
Phosphorus, P	mg	26		0		1		34	81	
Potassium, K	mg	257		2		1		332	802	
Sodium, Na	mg	635		6		1		819	1981	
Zinc, Zn	mg	0.40		1		1		0.52	1.25	
Copper, Cu	mg	0.100		1		1		0.129	0.312	
Manganese, Mn	mg	0.300		1		1		0.387	0.936	
Selenium, Se	µg	1.8		0	RA	4		2.3	5.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.5	0.655	13		1		14.8	35.9	
Thiamin	mg	0.048	0.002	13		1		0.062	0.150	
Riboflavin	mg	0.039	0.002	13		1		0.050	0.122	
Niacin	mg	0.822	0.023	13		1		1.060	2.565	
Pantothenic acid	mg	0.100		0		4		0.129	0.312	
Vitamin B-6	mg	0.060		1		1		0.077	0.187	
Folate, total	µg	11		0		4		14	34	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	11		0		4		14	34	
Folate, DFE	mcg_DFE	11		0	NC	4		14	34	
Choline, total	mg	15.6		0	O	4		20.2	48.8	
Betaine	mg									
Vitamin B-12	µg	0.00		1		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	23		0	FLA	4		30	72	
Retinol	µg	2		0	FLA	4		3	7	
Carotene, beta	µg	248		0	FLA	4		320	773	
Carotene, alpha	µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	421		0	FLA	4		543	1313	
Lycopene	µg	17183		0	FLA	4		22166	53611	
Lutein + zeaxanthin	µg	3		0	FLA	4		3	8	
Vitamin E (alpha-tocopherol)	mg	1.73		0	FLA	4		2.23	5.38	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	3.0		0	FLA	4		3.9	9.4	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06063
Soup, tomato rice, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.400		0		1		0.516	1.248	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.010		0		1		0.013	0.031	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.010		0		1		0.013	0.031	
13:0....g									
14:0....g	0.030		0		1		0.039	0.094	
15:0....g									
16:0....g	0.220		0		1		0.284	0.686	
17:0....g									
18:0....g	0.100		0		1		0.129	0.312	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.470		0		1		0.606	1.466	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.013	0.031	
17:1....g									
18:1 undifferentiated....g	0.460		0		1		0.593	1.435	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.050		0		1		1.355	3.276	
18:2 undifferentiated....g	0.870		0		1		1.122	2.714	
18:3 undifferentiated....g	0.180		0		1		0.232	0.562	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0		1		1	3	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 129g: .5 cup (4 fl oz)

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06463

Soup, tomato rice, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.52		0	RPI	6		218.63	531.09	
Energy	kcal	47		0	RPI	6		115	280	
Energy	kJ	195		0	RPI	6		482	1171	
Protein (N x 6.25)	g	0.82		0	RPI	6		2.03	4.92	
Total lipid (fat)	g	1.06		0	RPI	6		2.62	6.36	
Ash	g	1.07		0	RPI	6		2.63	6.39	
Carbohydrate, by difference	g	8.54		0	RPI	6		21.09	51.24	
Fiber, total dietary	g	0.7		0	RPI	6		1.6	3.9	
Sugars, total	g	2.95		0	RPI	6		7.28	17.69	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	RPA	1		26	63	
Iron, Fe	mg	0.31		0	RPA	1		0.77	1.87	
Magnesium, Mg	mg	2		0	RPA	1		6	15	
Phosphorus, P	mg	13		0	RPA	1		32	78	
Potassium, K	mg	129		0	RPA	1		318	772	
Sodium, Na	mg	319		0	RPA	1		789	1916	
Zinc, Zn	mg	0.20		0	RPA	1		0.50	1.22	
Copper, Cu	mg	0.055		0	RPA	1		0.136	0.329	
Manganese, Mn	mg	0.150		0	RPA	1		0.371	0.901	
Selenium, Se	µg	0.9		0	RPI	6		2.2	5.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.8		0	RPI	6		14.2	34.5	
Thiamin	mg	0.024		0	RPI	6		0.059	0.144	
Riboflavin	mg	0.020		0	RPI	6		0.048	0.117	
Niacin	mg	0.411		0	RPI	6		1.015	2.466	
Pantothenic acid	mg	0.050		0	RPI	6		0.124	0.300	
Vitamin B-6	mg	0.030		0	RPI	6		0.074	0.180	
Folate, total	µg	6		0	RPI	6		14	33	
Folic acid	µg	0		0	RPI	6		0	0	
Folate, food	µg	6		0	RPI	6		14	33	
Folate, DFE	mcg_DFE	6		0	NC	4		14	33	
Choline, total	mg	7.8		0	RPI	6		19.3	46.9	
Betaine	mg									
Vitamin B-12	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	12		0	RPI	6		28	69	
Retinol	µg	1		0	RPI	6		3	7	
Carotene, beta	µg	124		0	RPI	6		306	743	
Carotene, alpha	µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta	µg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	210		0	RPI	6		520	1262	
Lycopene	µg	8591		0	RPI	6		21221	51549	
Lutein + zeaxanthin	µg	1		0	RPI	6		3	8	
Vitamin E (alpha-tocopherol)	mg	0.86		0	RPI	6		2.13	5.18	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	RPI	6		0	0	
Vitamin K (phylloquinone)	µg	1.5		0	RPI	6		3.7	9.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06463

Soup, tomato rice, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.200		0	RPI	6		0.494	1.200	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.005		0	RPI	6		0.012	0.030	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.005		0	RPI	6		0.012	0.030	
13:0....g									
14:0....g	0.015		0	RPI	6		0.037	0.090	
15:0....g									
16:0....g	0.110		0	RPI	6		0.272	0.660	
17:0....g									
18:0....g	0.050		0	RPI	6		0.124	0.300	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.235		0	RPI	6		0.580	1.410	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	RPI	6		0.012	0.030	
17:1....g									
18:1 undifferentiated....g	0.230		0	RPI	6		0.568	1.380	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.525		0	RPI	6		1.297	3.150	
18:2 undifferentiated....g	0.435		0	RPI	6		1.074	2.610	
18:3 undifferentiated....g	0.090		0	RPI	6		0.222	0.540	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0	RPI	6		1	3	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06099
Soup, tomato vegetable, dry, mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.73		6		1		0.04	1.45	
Energy	kcal	325		0	NC	4		4	127	
Energy	kJ	1360		0		4		16	530	
Protein (N x 6.25)	g	11.73		4		1		0.14	4.57	
Total lipid (fat)	g	5.09		4		1		0.06	1.99	
Ash	g	19.54		4		1		0.23	7.62	
Carbohydrate, by difference	g	59.90		0	NC	4		0.72	23.36	
Fiber, total dietary	g	3.0		0		4		0.0	1.2	
Sugars, total	g	3.77		0	FLA	4		0.05	1.47	
Starch	g									
Minerals:										
Calcium, Ca	mg	46		1		1		1	18	
Iron, Fe	mg	3.71		2		1		0.04	1.45	
Magnesium, Mg	mg	115		2		1		1	45	
Phosphorus, P	mg	173		2		1		2	67	
Potassium, K	mg	605		1		1		7	236	
Sodium, Na	mg	6722		5		1		81	2622	
Zinc, Zn	mg	0.98	0.029	3		1		0.01	0.38	
Copper, Cu	mg	0.190	0.007	3		1		0.002	0.074	
Manganese, Mn	mg	0.980		0		4		0.012	0.382	
Selenium, Se	µg	22.6		0	BFSN	4		0.3	8.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	35.3		2		1		0.4	13.8	
Thiamin	mg	0.340		3		1		0.004	0.133	
Riboflavin	mg	0.266		2		1		0.003	0.104	
Niacin	mg	4.625		3		1		0.056	1.804	
Pantothenic acid	mg	0.848		1		1		0.010	0.331	
Vitamin B-6	mg	0.300		0		4		0.004	0.117	
Folate, total	µg	60		0		4		1	23	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	60		0		4		1	23	
Folate, DFE	mcg_DFE	60		0	NC	4		1	23	
Choline, total	mg	58.0		0	O	4		0.7	22.6	
Betaine	mg									
Vitamin B-12	µg	0.00		0		4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	78		0	FLA	4		1	30	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	774		0	FLA	4		9	302	
Carotene, alpha	µg	319		0	FLA	4		4	124	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	1557		0	FLA	4		19	607	
Lycopene	µg	893		0	FLA	4		11	348	
Lutein + zeaxanthin	µg	285		0	FLA	4		3	111	
Vitamin E (alpha-tocopherol)	mg	0.48		0	FLA	4		0.01	0.19	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	25.0		0	FLA	4		0.3	9.8	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06099
Soup, tomato vegetable, dry, mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.320		0		1		0.028	0.905	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.170		0		1		0.002	0.066	
13:0....g									
14:0....g	0.170		0		1		0.002	0.066	
15:0....g									
16:0....g	1.160		0		1		0.014	0.452	
17:0....g									
18:0....g	0.830		0		1		0.010	0.324	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.910		0		1		0.023	0.745	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.090		0		1		0.001	0.035	
17:1....g									
18:1 undifferentiated....g	1.830		0		1		0.022	0.714	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.500		0		1		0.006	0.195	
18:2 undifferentiated....g	0.500		0		1		0.006	0.195	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		0	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.2g: 1 tbsp

Measure 2 = 39g: 1 packet

Calories Factors: Protein 3.5 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06499

Soup, tomato vegetable, dry, mix, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	94.24		0	FLA	4		230.90		
Energy....kcal	22		0	FLA	4		55		
Energy....kJ	94		0	FLA	4		229		
Protein (N x 6.25)....g	0.79		0	FLA	4		1.93		
Total lipid (fat)....g	0.34		0	FLA	4		0.83		
Ash....g	0.59		0	FLA	4		1.44		
Carbohydrate, by difference....g	4.04		0	FLA	4		9.89		
Fiber, total dietary....g	0.3		0	FLA	4		0.6		
Sugars, total....g	0.99		0	FLA	4		2.41		
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	FLA	4		20		
Iron, Fe....mg	0.24		0	FLA	4		0.58		
Magnesium, Mg....mg	4		0	FLA	4		11		
Phosphorus, P....mg	14		0	FLA	4		33		
Potassium, K....mg	67		0	FLA	4		164		
Sodium, Na....mg	132		0	FLA	4		324		
Zinc, Zn....mg	0.08		0	FLA	4		0.21		
Copper, Cu....mg	0.045		0	FLA	4		0.110		
Manganese, Mn....mg	0.046		0	FLA	4		0.114		
Selenium, Se....µg	0.8		0	FLA	4		2.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.2		0	FLA	4		2.9		
Thiamin....mg	0.025		0	FLA	4		0.061		
Riboflavin....mg	0.038		0	FLA	4		0.093		
Niacin....mg	0.498		0	FLA	4		1.220		
Pantothenic acid....mg	0.046		0	FLA	4		0.113		
Vitamin B-6....mg	0.026		0	FLA	4		0.063		
Folate, total....µg	5		0	FLA	4		11		
Folic acid....µg	1		0	FLA	4		2		
Folate, food....µg	4		0	FLA	4		10		
Folate, DFE....mcg_DFE	5		0	NC	4		12		
Choline, total....mg	4.7		0	BFSN	4		11.6		
Betaine....mg									
Vitamin B-12....µg	0.02		0	FLA	4		0.05		
Vitamin B-12, added....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	4		0	FLA	4		10		
Retinol....µg	0		0	FLA	4		0		
Carotene, beta....µg	44		0	FLA	4		109		
Carotene, alpha....µg	0		0	FLA	4		0		
Cryptoxanthin, beta....µg	0		0	FLA	4		1		
Vitamin A, IU....IU	75		0	FLA	4		184		
Lycopene....µg	1589		0	FLA	4		3894		
Lutein + zeaxanthin....µg	36		0	FLA	4		87		
Vitamin E (alpha-tocopherol)....mg	0.17		0	FLA	4		0.41		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.00		0	FLA	4		0.00		
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.2		0	FLA	4		2.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06499

Soup, tomato vegetable, dry, mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.150		0	FLA	4		0.368		
4:0....g	0.003		0	FLA	4		0.008		
6:0....g	0.001		0	FLA	4		0.003		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.001		0	FLA	4		0.003		
12:0....g	0.002		0	FLA	4		0.005		
13:0....g	0.000		0	FLA	4		0.000		
14:0....g	0.009		0	FLA	4		0.022		
15:0....g	0.001		0	FLA	4		0.002		
16:0....g	0.099		0	FLA	4		0.242		
17:0....g	0.000		0	FLA	4		0.001		
18:0....g	0.029		0	FLA	4		0.071		
20:0....g	0.000		0	FLA	4		0.000		
22:0....g	0.000		0	FLA	4		0.000		
24:0....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated....g	0.120		0	FLA	4		0.294		
14:1....g	0.000		0	FLA	4		0.001		
15:1....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated....g	0.014		0	FLA	4		0.034		
17:1....g	0.000		0	FLA	4		0.001		
18:1 undifferentiated....g	0.101		0	FLA	4		0.248		
20:1....g	0.003		0	FLA	4		0.007		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated....g	0.030		0	FLA	4		0.074		
18:2 undifferentiated....g	0.028		0	FLA	4		0.068		
18:3 undifferentiated....g	0.002		0	FLA	4		0.004		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g	0.000		0	FLA	4		0.000		
Cholesterol....mg	0		0	FLA	4		1		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup 8 fl oz

Calories Factors: Protein 3.5 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06159
Soup, tomato, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.79	0.108	6	A	1		237.52	119.57	
Energy	kcal	66		0	NC	4		193	97	
Energy	kJ	275		0	NC	4		809	407	
Protein (N x 6.25)	g	1.46	0.026	6	A	1		4.29	2.16	
Total lipid (fat)	g	0.44	0.018	6	A	1		1.29	0.65	
Ash	g	2.09	0.023	6	A	1		6.15	3.10	
Carbohydrate, by difference	g	15.22		0	NC	4		44.75	22.53	
Fiber, total dietary	g	1.1	0.058	3	A	1		3.2	1.6	
Sugars, total	g	8.23	0.081	6	A	1		24.20	12.18	
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.417	6	A	1		37	19	
Iron, Fe	mg	0.59	0.035	6	A	1		1.74	0.88	
Magnesium, Mg	mg	14	0.289	6	A	1		42	21	
Phosphorus, P	mg	31	0.644	6	A	1		92	46	
Potassium, K	mg	562	11.177	6	A	1		1652	832	
Sodium, Na	mg	377	3.483	6	A	1		1108	558	
Zinc, Zn	mg	0.18	0.005	6	A	1		0.54	0.27	
Copper, Cu	mg	0.050	0.002	6	A	1		0.147	0.074	
Manganese, Mn	mg	0.138	0.002	6	A	1		0.405	0.204	
Selenium, Se	µg	3.0	0.000	3	A	1		8.8	4.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.9	4.729	8	A	1		37.8	19.0	
Thiamin	mg	0.042	0.007	6	A	1		0.122	0.062	
Riboflavin	mg	0.015	0.000	6	A	1		0.043	0.022	
Niacin	mg	0.858	0.013	6	A	1		2.523	1.270	
Pantothenic acid	mg									
Vitamin B-6	mg	0.086		2	A	1		0.251	0.127	
Folate, total	µg	0		2	A	1		0	0	
Folic acid	µg	0		0	FLA	4		0	0	
Folate, food	µg	0		2	A	1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	12.8		0	AS	1		37.6	18.9	
Betaine	mg									
Vitamin B-12	µg	0.00		0	FLA	4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	20		0	NC	4		58	29	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	235		2	A	1		691	348	
Carotene, alpha	µg	0		1	A	1		0	0	
Cryptoxanthin, beta	µg	0		1	A	1		0	0	
Vitamin A, IU	IU	392		0	NC	4		1151	580	
Lycopene	µg	10920		1	A	1		32105	16162	
Lutein + zeaxanthin	µg	90		1	A	1		265	133	
Vitamin E (alpha-tocopherol)	mg	0.34		2	A	1		1.01	0.51	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									

NDB No. 06159
Soup, tomato, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.2		0	FLA	4		9.3	4.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.115		0	NC	4		0.337	0.170	
4:0....g	0.000		0	FLA	4		0.000	0.000	
6:0....g	0.000		0	FLA	4		0.000	0.000	
8:0....g	0.000		0	FLA	4		0.000	0.000	
10:0....g	0.000		0	FLA	4		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.011		2	A	1		0.034	0.017	
15:0....g									
16:0....g	0.080		2	A	1		0.236	0.119	
17:0....g									
18:0....g	0.023		2	A	1		0.067	0.034	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.136		0	NC	4		0.400	0.201	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		1	A	1		0.040	0.020	
17:1....g									
18:1 undifferentiated....g	0.079		2	A	1		0.231	0.117	
20:1....g	0.028		2	A	1		0.081	0.041	
22:1 undifferentiated....g	0.016		2	A	1		0.047	0.024	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.157		0	NC	4		0.461	0.232	
18:2 undifferentiated....g	0.132		2	A	1		0.387	0.195	
18:3 undifferentiated....g	0.025		2	A	1		0.074	0.037	
18:4....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.047	0.024	
Threonine....g	0.041		0		1		0.121	0.061	
Isoleucine....g	0.047		0		1		0.138	0.070	
Leucine....g	0.079		0		1		0.232	0.117	
Lysine....g	0.040		0		1		0.118	0.059	
Methionine....g	0.018		0		1		0.053	0.027	
Cystine....g	0.022		0		1		0.065	0.033	
Phenylalanine....g	0.056		0		1		0.165	0.083	
Tyrosine....g	0.034		0		1		0.100	0.050	
Valine....g	0.053		0		1		0.156	0.078	
Arginine....g	0.048		0		1		0.141	0.071	
Histidine....g	0.029		0		1		0.085	0.043	
Alanine....g	0.044		0		1		0.129	0.065	
Aspartic acid....g	0.128		0		1		0.376	0.189	
Glutamic acid....g	0.617		0		1		1.814	0.913	
Glycine....g	0.042		0		1		0.123	0.062	
Proline....g	0.107		0		1		0.315	0.158	
Serine....g	0.063		0		1		0.185	0.093	
Hydroxyproline....g									

NDB No. 06159
Soup, tomato, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 294g: 1 can

Measure 2 = 148g: 1 cup

Calories Factors: Protein 2.8 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06956
Soup, tomato, canned, condensed, reduced sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.50		0	BFZN	4		249.99	99.83	
Energy....kcal	65		0	NC	4		197	79	
Energy....kJ	273		0	NC	4		826	330	
Protein....g	1.61		0	BFZN	4		4.88	1.95	
Total lipid (fat)....g	0.56		0	BFZN	4		1.71	0.68	
Ash....g	1.91		0	BFZN	4		5.79	2.31	
Carbohydrate, by difference....g	13.41		0	BFZN	4		40.64	16.23	
Fiber, total dietary....g	1.2		0	BFZN	4		3.7	1.5	
Sugars, total....g	8.11		0	BFZN	4		24.57	9.81	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		0	BFZN	4		40	16	
Iron, Fe....mg	1.11		0	BFZN	4		3.35	1.34	
Magnesium, Mg....mg	14		0	BFZN	4		41	16	
Phosphorus, P....mg	29		0	BFZN	4		88	35	
Potassium, K....mg	229		0	BFZN	4		695	277	
Sodium, Na....mg	22		0	FLA	4		65	26	
Zinc, Zn....mg	0.25		0	BFZN	4		0.74	0.30	
Copper, Cu....mg	0.159		0	BFZN	4		0.481	0.192	
Manganese, Mn....mg									
Selenium, Se....µg	5.1		0	BFZN	4		15.3	6.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	12.9		0	BFZN	4		39.0	15.6	
Thiamin....mg	0.039		0	BFZN	4		0.119	0.048	
Riboflavin....mg	0.063		0	BFZN	4		0.190	0.076	
Niacin....mg	1.032		0	BFZN	4		3.126	1.248	
Pantothenic acid....mg									
Vitamin B-6....mg	0.086		0	BFZN	4		0.259	0.103	
Folate, total....µg	0		0	BFZN	4		0	0	
Folic acid....µg	0		0	BFZN	4		0	0	
Folate, food....µg	0		0	BFZN	4		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	12.8		0	BFZN	4		38.8	15.5	
Betaine....mg									
Vitamin B-12....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE....mcg_RAE	20		0	BFZN	4		59	24	
Retinol....µg	0		0	BFZN	4		0	0	
Carotene, beta....µg	235		0	BFZN	4		712	284	
Carotene, alpha....µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta....µg	0		0	BFZN	4		0	0	
Vitamin A, IU....IU	392		0	BFZN	4		1187	474	
Lycopene....µg	10920		0	BFZN	4		33088	13213	
Lutein + zeaxanthin....µg	90		0	BFZN	4		273	109	
Vitamin E (alpha-tocopherol)....mg	0.34		0	BFZN	4		1.05	0.42	
Vitamin E, added....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.2		0	BFZN	4		9.6	3.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									

NDB No. 06956
Soup, tomato, canned, condensed, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.155		0	BFZN	4		0.469	0.187	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.005		0	BFZN	4		0.015	0.006	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.013		0	BFZN	4		0.039	0.015	
15:0....g									
16:0....g	0.089		0	BFZN	4		0.270	0.108	
17:0....g									
18:0....g	0.025		0	BFZN	4		0.077	0.031	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.179		0	BFZN	4		0.543	0.217	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0	BFZN	4		0.046	0.019	
17:1....g									
18:1 undifferentiated....g	0.087		0	BFZN	4		0.265	0.106	
20:1....g	0.031		0	BFZN	4		0.093	0.037	
22:1 undifferentiated....g	0.018		0	BFZN	4		0.054	0.022	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.189		0	BFZN	4		0.574	0.229	
18:2 undifferentiated....g	0.146		0	BFZN	4		0.442	0.177	
18:3 undifferentiated....g	0.028		0	BFZN	4		0.085	0.034	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 303g: 1 can 10.7 oz

Measure 2 = 121g: 1 serving 1/2 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06359

Soup, tomato, canned, prepared with equal volume low fat (2%) milk

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.98		0	RPA	1		216.66	27.08	
Energy	kcal	55		0	RPI	6		139	17	
Energy	kJ	231		0	RPI	6		581	73	
Protein (N x 6.25)	g	2.49		0	RPA	1		6.27	0.78	
Total lipid (fat)	g	1.30		0	RPI	6		3.27	0.41	
Ash	g	1.29		0	RPA	1		3.25	0.41	
Carbohydrate, by difference	g	8.95		0	RPI	6		22.56	2.82	
Fiber, total dietary	g	0.6		0	RPI	6		1.5	0.2	
Sugars, total	g	6.53		0	RPA	1		16.45	2.06	
Starch	g									
Minerals:										
Calcium, Ca	mg	69		0	RPA	1		173	22	
Iron, Fe	mg	0.55		0	RPA	1		1.37	0.17	
Magnesium, Mg	mg	12		0	RPA	1		31	4	
Phosphorus, P	mg	62		0	RPA	1		155	19	
Potassium, K	mg	183		0	RPA	1		461	58	
Sodium, Na	mg	210		1	LC	8		529	66	
Zinc, Zn	mg	0.37		0	RPA	1		0.93	0.12	
Copper, Cu	mg	0.079		0	RPA	1		0.200	0.025	
Manganese, Mn	mg	0.064		0	RPA	1		0.162	0.020	
Selenium, Se	µg	3.7		0	RPA	1		9.4	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.3		0	RPA	1		15.8	2.0	
Thiamin	mg	0.039		0	RPA	1		0.099	0.012	
Riboflavin	mg	0.126		0	RPA	1		0.318	0.040	
Niacin	mg	0.545		0	RPA	1		1.373	0.172	
Pantothenic acid	mg	0.210		0	RPA	1		0.529	0.066	
Vitamin B-6	mg	0.061		0	RPA	1		0.154	0.019	
Folate, total	µg	2		0	RPA	1		6	1	
Folic acid	µg	0		0	RPI	6		0	0	
Folate, food	µg	2		0	RPA	1		6	1	
Folate, DFE	mcg_DFE	2		0	NC	4		6	1	
Choline, total	mg	14.7		0	RPA	1		37.0	4.6	
Betaine	mg									
Vitamin B-12	µg	0.28		0	RPA	1		0.70	0.09	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	38		0	RPI	6		96	12	
Retinol	µg	29		0	RPI	6		72	9	
Carotene, beta	µg	115		0	RPI	6		291	36	
Carotene, alpha	µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta	µg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	287		0	RPI	6		724	90	
Lycopene	µg	5261		0	RPI	6		13257	1657	
Lutein + zeaxanthin	µg	43		0	RPI	6		109	14	
Vitamin E (alpha-tocopherol)	mg	0.18		0	RPA	1		0.46	0.06	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.6		0	RPI	6		1.6	0.2	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	25		0	RPI	6		63	8	
Vitamin K (phylloquinone)	µg	1.6		0	RPI	6		4.1	0.5	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06359

Soup, tomato, canned, prepared with equal volume low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.695		0	NC	4		1.751	0.219	
4:0....g	0.040		0	RPA	1		0.100	0.013	
6:0....g	0.023		0	RPA	1		0.059	0.007	
8:0....g	0.011		0	RPA	1		0.027	0.003	
10:0....g	0.025		0	RPA	1		0.064	0.008	
12:0....g	0.028		0	RPA	1		0.071	0.009	
13:0....g									
14:0....g	0.097		0	RPA	1		0.245	0.031	
15:0....g									
16:0....g	0.332		0	RPA	1		0.838	0.105	
17:0....g									
18:0....g	0.138		0	RPA	1		0.348	0.044	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.336		0	NC	4		0.848	0.106	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024		0	RPA	1		0.062	0.008	
17:1....g									
18:1 undifferentiated....g	0.287		0	RPA	1		0.724	0.091	
20:1....g	0.016		0	RPA	1		0.040	0.005	
22:1 undifferentiated....g	0.009		0	RPA	1		0.022	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.126		0	NC	4		0.317	0.040	
18:2 undifferentiated....g	0.106		0	RPA	1		0.266	0.033	
18:3 undifferentiated....g	0.020		0	RPA	1		0.051	0.006	
18:4....g	0.000		0	RPA	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPA	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPA	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPA	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	4		0	RPA	1		11	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 252g: 1 serving 1 cup

Measure 2 = 31.5g: 1 fl oz

Calories Factors: Protein 2.8 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06559

Soup, tomato, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.38		0	RPI	6		226.63	28.33	
Energy....kcal	30		0	RPI	6		73	9	
Energy....kJ	124		0	RPI	6		307	38	
Protein (N x 6.25)....g	0.79		0	RPI	6		1.95	0.24	
Total lipid (fat)....g	0.28		0	RPI	6		0.68	0.09	
Ash....g	0.99		0	RPI	6		2.45	0.31	
Carbohydrate, by difference....g	6.57		0	RPI	6		16.28	2.04	
Fiber, total dietary....g	0.6		0	RPI	6		1.5	0.2	
Sugars, total....g	3.97		0	RPI	6		9.84	1.23	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0	RPA	1		20	2	
Iron, Fe....mg	0.54		0	RPA	1		1.34	0.17	
Magnesium, Mg....mg	7		0	RPA	1		18	2	
Phosphorus, P....mg	14		0	RPA	1		35	4	
Potassium, K....mg	112		0	RPA	1		279	35	
Sodium, Na....mg	190		1	LC	8		471	59	
Zinc, Zn....mg	0.12		0	RPA	1		0.30	0.04	
Copper, Cu....mg	0.083		0	RPA	1		0.205	0.026	
Manganese, Mn....mg	0.058		0	RPA	1		0.144	0.018	
Selenium, Se....µg	2.5		0	RPI	6		6.1	0.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	6.3		0	RPI	6		15.6	2.0	
Thiamin....mg	0.019		0	RPI	6		0.048	0.006	
Riboflavin....mg	0.031		0	RPI	6		0.076	0.010	
Niacin....mg	0.505		0	RPI	6		1.252	0.157	
Pantothenic acid....mg	0.026		0	RPI	6		0.064	0.008	
Vitamin B-6....mg	0.042		0	RPI	6		0.104	0.013	
Folate, total....µg	0		0	RPI	6		0	0	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	0		0	RPI	6		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	6.3		0	RPI	6		15.5	1.9	
Betaine....mg									
Vitamin B-12....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	RPI	6		24	3	
Retinol....µg	0		0	RPI	6		0	0	
Carotene, beta....µg	115		0	RPI	6		285	36	
Carotene, alpha....µg	0		0	RPI	6		0	0	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	192		0	RPI	6		475	59	
Lycopene....µg	5345		0	RPI	6		13256	1657	
Lutein + zeaxanthin....µg	44		0	RPI	6		109	14	
Vitamin E (alpha-tocopherol)....mg	0.17		0	RPI	6		0.42	0.05	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg	0.00		0	RPA	1		0.00	0.00	
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.5		0	RPI	6		3.8	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06559

Soup, tomato, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.076		0	RPI	6		0.188	0.024	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.002		0	RPI	6		0.006	0.001	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g	0.001		0	RPA	1		0.002	0.000	
14:0....g	0.006		0	RPI	6		0.015	0.002	
15:0....g	0.002		0	RPA	1		0.006	0.001	
16:0....g	0.044		0	RPI	6		0.108	0.014	
17:0....g	0.007		0	RPA	1		0.019	0.002	
18:0....g	0.012		0	RPI	6		0.031	0.004	
20:0....g									
22:0....g									
24:0....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.088		0	RPI	6		0.217	0.027	
14:1....g									
15:1....g	0.002		0	RPA	1		0.006	0.001	
16:1 undifferentiated....g	0.007		0	RPI	6		0.019	0.002	
17:1....g	0.011		0	RPA	1		0.028	0.003	
18:1 undifferentiated....g	0.043		0	RPI	6		0.106	0.013	
20:1....g	0.015		0	RPI	6		0.037	0.005	
22:1 undifferentiated....g	0.009		0	RPI	6		0.022	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.093		0	RPI	6		0.230	0.029	
18:2 undifferentiated....g	0.071		0	RPI	6		0.177	0.022	
18:3 undifferentiated....g	0.014		0	RPI	6		0.034	0.004	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.007		0	RPA	1		0.019	0.002	
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 serving 1 cup

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein 2.8 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06498
Soup, tomato, dry, mix, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.88		0	FLA	4		238.19		
Energy	kcal	38		0	FLA	4		100		
Energy	kJ	158		0	FLA	4		420		
Protein (N x 6.25)	g	0.93		0	FLA	4		2.47		
Total lipid (fat)	g	0.61		0	FLA	4		1.60		
Ash	g	1.41		0	FLA	4		3.73		
Carbohydrate, by difference	g	7.17		0	FLA	4		19.00		
Fiber, total dietary	g	0.4		0	FLA	4		1.1		
Sugars, total	g	3.90		0	FLA	4		10.32		
Starch	g									
Minerals:										
Calcium, Ca	mg	29		0	FLA	4		78		
Iron, Fe	mg	0.18		0	FLA	4		0.48		
Magnesium, Mg	mg	10		0	FLA	4		27		
Phosphorus, P	mg	33		0	FLA	4		87		
Potassium, K	mg	111		0	FLA	4		294		
Sodium, Na	mg	356		0	FLA	4		944		
Zinc, Zn	mg	0.13		0	FLA	4		0.35		
Copper, Cu	mg	0.034		0	FLA	4		0.090		
Manganese, Mn	mg	0.036		0	FLA	4		0.095		
Selenium, Se	µg	1.1		0	FLA	4		2.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0	FLA	4		5.2		
Thiamin	mg	0.105		0	FLA	4		0.279		
Riboflavin	mg	0.175		0	FLA	4		0.464		
Niacin	mg	0.926		0	FLA	4		2.455		
Pantothenic acid	mg	0.183		0	FLA	4		0.484		
Vitamin B-6	mg	0.058		0	FLA	4		0.153		
Folate, total	µg	11		0	FLA	4		30		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	11		0	FLA	4		30		
Folate, DFE	mcg_DFE	11		0	NC	4		30		
Choline, total	mg	7.5		0	BFSN	4		20.0		
Betaine	mg									
Vitamin B-12	µg	0.06		0	FLA	4		0.15		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	20		0	FLA	4		53		
Retinol	µg	5		0	FLA	4		14		
Carotene, beta	µg	174		0	FLA	4		461		
Carotene, alpha	µg	0		0	FLA	4		0		
Cryptoxanthin, beta	µg	8		0	FLA	4		21		
Vitamin A, IU	IU	314		0	FLA	4		832		
Lycopene	µg	649		0	FLA	4		1720		
Lutein + zeaxanthin	µg	32		0	FLA	4		86		
Vitamin E (alpha-tocopherol)	mg	0.22		0	FLA	4		0.59		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg	0.00		0	FLA	4		0.00		
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.8		0	FLA	4		2.2		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06498
Soup, tomato, dry, mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.286		0	FLA	4		0.758		
4:0....g	0.015		0	FLA	4		0.040		
6:0....g	0.008		0	FLA	4		0.023		
8:0....g	0.005		0	FLA	4		0.013		
10:0....g	0.011		0	FLA	4		0.030		
12:0....g	0.013		0	FLA	4		0.033		
13:0....g									
14:0....g	0.046		0	FLA	4		0.122		
15:0....g									
16:0....g	0.123		0	FLA	4		0.325		
17:0....g									
18:0....g	0.055		0	FLA	4		0.145		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.237		0	FLA	4		0.629		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0	FLA	4		0.049		
17:1....g									
18:1 undifferentiated....g	0.207		0	FLA	4		0.548		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.063		0	FLA	4		0.166		
18:2 undifferentiated....g	0.047		0	FLA	4		0.123		
18:3 undifferentiated....g	0.016		0	FLA	4		0.042		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	2		0	FLA	4		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 265g: 1 cup 8 fl oz

Calories Factors: Protein 2.8 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06964
Soup, tomato, low sodium, with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.38		0	BFZN	4		226.63	28.33	
Energy	kcal	30		0	BFZN	4		73	9	
Energy	kJ	124		0	BFZN	4		307	38	
Protein	g	0.79		0	BFZN	4		1.95	0.24	
Total lipid (fat)	g	0.28		0	BFZN	4		0.68	0.09	
Ash	g	0.99		0	BFZN	4		2.45	0.31	
Carbohydrate, by difference	g	6.57		0	BFZN	4		16.28	2.04	
Fiber, total dietary	g	0.6		0	BFZN	4		1.5	0.2	
Sugars, total	g	3.97		0	BFZN	4		9.84	1.23	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	BFZN	4		20	2	
Iron, Fe	mg	0.54		0	BFZN	4		1.34	0.17	
Magnesium, Mg	mg	7		0	BFZN	4		18	2	
Phosphorus, P	mg	14		0	BFZN	4		35	4	
Potassium, K	mg	112		0	BFZN	4		279	35	
Sodium, Na	mg	33		0	LC	8		82	10	
Zinc, Zn	mg	0.12		0	BFZN	4		0.30	0.04	
Copper, Cu	mg	0.083		0	BFZN	4		0.205	0.026	
Manganese, Mn	mg	0.058		0	BFZN	4		0.144	0.018	
Selenium, Se	µg	2.5		0	BFZN	4		6.1	0.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.3		0	BFZN	4		15.6	2.0	
Thiamin	mg	0.019		0	BFZN	4		0.048	0.006	
Riboflavin	mg	0.031		0	BFZN	4		0.076	0.010	
Niacin	mg	0.505		0	BFZN	4		1.252	0.157	
Pantothenic acid	mg									
Vitamin B-6	mg	0.042		0	BFZN	4		0.104	0.013	
Folate, total	µg	0		0	BFZN	4		0	0	
Folic acid	µg	0		0	BFZN	4		0	0	
Folate, food	µg	0		0	BFZN	4		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Choline, total	mg	6.3		0	BFZN	4		15.5	1.9	
Betaine	mg									
Vitamin B-12	µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	10		0	BFZN	4		24	3	
Retinol	µg	0		0	BFZN	4		0	0	
Carotene, beta	µg	115		0	BFZN	4		285	36	
Carotene, alpha	µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta	µg	0		0	BFZN	4		0	0	
Vitamin A, IU	IU	192		0	BFZN	4		475	59	
Lycopene	µg	5345		0	BFZN	4		13256	1657	
Lutein + zeaxanthin	µg	44		0	BFZN	4		109	14	
Vitamin E (alpha-tocopherol)	mg	0.17		0	BFZN	4		0.42	0.05	
Vitamin E, added	mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	1.5		0	BFZN	4		3.8	0.5	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06964
Soup, tomato, low sodium, with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.076		0	BFZN	4		0.188	0.024	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.002		0	BFZN	4		0.006	0.001	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.006		0	BFZN	4		0.015	0.002	
15:0....g									
16:0....g	0.044		0	BFZN	4		0.108	0.014	
17:0....g									
18:0....g	0.012		0	BFZN	4		0.031	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.088		0	BFZN	4		0.217	0.027	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0	BFZN	4		0.019	0.002	
17:1....g									
18:1 undifferentiated....g	0.043		0	BFZN	4		0.106	0.013	
20:1....g	0.015		0	BFZN	4		0.037	0.005	
22:1 undifferentiated....g	0.009		0	BFZN	4		0.022	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.093		0	BFZN	4		0.230	0.029	
18:2 undifferentiated....g	0.071		0	BFZN	4		0.177	0.022	
18:3 undifferentiated....g	0.014		0	BFZN	4		0.034	0.004	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFZN	4		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine....mg	0		0	BFZN	4		0	0	
Theobromine....mg	0		0	BFZN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 serving 1 cup

Measure 2 = 31.0g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06065
Soup, turkey noodle, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.37	0.141	13		1		108.83	263.43	
Energy....kcal	55		0	NC	4		69	168	
Energy....kJ	230		0		4		290	702	
Protein (N x 6.25)....g	3.11	0.036	13		1		3.92	9.49	
Total lipid (fat)....g	1.59	0.043	13		1		2.00	4.85	
Ash....g	2.06	0.039	13		1		2.60	6.28	
Carbohydrate, by difference....g	6.88		0	NC	4		8.67	20.98	
Fiber, total dietary....g	0.6		0		4		0.8	1.8	
Sugars, total....g	0.41		0	FLA	4		0.51	1.24	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.700	10		1		11	27	
Iron, Fe....mg	0.75	0.069	10		1		0.95	2.29	
Magnesium, Mg....mg	4		4		1		5	12	
Phosphorus, P....mg	38		1		1		48	116	
Potassium, K....mg	60		1		1		76	183	
Sodium, Na....mg	650	9.083	5		1		819	1983	
Zinc, Zn....mg	0.46		4		1		0.58	1.42	
Copper, Cu....mg	0.100		1		1		0.126	0.305	
Manganese, Mn....mg	0.200		1		1		0.252	0.610	
Selenium, Se....µg	8.9		0	BFSN	4		11.2	27.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		4		1		0.1	0.3	
Thiamin....mg	0.059	0.002	13		1		0.074	0.180	
Riboflavin....mg	0.051	0.002	13		1		0.064	0.156	
Niacin....mg	1.112	0.040	13		1		1.401	3.392	
Pantothenic acid....mg	0.140		0		4		0.176	0.427	
Vitamin B-6....mg	0.030		1		1		0.038	0.092	
Folate, total....µg	15		0	FLA	4		19	46	
Folic acid....µg	13		0	NC	4		17	40	
Folate, food....µg	2		0		4		2	5	
Folate, DFE....mcg_DFE	24		0	NC	4		31	74	
Choline, total....mg	12.2		0	BFSN	4		15.4	37.3	
Betaine....mg									
Vitamin B-12....µg	0.13		0		4		0.16	0.40	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	NC	4		16	39	
Retinol....µg	3		0	FLA	4		4	11	
Carotene, beta....µg	97		0	FLA	4		123	297	
Carotene, alpha....µg	27		0	FLA	4		35	84	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	197		0	NC	4		248	600	
Lycopene....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin....µg	44		0	FLA	4		55	134	
Vitamin E (alpha-tocopherol)....mg	0.14		0	FLA	4		0.17	0.42	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.4		0	FLA	4		5.5	13.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06065
Soup, turkey noodle, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.440		0		1		0.554	1.342	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.020		1		1		0.025	0.061	
15:0....g									
16:0....g	0.330		1		1		0.416	1.007	
17:0....g									
18:0....g	0.080		1		1		0.101	0.244	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.640		0		1		0.806	1.952	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.090		1		1		0.113	0.275	
17:1....g									
18:1 undifferentiated....g	0.550		1		1		0.693	1.678	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.390		0		1		0.491	1.190	
18:2 undifferentiated....g	0.370		1		1		0.466	1.129	
18:3 undifferentiated....g	0.020		1		1		0.025	0.061	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		5	12	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.030		0		1		0.038	0.092	
Threonine....g	0.100		0		1		0.126	0.305	
Isoleucine....g	0.121		0		1		0.152	0.369	
Leucine....g	0.203		0		1		0.256	0.619	
Lysine....g	0.169		0		1		0.213	0.515	
Methionine....g	0.058		0		1		0.073	0.177	
Cystine....g	0.037		0		1		0.047	0.113	
Phenylalanine....g	0.125		0		1		0.158	0.381	
Tyrosine....g	0.081		0		1		0.102	0.247	
Valine....g	0.134		0		1		0.169	0.409	
Arginine....g	0.127		0		1		0.160	0.387	
Histidine....g	0.072		0		1		0.091	0.220	
Alanine....g	0.143		0		1		0.180	0.436	
Aspartic acid....g	0.228		0		1		0.287	0.695	
Glutamic acid....g	0.859		0		1		1.082	2.620	
Glycine....g	0.146		0		1		0.184	0.445	
Proline....g	0.201		0		1		0.253	0.613	
Serine....g	0.112		0		1		0.141	0.342	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06065
Soup, turkey noodle, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup (4 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06465

Soup, turkey noodle, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.99		0		1		226.90	28.36	551.43
Energy	kcal	28		0	NC	4		68	9	166
Energy	kJ	117		0		4		286	36	695
Protein (N x 6.25)	g	1.60		0		1		3.90	0.49	9.49
Total lipid (fat)	g	0.82		0		1		2.00	0.25	4.86
Ash	g	1.06		0		1		2.59	0.32	6.29
Carbohydrate, by difference	g	3.54		0	NC	4		8.64	1.08	20.99
Fiber, total dietary	g	0.3		0		4		0.7	0.1	1.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		12	2	30
Iron, Fe	mg	0.39		0		1		0.95	0.12	2.31
Magnesium, Mg	mg	2		0		1		5	1	12
Phosphorus, P	mg	20		0		1		49	6	119
Potassium, K	mg	31		0		1		76	9	184
Sodium, Na	mg	334		0		1		815	102	1981
Zinc, Zn	mg	0.24		0		1		0.58	0.07	1.42
Copper, Cu	mg	0.051		0		1		0.124	0.016	0.302
Manganese, Mn	mg	0.103		0		1		0.251	0.031	0.611
Selenium, Se	µg	4.4		0	RA	4		10.7	1.3	26.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	0.6
Thiamin	mg	0.030		0		1		0.073	0.009	0.178
Riboflavin	mg	0.026		0		1		0.063	0.008	0.154
Niacin	mg	0.572		0		1		1.396	0.174	3.392
Pantothenic acid	mg	0.070		0		4		0.171	0.021	0.415
Vitamin B-6	mg	0.015		0		1		0.037	0.005	0.089
Folate, total	µg	8		0	BFSN	4		20	2	47
Folic acid	µg	7		0	NC	4		17	2	42
Folate, food	µg	1		0		4		2	0	5
Folate, DFE	mcg_DFE	13		0	NC	4		32	4	77
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.06		0		4		0.15	0.02	0.36
Vitamin A, RAE	mcg_RAE	6		0	NC	4		15	2	36
Retinol	µg	0		0	Z	7		0	0	0
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	120		0		1		293	37	712
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.230		0		1		0.561	0.070	1.364
4:0	g	0.000		0		1		0.000	0.000	0.000

NDB No. 06465

Soup, turkey noodle, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		1		0.000	0.000	0.000
8:0 ... g	0.000		0		1		0.000	0.000	0.000
10:0 ... g	0.000		0		1		0.000	0.000	0.000
12:0 ... g	0.000		0		1		0.000	0.000	0.000
13:0 ... g									
14:0 ... g	0.010		0		1		0.024	0.003	0.059
15:0 ... g									
16:0 ... g	0.170		0		1		0.415	0.052	1.008
17:0 ... g									
18:0 ... g	0.040		0		1		0.098	0.012	0.237
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.330		0		1		0.805	0.101	1.957
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.050		0		1		0.122	0.015	0.297
17:1 ... g									
18:1 undifferentiated ... g	0.280		0		1		0.683	0.085	1.660
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.200		0		1		0.488	0.061	1.186
18:2 undifferentiated ... g	0.190		0		1		0.464	0.058	1.127
18:3 undifferentiated ... g	0.010		0		1		0.024	0.003	0.059
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		5	1	12
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.015		0		1		0.037	0.005	0.089
Threonine ... g	0.051		0		1		0.124	0.016	0.302
Isoleucine ... g	0.062		0		1		0.151	0.019	0.368
Leucine ... g	0.104		0		1		0.254	0.032	0.617
Lysine ... g	0.087		0		1		0.212	0.027	0.516
Methionine ... g	0.030		0		1		0.073	0.009	0.178
Cystine ... g	0.019		0		1		0.046	0.006	0.113
Phenylalanine ... g	0.064		0		1		0.156	0.020	0.380
Tyrosine ... g	0.042		0		1		0.102	0.013	0.249
Valine ... g	0.069		0		1		0.168	0.021	0.409
Arginine ... g	0.065		0		1		0.159	0.020	0.385
Histidine ... g	0.037		0		1		0.090	0.011	0.219
Alanine ... g	0.074		0		1		0.181	0.023	0.439
Aspartic acid ... g	0.117		0		1		0.285	0.036	0.694
Glutamic acid ... g	0.442		0		1		1.078	0.135	2.621
Glycine ... g	0.075		0		1		0.183	0.023	0.445
Proline ... g	0.103		0		1		0.251	0.031	0.611
Serine ... g	0.058		0		1		0.142	0.018	0.344
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06465

Soup, turkey noodle, canned, prepared with equal volume water

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06066
Soup, turkey vegetable, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.01	0.311	10		1		105.79	256.31	
Energy....kcal	60		0	NC	4		74	179	
Energy....kJ	251		0		4		309	748	
Protein (N x 6.25)....g	2.52	0.063	10		1		3.10	7.51	
Total lipid (fat)....g	2.47	0.132	10		1		3.04	7.36	
Ash....g	1.95	0.037	10		1		2.40	5.81	
Carbohydrate, by difference....g	7.05		0	NC	4		8.67	21.01	
Fiber, total dietary....g	0.5		0		4		0.6	1.5	
Sugars, total....g	1.09		0	FLA	4		1.34	3.24	
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.958	10		1		17	42	
Iron, Fe....mg	0.62	0.097	10		1		0.76	1.85	
Magnesium, Mg....mg	3		1		1		4	9	
Phosphorus, P....mg	33		1		1		41	98	
Potassium, K....mg	143		1		1		176	426	
Sodium, Na....mg	739	47.576	5		1		909	2202	
Zinc, Zn....mg	0.50		1		1		0.62	1.49	
Copper, Cu....mg	0.100		1		1		0.123	0.298	
Manganese, Mn....mg	0.200		1		1		0.246	0.596	
Selenium, Se....µg	4.3		0	BFSN	4		5.3	12.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1		1		0.0	0.0	
Thiamin....mg	0.024	0.001	10		1		0.030	0.072	
Riboflavin....mg	0.032	0.001	10		1		0.039	0.095	
Niacin....mg	0.820	0.029	10		1		1.009	2.444	
Pantothenic acid....mg	0.390		0		4		0.480	1.162	
Vitamin B-6....mg	0.040		1		1		0.049	0.119	
Folate, total....µg	4		0		4		5	12	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	4		0		4		5	12	
Folate, DFE....mcg_DFE	4		0	NC	4		5	12	
Choline, total....mg	8.6		0	BFSN	4		10.6	25.6	
Betaine....mg									
Vitamin B-12....µg	0.14		1		1		0.17	0.42	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	106		0	NC	4		131	317	
Retinol....µg	8		0	FLA	4		10	25	
Carotene, beta....µg	961		0	FLA	4		1182	2865	
Carotene, alpha....µg	428		0	FLA	4		527	1276	
Cryptoxanthin, beta....µg	0		0	FLA	4		0	0	
Vitamin A, IU....IU	1987		0	NC	4		2444	5920	
Lycopene....µg	301		0	FLA	4		371	898	
Lutein + zeaxanthin....µg	50		0	FLA	4		62	150	
Vitamin E (alpha-tocopherol)....mg	0.34		0	FLA	4		0.42	1.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.3		0	FLA	4		5.3	12.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06066

Soup, turkey vegetable, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.730		0		1		0.898	2.175	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.020		0		1		0.025	0.060	
15:0....g									
16:0....g	0.520		0		1		0.640	1.550	
17:0....g									
18:0....g	0.150		0		1		0.185	0.447	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.080		0		1		1.328	3.218	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.150		0		1		0.185	0.447	
17:1....g									
18:1 undifferentiated....g	0.910		0		1		1.119	2.712	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.550		0		1		0.677	1.639	
18:2 undifferentiated....g	0.500		0		1		0.615	1.490	
18:3 undifferentiated....g	0.030		0		1		0.037	0.089	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0		1		1	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.027	0.066	
Threonine....g	0.079		0		1		0.097	0.235	
Isoleucine....g	0.095		0		1		0.117	0.283	
Leucine....g	0.161		0		1		0.198	0.480	
Lysine....g	0.155		0		1		0.191	0.462	
Methionine....g	0.043		0		1		0.053	0.128	
Cystine....g	0.017		0		1		0.021	0.051	
Phenylalanine....g	0.092		0		1		0.113	0.274	
Tyrosine....g	0.066		0		1		0.081	0.197	
Valine....g	0.111		0		1		0.137	0.331	
Arginine....g	0.118		0		1		0.145	0.352	
Histidine....g	0.056		0		1		0.069	0.167	
Alanine....g	0.143		0		1		0.176	0.426	
Aspartic acid....g	0.212		0		1		0.261	0.632	
Glutamic acid....g	0.634		0		1		0.780	1.889	
Glycine....g	0.158		0		1		0.194	0.471	
Proline....g	0.144		0		1		0.177	0.429	
Serine....g	0.087		0		1		0.107	0.259	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06066
Soup, turkey vegetable, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: .5 cup (4 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06466

Soup, turkey vegetable, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.89		0		1		223.86	27.96	544.34
Energy....kcal	30		0	NC	4		72	9	176
Energy....kJ	126		0		4		303	38	736
Protein (N x 6.25)....g	1.28		0		1		3.08	0.39	7.50
Total lipid (fat)....g	1.26		0		1		3.04	0.38	7.38
Ash....g	0.99		0		1		2.39	0.30	5.80
Carbohydrate, by difference....g	3.58		0	NC	4		8.63	1.08	20.98
Fiber, total dietary....g	0.2		0		4		0.5	0.1	1.2
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0		1		17	2	41
Iron, Fe....mg	0.32		0		1		0.77	0.10	1.88
Magnesium, Mg....mg	2		0		1		5	1	12
Phosphorus, P....mg	17		0		1		41	5	100
Potassium, K....mg	73		0		1		176	22	428
Sodium, Na....mg	376		0		1		906	113	2203
Zinc, Zn....mg	0.25		0		1		0.61	0.08	1.49
Copper, Cu....mg	0.051		0		1		0.123	0.015	0.299
Manganese, Mn....mg	0.102		0		1		0.246	0.031	0.598
Selenium, Se....µg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		1		0.0	0.0	0.0
Thiamin....mg	0.012		0		1		0.029	0.004	0.070
Riboflavin....mg	0.016		0		1		0.039	0.005	0.094
Niacin....mg	0.417		0		1		1.005	0.126	2.444
Pantothenic acid....mg	0.200		0		4		0.482	0.060	1.172
Vitamin B-6....mg	0.020		0		1		0.048	0.006	0.117
Folate, total....µg	2		0		4		5	1	12
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	2		0		4		5	1	12
Folate, DFE....mcg_DFE	2		0	NC	4		5	1	12
Choline, total....mg									
Betaine....mg									
Vitamin B-12....µg	0.07		0		1		0.17	0.02	0.41
Vitamin A, RAE....mcg_RAE	51		0	NC	4		122	15	297
Retinol....µg	0		0	Z	7		0	0	0
Carotene, beta....µg									
Carotene, alpha....µg									
Cryptoxanthin, beta....µg									
Vitamin A, IU....IU	1014		0		1		2444	305	5942
Lycopene....µg									
Lutein + zeaxanthin....µg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.370		0		1		0.892	0.111	2.168
4:0....g	0.000		0		1		0.000	0.000	0.000

NDB No. 06466

Soup, turkey vegetable, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.010		0		1		0.024	0.003	0.059
15:0 g									
16:0 g	0.270		0		1		0.651	0.081	1.582
17:0 g									
18:0 g	0.080		0		1		0.193	0.024	0.469
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.550		0		1		1.326	0.166	3.223
14:1 g									
15:1 g									
16:1 undifferentiated g	0.070		0		1		0.169	0.021	0.410
17:1 g									
18:1 undifferentiated g	0.460		0		1		1.109	0.138	2.696
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.280		0		1		0.675	0.084	1.641
18:2 undifferentiated g	0.260		0		1		0.627	0.078	1.524
18:3 undifferentiated g	0.020		0		1		0.048	0.006	0.117
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	1		0		1		2	0	6
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.011		0		1		0.027	0.003	0.064
Threonine g	0.040		0		1		0.096	0.012	0.234
Isoleucine g	0.048		0		1		0.116	0.014	0.281
Leucine g	0.082		0		1		0.198	0.025	0.481
Lysine g	0.079		0		1		0.190	0.024	0.463
Methionine g	0.022		0		1		0.053	0.007	0.129
Cystine g	0.009		0		1		0.022	0.003	0.053
Phenylalanine g	0.047		0		1		0.113	0.014	0.275
Tyrosine g	0.034		0		1		0.082	0.010	0.199
Valine g	0.056		0		1		0.135	0.017	0.328
Arginine g	0.060		0		1		0.145	0.018	0.352
Histidine g	0.028		0		1		0.067	0.008	0.164
Alanine g	0.073		0		1		0.176	0.022	0.428
Aspartic acid g	0.108		0		1		0.260	0.033	0.633
Glutamic acid g	0.322		0		1		0.776	0.097	1.887
Glycine g	0.080		0		1		0.193	0.024	0.469
Proline g	0.073		0		1		0.176	0.022	0.428
Serine g	0.044		0		1		0.106	0.013	0.258
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 06466

Soup, turkey vegetable, canned, prepared with equal volume water

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Measure 3 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06064
Soup, turkey, chunky, canned, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	86.37	0.190	13		1		203.83	459.49	
Energy ... kcal	57		0	NC	4		135	303	
Energy ... kJ	238		0		4		563	1269	
Protein (N x 6.25) ... g	4.33	0.075	10		1		10.22	23.04	
Total lipid (fat) ... g	1.87	0.056	10		1		4.41	9.95	
Ash ... g	1.47	0.052	10		1		3.47	7.82	
Carbohydrate, by difference ... g	5.96		0	NC	4		14.07	31.71	
Fiber, total dietary ... g									
Sugars, total ... g									
Starch ... g									
Minerals:									
Calcium, Ca ... mg	21	1.527	10		1		50	112	
Iron, Fe ... mg	0.81	0.113	10		1		1.91	4.31	
Magnesium, Mg ... mg	10		0		4		24	53	
Phosphorus, P ... mg	44		1		1		104	234	
Potassium, K ... mg	153		1		1		361	814	
Sodium, Na ... mg	391	13.761	10		1		923	2080	
Zinc, Zn ... mg	0.90		1		1		2.12	4.79	
Copper, Cu ... mg	0.100		1		1		0.236	0.532	
Manganese, Mn ... mg	0.100		1		1		0.236	0.532	
Selenium, Se ... µg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	2.7	0.335	10		1		6.4	14.4	
Thiamin ... mg	0.015	0.001	10		1		0.035	0.080	
Riboflavin ... mg	0.045	0.002	10		1		0.106	0.239	
Niacin ... mg	1.520	0.057	10		1		3.587	8.086	
Pantothenic acid ... mg	0.390		0		4		0.920	2.075	
Vitamin B-6 ... mg	0.130		1		1		0.307	0.692	
Folate, total ... µg	5	1.001	3		1		11	25	
Folic acid ... µg	0		0	Z	7		0	0	
Folate, food ... µg	5	1.001	3		1		11	25	
Folate, DFE ... mcg_DFE	5		0	NC	4		11	25	
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... µg	0.90		1		1		2.12	4.79	
Vitamin A, RAE ... mcg_RAE	152		0	NC	4		358	807	
Retinol ... µg	0		0	Z	7		0	0	
Carotene, beta ... µg									
Carotene, alpha ... µg									
Cryptoxanthin, beta ... µg									
Vitamin A, IU ... IU	3032	143.012	10		1		7156	16130	
Lycopene ... µg									
Lutein + zeaxanthin ... µg									
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg									
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... µg									
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									
Fatty acids, total saturated ... g	0.520		0		1		1.227	2.766	
4:0 ... g									

NDB No. 06064
Soup, turkey, chunky, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.020		0		1		0.047	0.106	
15:0....g									
16:0....g	0.390		0		1		0.920	2.075	
17:0....g									
18:0....g	0.090		0		1		0.212	0.479	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.750		0		1		1.770	3.990	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.110		0		1		0.260	0.585	
17:1....g									
18:1 undifferentiated....g	0.650		0		1		1.534	3.458	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.460		0		1		1.086	2.447	
18:2 undifferentiated....g	0.440		0		1		1.038	2.341	
18:3 undifferentiated....g	0.020		0		1		0.047	0.106	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		9	21	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		1		0.099	0.223	
Threonine....g	0.171		0		1		0.404	0.910	
Isoleucine....g	0.218		0		1		0.514	1.160	
Leucine....g	0.331		0		1		0.781	1.761	
Lysine....g	0.343		0		1		0.809	1.825	
Methionine....g	0.091		0		1		0.215	0.484	
Cystine....g	0.045		0		1		0.106	0.239	
Phenylalanine....g	0.177		0		1		0.418	0.942	
Tyrosine....g	0.130		0		1		0.307	0.692	
Valine....g	0.234		0		1		0.552	1.245	
Arginine....g	0.225		0		1		0.531	1.197	
Histidine....g	0.101		0		1		0.238	0.537	
Alanine....g	0.267		0		1		0.630	1.420	
Aspartic acid....g	0.424		0		1		1.001	2.256	
Glutamic acid....g	0.775		0		1		1.829	4.123	
Glycine....g	0.252		0		1		0.595	1.341	
Proline....g	0.198		0		1		0.467	1.053	
Serine....g	0.151		0		1		0.356	0.803	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 cup (8 fl oz)

NDB No. 06064

Soup, turkey, chunky, canned, ready-to-serve

Measure 2 = 532g: 1 can (18.75 oz)

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06071
Soup, vegetable beef, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	83.69	0.123	31		1		105.45	255.25	
Energy....kcal	63		0	NC	4		79	192	
Energy....kJ	264		0		4		332	804	
Protein (N x 6.25)....g	4.45	0.131	28		1		5.61	13.57	
Total lipid (fat)....g	1.51	0.056	28		1		1.90	4.61	
Ash....g	2.25	0.015	27		1		2.84	6.86	
Carbohydrate, by difference....g	8.11		0	NC	4		10.22	24.74	
Fiber, total dietary....g	1.6		0		1		2.0	4.9	
Sugars, total....g	0.89		0	FLA	4		1.12	2.72	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		25		1		16	40	
Iron, Fe....mg	0.89	0.057	28		1		1.12	2.71	
Magnesium, Mg....mg	5		5		1		6	15	
Phosphorus, P....mg	32		4		1		40	98	
Potassium, K....mg	138		4		1		174	421	
Sodium, Na....mg	706		1	LC	8		890	2153	
Zinc, Zn....mg	1.23		6		1		1.55	3.75	
Copper, Cu....mg	0.145		4		1		0.183	0.442	
Manganese, Mn....mg	0.250		2		1		0.315	0.763	
Selenium, Se....µg	2.2		2	A	1		2.8	6.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.9	0.063	27		1		2.4	5.8	
Thiamin....mg	0.029	0.001	28		1		0.037	0.088	
Riboflavin....mg	0.039	0.001	28		1		0.049	0.119	
Niacin....mg	0.823	0.022	27		1		1.037	2.510	
Pantothenic acid....mg	0.280		0		4		0.353	0.854	
Vitamin B-6....mg	0.060	0.000	4		1		0.076	0.183	
Folate, total....µg	8	0.902	3		1		11	26	
Folic acid....µg	0		0	Z	7		0	0	
Folate, food....µg	8	0.902	3		1		11	26	
Folate, DFE....mcg_DFE	8		0	NC	4		11	26	
Choline, total....mg	10.0		0	O	4		12.6	30.5	
Betaine....mg									
Vitamin B-12....µg	0.25		3		1		0.32	0.76	
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	155		0	NC	4		196	473	
Retinol....µg	0		0	FLA	4		0	0	
Carotene, beta....µg	1618	68.000	3	A	1		2039	4935	
Carotene, alpha....µg	489	53.000	3	A	1		616	1491	
Cryptoxanthin, beta....µg	0		2	A	1		0	0	
Vitamin A, IU....IU	3104		0	NC	4		3911	9468	
Lycopene....µg	364		2	A	1		459	1110	
Lutein + zeaxanthin....µg	92		2	A	1		116	281	
Vitamin E (alpha-tocopherol)....mg	0.48		0	FLA	4		0.61	1.47	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	5.6		0	FLA	4		7.1	17.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06071
Soup, vegetable beef, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.680		0		1		0.857	2.074	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.030		2		1		0.038	0.092	
15:0....g									
16:0....g	0.370		2		1		0.466	1.129	
17:0....g									
18:0....g	0.230		2		1		0.290	0.702	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.640		0		1		0.806	1.952	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.060		2		1		0.076	0.183	
17:1....g									
18:1 undifferentiated....g	0.560		2		1		0.706	1.708	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.090		0		1		0.113	0.275	
18:2 undifferentiated....g	0.080		2		1		0.101	0.244	
18:3 undifferentiated....g	0.010		2		1		0.013	0.031	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		5	12	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0		1		0.048	0.116	
Threonine....g	0.139		0		1		0.175	0.424	
Isoleucine....g	0.168		0		1		0.212	0.512	
Leucine....g	0.285		0		1		0.359	0.869	
Lysine....g	0.274		0		1		0.345	0.836	
Methionine....g	0.075		0		1		0.095	0.229	
Cystine....g	0.031		0		1		0.039	0.095	
Phenylalanine....g	0.163		0		1		0.205	0.497	
Tyrosine....g	0.116		0		1		0.146	0.354	
Valine....g	0.197		0		1		0.248	0.601	
Arginine....g	0.208		0		1		0.262	0.634	
Histidine....g	0.098		0		1		0.123	0.299	
Alanine....g	0.253		0		1		0.319	0.772	
Aspartic acid....g	0.375		0		1		0.473	1.144	
Glutamic acid....g	1.121		0		1		1.412	3.419	
Glycine....g	0.280		0		1		0.353	0.854	
Proline....g	0.255		0		1		0.321	0.778	
Serine....g	0.153		0		1		0.193	0.467	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06071
Soup, vegetable beef, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06739

Soup, vegetable beef, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.00		1	A	1		256.28	116.96	
Energy....kcal	53		0	NC	4		158	72	
Energy....kJ	222				4		661	302	
Protein....g	3.80		1	A	1		11.32	5.17	
Total lipid (fat)....g	0.80		1	A	1		2.38	1.09	
Ash....g	1.70		1	A	1		5.07	2.31	
Carbohydrate, by difference....g	7.70		0	NC	4		22.95	10.47	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	555		1	A	1		1654	755	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.231		1	A	1		0.688	0.314	
Fatty acids, total monounsaturated....g	0.176		1	A	1		0.524	0.239	
Fatty acids, total polyunsaturated....g	0.237		1	A	1		0.706	0.322	
Fatty acids, total trans....g									
Cholesterol....mg	5		1	A	1		15	7	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 298g: 1 package yields

Measure 2 = 136g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06471

Soup, vegetable beef, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.80		0	RPI	6		223.98	544.34	
Energy	kcal	31		0	RPI	6		77	187	
Energy	kJ	132		0	RPI	6		321	781	
Protein (N x 6.25)	g	2.23		0	RPI	6		5.43	13.19	
Total lipid (fat)	g	0.76		0	RPI	6		1.84	4.48	
Ash	g	1.18		0	RPI	6		2.87	6.97	
Carbohydrate, by difference	g	4.06		0	RPI	6		9.89	24.05	
Fiber, total dietary	g	0.8		0	RPI	6		2.0	4.7	
Sugars, total	g	0.45		0	RPI	6		1.09	2.64	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	RPA	1		20	48	
Iron, Fe	mg	0.45		0	RPA	1		1.09	2.64	
Magnesium, Mg	mg	3		0	RPA	1		7	18	
Phosphorus, P	mg	16		0	RPA	1		39	95	
Potassium, K	mg	69		0	RPA	1		169	411	
Sodium, Na	mg	349		1	LC	8		852	2070	
Zinc, Zn	mg	0.62		0	RPA	1		1.51	3.66	
Copper, Cu	mg	0.077		0	RPA	1		0.189	0.459	
Manganese, Mn	mg	0.125		0	RPA	1		0.305	0.742	
Selenium, Se	µg	1.1		0	RPI	6		2.7	6.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0	RPI	6		2.3	5.6	
Thiamin	mg	0.015		0	RPI	6		0.035	0.086	
Riboflavin	mg	0.020		0	RPI	6		0.048	0.116	
Niacin	mg	0.412		0	RPI	6		1.004	2.440	
Pantothenic acid	mg	0.140		0	RPI	6		0.342	0.830	
Vitamin B-6	mg	0.030		0	RPI	6		0.073	0.178	
Folate, total	µg	4		0	RPI	6		10	25	
Folic acid	µg	0		0	RPI	6		0	0	
Folate, food	µg	4		0	RPI	6		10	25	
Folate, DFE	mcg_DFE	4		0	NC	4		10	25	
Choline, total	mg	5.0		0	RPI	6		12.2	29.7	
Betaine	mg									
Vitamin B-12	µg	0.13		0	RPI	6		0.31	0.74	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	78		0	RPI	6		189	460	
Retinol	µg	0		0	RPI	6		0	0	
Carotene, beta	µg	809		0	RPI	6		1974	4797	
Carotene, alpha	µg	245		0	RPI	6		597	1450	
Cryptoxanthin, beta	µg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	1552		0	RPI	6		3787	9204	
Lycopene	µg	182		0	RPI	6		444	1079	
Lutein + zeaxanthin	µg	46		0	RPI	6		112	273	
Vitamin E (alpha-tocopherol)	mg	0.24		0	RPI	6		0.59	1.43	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.8		0	RPI	6		6.9	16.7	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06471

Soup, vegetable beef, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.340		0	RPI	6		0.830	2.016	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.015		0	RPI	6		0.037	0.089	
15:0....g									
16:0....g	0.185		0	RPI	6		0.451	1.097	
17:0....g									
18:0....g	0.115		0	RPI	6		0.281	0.682	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.320		0	RPI	6		0.781	1.898	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.030		0	RPI	6		0.073	0.178	
17:1....g									
18:1 undifferentiated....g	0.280		0	RPI	6		0.683	1.660	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.045		0	RPI	6		0.110	0.267	
18:2 undifferentiated....g	0.040		0	RPI	6		0.098	0.237	
18:3 undifferentiated....g	0.005		0	RPI	6		0.012	0.030	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		0	RPI	6		5	12	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06500

Soup, vegetable beef, dry, mix, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.20		0	FLA	4		238.31		
Energy	kcal	21		0	FLA	4		54		
Energy	kJ	89		0	FLA	4		225		
Protein (N x 6.25)	g	1.16		0	FLA	4		2.94		
Total lipid (fat)	g	0.44		0	FLA	4		1.11		
Ash	g	1.07		0	FLA	4		2.71		
Carbohydrate, by difference	g	3.17		0	FLA	4		8.02		
Fiber, total dietary	g	0.3		0	FLA	4		0.9		
Sugars, total	g	0.36		0	FLA	4		0.91		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	FLA	4		15		
Iron, Fe	mg	0.21		0	FLA	4		0.53		
Magnesium, Mg	mg	5		0	FLA	4		13		
Phosphorus, P	mg	14		0	FLA	4		35		
Potassium, K	mg	72		0	FLA	4		183		
Sodium, Na	mg	312		0	FLA	4		788		
Zinc, Zn	mg	0.11		0	FLA	4		0.28		
Copper, Cu	mg	0.035		0	FLA	4		0.088		
Manganese, Mn	mg	0.030		0	FLA	4		0.076		
Selenium, Se	µg	0.7		0	FLA	4		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	FLA	4		2.0		
Thiamin	mg	0.064		0	FLA	4		0.161		
Riboflavin	mg	0.081		0	FLA	4		0.205		
Niacin	mg	0.730		0	FLA	4		1.846		
Pantothenic acid	mg	0.058		0	FLA	4		0.147		
Vitamin B-6	mg	0.044		0	FLA	4		0.112		
Folate, total	µg	8		0	FLA	4		19		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	8		0	FLA	4		19		
Folate, DFE	mcg_DFE	8		0	NC	4		19		
Choline, total	mg	3.6		0	BFSN	4		9.1		
Betaine	mg									
Vitamin B-12	µg	0.03		0	FLA	4		0.07		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	5		0	FLA	4		13		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	47		0	FLA	4		118		
Carotene, alpha	µg	18		0	FLA	4		46		
Cryptoxanthin, beta	µg	1		0	FLA	4		2		
Vitamin A, IU	IU	94		0	FLA	4		238		
Lycopene	µg	139		0	FLA	4		351		
Lutein + zeaxanthin	µg	8		0	FLA	4		20		
Vitamin E (alpha-tocopherol)	mg	0.08		0	FLA	4		0.20		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg	0.00		0	FLA	4		0.00		
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	0.5		0	FLA	4		1.3		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06500
Soup, vegetable beef, dry, mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.220		0	FLA	4		0.557		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.000		0	FLA	4		0.001		
12:0.....g	0.001		0	FLA	4		0.002		
13:0.....g									
14:0.....g	0.006		0	FLA	4		0.014		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	0.164		0	FLA	4		0.414		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.050		0	FLA	4		0.126		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated.....g	0.180		0	FLA	4		0.455		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.003		0	FLA	4		0.007		
17:1.....g	0.000		0	FLA	4		0.000		
18:1 undifferentiated.....g	0.177		0	FLA	4		0.448		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0	FLA	4		0.051		
18:2 undifferentiated.....g	0.019		0	FLA	4		0.047		
18:3 undifferentiated.....g	0.001		0	FLA	4		0.003		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup 8 fl oz

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06742

Soup, vegetable beef, microwavable, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.60		1	A	1		258.71	258.71	
Energy....kcal	44		0	NC	4		128	128	
Energy....kJ	184		0		4		538	538	
Protein....g	6.20		1	A	1		18.10	18.10	
Total lipid (fat)....g	0.70		1	A	1		2.04	2.04	
Ash....g	1.20		1	A	1		3.50	3.50	
Carbohydrate, by difference....g	3.30		0	NC	4		9.64	9.64	
Fiber, total dietary....g	1.5		1	A	1		4.4	4.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	376		1	A	1		1098	1098	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....µg									
Lipids:									
Fatty acids, total saturated....g	0.221		1	A	1		0.645	0.645	
Fatty acids, total monounsaturated....g	0.223		1	A	1		0.651	0.651	
Fatty acids, total polyunsaturated....g	0.112		1	A	1		0.327	0.327	
Fatty acids, total trans....g									
Cholesterol....mg	3		1	A	1		9	9	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 292g: 1 package yields

Measure 2 = 292g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06974

Soup, vegetable chicken, canned, prepared with water, low sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.40		1		1		200.99		
Energy	kcal	69		1		1		166		
Energy	kJ	289		1		1		696		
Protein	g	5.10		1		1		12.29		
Total lipid (fat)	g	2.00		1		1		4.82		
Ash	g	0.74		0	FLA	4		1.78		
Carbohydrate, by difference	g	8.76		0	NR	4		21.12		
Fiber, total dietary	g	0.4		0		4		1.0		
Sugars, total	g	1.42		0	FLA	4		3.43		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1		1		27		
Iron, Fe	mg	0.61		1		1		1.47		
Magnesium, Mg	mg	4		0		4		10		
Phosphorus, P	mg	44		0		4		106		
Potassium, K	mg	153		0		4		369		
Sodium, Na	mg	35		1		1		84		
Zinc, Zn	mg	0.90		0		4		2.17		
Copper, Cu	mg	0.100		0		4		0.241		
Manganese, Mn	mg									
Selenium, Se	µg	5.1		0	BFZN	4		12.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		0		4		5.5		
Thiamin	mg	0.020		0		4		0.048		
Riboflavin	mg	0.070		0		4		0.169		
Niacin	mg	1.370		0		4		3.302		
Pantothenic acid	mg									
Vitamin B-6	mg	0.040		0		4		0.096		
Folate, total	µg	18		0	FLA	4		43		
Folic acid	µg	2		0	FLA	4		5		
Folate, food	µg	16		0	FLA	4		38		
Folate, DFE	mcg_DFE	19		0	NC	4		47		
Choline, total	mg	4.3		0	BFZN	4		10.5		
Betaine	mg									
Vitamin B-12	µg	0.10		0		4		0.24		
Vitamin B-12, added	µg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	138		0	FLA	4		331		
Retinol	µg	15		0	FLA	4		37		
Carotene, beta	µg	1195		0	FLA	4		2879		
Carotene, alpha	µg	536		0	FLA	4		1292		
Cryptoxanthin, beta	µg	8		0	FLA	4		20		
Vitamin A, IU	IU	2496		0	FLA	4		6015		
Lycopene	µg	139		0	FLA	4		335		
Lutein + zeaxanthin	µg	116		0	FLA	4		280		
Vitamin E (alpha-tocopherol)	mg	0.30		0	FLA	4		0.72		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	6.2		0	FLA	4		15.0		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06974

Soup, vegetable chicken, canned, prepared with water, low sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.597		0		4		1.439		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.020		0		4		0.048		
15:0....g									
16:0....g	0.438		0		4		1.056		
17:0....g									
18:0....g	0.119		0		4		0.287		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.895		0		4		2.157		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.119		0		4		0.287		
17:1....g									
18:1 undifferentiated....g	0.746		0		4		1.798		
20:1....g	0.020		0		4		0.048		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.418		0		4		1.007		
18:2 undifferentiated....g	0.388		0		4		0.935		
18:3 undifferentiated....g	0.020		0		4		0.048		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	7		0		4		17		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06967

Soup, vegetable soup, condensed, low sodium, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.35		0	RPI	6		231.10		
Energy	kcal	33		0	RPI	6		83		
Energy	kJ	137		0	RPI	6		346		
Protein	g	1.10		0	RPI	6		2.78		
Total lipid (fat)	g	0.45		0	RPI	6		1.14		
Ash	g	1.05		0	RPI	6		2.66		
Carbohydrate, by difference	g	6.06		0	RPI	6		15.32		
Fiber, total dietary	g	1.1		0	RPI	6		2.7		
Sugars, total	g	2.15		0	RPI	6		5.45		
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	RPI	6		29		
Iron, Fe	mg	0.33		0	RPI	6		0.84		
Magnesium, Mg	mg	13		0	RPI	6		33		
Phosphorus, P	mg	23		0	RPI	6		57		
Potassium, K	mg	217		0	RPI	6		548		
Sodium, Na	mg	194		0	RPI	6		492		
Zinc, Zn	mg	0.20		0	RPI	6		0.51		
Copper, Cu	mg	0.121		0	RPI	6		0.306		
Manganese, Mn	mg	0.125		0	RPI	6		0.317		
Selenium, Se	µg	2.0		0	RPI	6		5.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	RPI	6		1.0		
Thiamin	mg	0.055		0	RPI	6		0.138		
Riboflavin	mg	0.046		0	RPI	6		0.116		
Niacin	mg	0.770		0	RPI	6		1.948		
Pantothenic acid	mg	0.173		0	RPI	6		0.438		
Vitamin B-6	mg	0.084		0	RPI	6		0.211		
Folate, total	µg	6		0	RPI	6		16		
Folic acid	µg	0		0	RPI	6		1		
Folate, food	µg	6		0	RPI	6		15		
Folate, DFE	mcg_DFE	6		0	NC	4		16		
Choline, total	mg	4.5		0	RPI	6		11.3		
Betaine	mg									
Vitamin B-12	µg	0.00		0	RPI	6		0.00		
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00		
Vitamin A, RAE	mcg_RAE	43		0	RPI	6		109		
Retinol	µg	0		0	RPI	6		0		
Carotene, beta	µg	437		0	RPI	6		1107		
Carotene, alpha	µg	157		0	RPI	6		397		
Cryptoxanthin, beta	µg	1		0	RPI	6		2		
Vitamin A, IU	IU	860		0	RPI	6		2177		
Lycopene	µg	6924		0	RPI	6		17517		
Lutein + zeaxanthin	µg	23		0	RPI	6		57		
Vitamin E (alpha-tocopherol)	mg	0.72		0	RPI	6		1.81		
Vitamin E, added	mg	0.00		0	RPI	6		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	2.1		0	RPI	6		5.3		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06967

Soup, vegetable soup, condensed, low sodium, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.074		0	RPI	6		0.186		
4:0....g	0.000		0	RPI	6		0.000		
6:0....g	0.000		0	RPI	6		0.000		
8:0....g	0.000		0	RPI	6		0.000		
10:0....g	0.000		0	RPI	6		0.000		
12:0....g	0.000		0	RPI	6		0.000		
13:0....g									
14:0....g	0.001		0	RPI	6		0.003		
15:0....g									
16:0....g	0.057		0	RPI	6		0.144		
17:0....g									
18:0....g	0.015		0	RPI	6		0.038		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.102		0	RPI	6		0.257		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	RPI	6		0.003		
17:1....g									
18:1 undifferentiated....g	0.101		0	RPI	6		0.254		
20:1....g	0.000		0	RPI	6		0.000		
22:1 undifferentiated....g	0.000		0	RPI	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.202		0	RPI	6		0.510		
18:2 undifferentiated....g	0.190		0	RPI	6		0.481		
18:3 undifferentiated....g	0.012		0	RPI	6		0.029		
18:4....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000		
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RPI	6		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	0		0	RPI	6		0		
Theobromine....mg	0		0	RPI	6		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06072

Soup, vegetable with beef broth, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.27	0.134	23		1		102.42	248.14	
Energy	kcal	66		0	NC	4		81	197	
Energy	kJ	276		0		4		340	823	
Protein (N x 6.25)	g	2.42	0.044	23		1		2.98	7.21	
Total lipid (fat)	g	1.56	0.027	23		1		1.92	4.65	
Ash	g	2.06	0.018	23		1		2.53	6.14	
Carbohydrate, by difference	g	10.70		0	NC	4		13.16	31.89	
Fiber, total dietary	g	1.3		0		1		1.6	3.9	
Sugars, total	g	1.64		0	FLA	4		2.01	4.87	
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.531	20		1		17	42	
Iron, Fe	mg	0.79	0.043	23		1		0.97	2.35	
Magnesium, Mg	mg	5		6		1		6	15	
Phosphorus, P	mg	32		2		1		39	95	
Potassium, K	mg	157		2		1		193	468	
Sodium, Na	mg	515		1	LC	8		633	1535	
Zinc, Zn	mg	0.65		6		1		0.80	1.93	
Copper, Cu	mg	0.125		2		1		0.154	0.373	
Manganese, Mn	mg	0.275		2		1		0.338	0.820	
Selenium, Se	µg	2.2		0	BFSN	4		2.7	6.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9	0.170	23		1		2.3	5.7	
Thiamin	mg	0.042	0.002	23		1		0.052	0.125	
Riboflavin	mg	0.037	0.001	23		1		0.046	0.110	
Niacin	mg	0.789	0.025	23		1		0.970	2.351	
Pantothenic acid	mg	0.280		0		4		0.344	0.834	
Vitamin B-6	mg	0.046	0.000	3		1		0.057	0.137	
Folate, total	µg	9		0		4		10	25	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	9		0		4		10	25	
Folate, DFE	mcg_DFE	9		0	NC	4		10	25	
Choline, total	mg	10.3		0	O	4		12.6	30.6	
Betaine	mg									
Vitamin B-12	µg	0.00		2		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	85		0	FLA	4		105	254	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	831		0	FLA	4		1022	2475	
Carotene, alpha	µg	387		0	FLA	4		476	1153	
Cryptoxanthin, beta	µg	0		0	FLA	4		0	0	
Vitamin A, IU	IU	1707		0	FLA	4		2100	5087	
Lycopene	µg	29		0	FLA	4		36	86	
Lutein + zeaxanthin	µg	35		0	FLA	4		43	105	
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLA	4		0.15	0.36	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.3		0	FLA	4		2.9	7.0	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06072

Soup, vegetable with beef broth, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.360		0		1		0.443	1.073	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.010		2		1		0.012	0.030	
15:0....g									
16:0....g	0.210		2		1		0.258	0.626	
17:0....g									
18:0....g	0.110		2		1		0.135	0.328	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.450		0		1		0.554	1.341	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		2		1		0.025	0.060	
17:1....g									
18:1 undifferentiated....g	0.420		2		1		0.517	1.252	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.640		0		1		0.787	1.907	
18:2 undifferentiated....g	0.550		2		1		0.677	1.639	
18:3 undifferentiated....g	0.090		2		1		0.111	0.268	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0		1		1	3	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.021	0.051	
Threonine....g	0.059		0		1		0.073	0.176	
Isoleucine....g	0.074		0		1		0.091	0.221	
Leucine....g	0.134		0		1		0.165	0.399	
Lysine....g	0.103		0		1		0.127	0.307	
Methionine....g	0.025		0		1		0.031	0.075	
Cystine....g	0.019		0		1		0.023	0.057	
Phenylalanine....g	0.087		0		1		0.107	0.259	
Tyrosine....g	0.048		0		1		0.059	0.143	
Valine....g	0.102		0		1		0.125	0.304	
Arginine....g	0.112		0		1		0.138	0.334	
Histidine....g	0.041		0		1		0.050	0.122	
Alanine....g	0.140		0		1		0.172	0.417	
Aspartic acid....g	0.207		0		1		0.255	0.617	
Glutamic acid....g	0.692		0		1		0.851	2.062	
Glycine....g	0.223		0		1		0.274	0.665	
Proline....g	0.184		0		1		0.226	0.548	
Serine....g	0.082		0		1		0.101	0.244	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06072

Soup, vegetable with beef broth, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: .5 cup

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06472

Soup, vegetable with beef broth, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.59		0	RPI	6		220.72	536.69	
Energy....kcal	33		0	RPI	6		80	193	
Energy....kJ	138		0	RPI	6		333	810	
Protein (N x 6.25)....g	1.21		0	RPI	6		2.92	7.09	
Total lipid (fat)....g	0.78		0	RPI	6		1.88	4.57	
Ash....g	1.08		0	RPI	6		2.60	6.33	
Carbohydrate, by difference....g	5.35		0	RPI	6		12.89	31.35	
Fiber, total dietary....g	0.7		0	RPI	6		1.6	3.8	
Sugars, total....g	0.82		0	RPI	6		1.97	4.79	
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0	RPA	1		21	50	
Iron, Fe....mg	0.40		0	RPA	1		0.95	2.32	
Magnesium, Mg....mg	3		0	RPA	1		7	17	
Phosphorus, P....mg	16		0	RPA	1		39	94	
Potassium, K....mg	79		0	RPA	1		190	461	
Sodium, Na....mg	253		1	LC	8		610	1483	
Zinc, Zn....mg	0.33		0	RPA	1		0.79	1.92	
Copper, Cu....mg	0.067		0	RPA	1		0.162	0.395	
Manganese, Mn....mg	0.138		0	RPA	1		0.332	0.806	
Selenium, Se....µg	1.1		0	RPI	6		2.7	6.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0	RPI	6		2.3	5.6	
Thiamin....mg	0.021		0	RPI	6		0.051	0.123	
Riboflavin....mg	0.019		0	RPI	6		0.045	0.108	
Niacin....mg	0.395		0	RPI	6		0.951	2.312	
Pantothenic acid....mg	0.140		0	RPI	6		0.337	0.820	
Vitamin B-6....mg	0.023		0	RPI	6		0.055	0.135	
Folate, total....µg	4		0	RPI	6		10	25	
Folic acid....µg	0		0	RPI	6		0	0	
Folate, food....µg	4		0	RPI	6		10	25	
Folate, DFE....mcg_DFE	4		0	NC	4		10	25	
Choline, total....mg	5.1		0	RPI	6		12.4	30.1	
Betaine....mg									
Vitamin B-12....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added....µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE....mcg_RAE	43		0	RPI	6		103	250	
Retinol....µg	0		0	RPI	6		0	0	
Carotene, beta....µg	415		0	RPI	6		1001	2434	
Carotene, alpha....µg	193		0	RPI	6		466	1133	
Cryptoxanthin, beta....µg	0		0	RPI	6		0	0	
Vitamin A, IU....IU	853		0	RPI	6		2057	5002	
Lycopene....µg	14		0	RPI	6		35	85	
Lutein + zeaxanthin....µg	18		0	RPI	6		43	103	
Vitamin E (alpha-tocopherol)....mg	0.06		0	RPI	6		0.15	0.36	
Vitamin E, added....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.2		0	RPI	6		2.8	6.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06472

Soup, vegetable with beef broth, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.180		0	RPI	6		0.434	1.055	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.005		0	RPI	6		0.012	0.029	
15:0....g									
16:0....g	0.105		0	RPI	6		0.253	0.615	
17:0....g									
18:0....g	0.055		0	RPI	6		0.133	0.322	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.225		0	RPI	6		0.542	1.319	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0	RPI	6		0.024	0.059	
17:1....g									
18:1 undifferentiated....g	0.210		0	RPI	6		0.506	1.231	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.320		0	RPI	6		0.771	1.875	
18:2 undifferentiated....g	0.275		0	RPI	6		0.663	1.612	
18:3 undifferentiated....g	0.045		0	RPI	6		0.108	0.264	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	1		0	RPI	6		1	3	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06217
Soup, vegetable, canned, low sodium, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	82.79		0	FLC	4		104.32		
Energy....kcal	65		0	NC	4		82		
Energy....kJ	273		0	NC	4		344		
Protein....g	2.20		1	MC	9		2.77		
Total lipid (fat)....g	0.90		1	MC	9		1.13		
Ash....g	2.00		1	MC	9		2.52		
Carbohydrate, by difference....g	12.11		1	MC	9		15.26		
Fiber, total dietary....g	2.1		1	MC	9		2.6		
Sugars, total....g	4.31		0	FLA	4		5.43		
Starch....g									
Minerals:									
Calcium, Ca....mg	20		1	MC	9		25		
Iron, Fe....mg	0.66		1	MC	9		0.83		
Magnesium, Mg....mg	25		0	FLC	4		32		
Phosphorus, P....mg	45		0	FLC	4		57		
Potassium, K....mg	433		1	MC	9		546		
Sodium, Na....mg	385		1	MC	9		485		
Zinc, Zn....mg	0.40		0	FLC	4		0.50		
Copper, Cu....mg	0.232		0	FLC	4		0.292		
Manganese, Mn....mg	0.250		0	FLC	4		0.315		
Selenium, Se....µg	4.0		0	BFSN	4		5.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		1	MC	9		1.0		
Thiamin....mg	0.109		0	FLC	4		0.137		
Riboflavin....mg	0.092		0	FLC	4		0.116		
Niacin....mg	1.540		0	FLC	4		1.940		
Pantothenic acid....mg	0.346		0	FLC	4		0.436		
Vitamin B-6....mg	0.167		0	FLC	4		0.210		
Folate, total....µg	12		0	FLA	4		16		
Folic acid....µg	1		0	FLA	4		1		
Folate, food....µg	12		0	FLA	4		15		
Folate, DFE....mcg_DFE	13		0	NC	4		16		
Choline, total....mg	9.0		0	O	4		11.3		
Betaine....mg									
Vitamin B-12....µg	0.00		0	FLC	4		0.00		
Vitamin B-12, added....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	86		0	NC	4		108		
Retinol....µg	0		0	FLA	4		0		
Carotene, beta....µg	875		0	FLA	4		1102		
Carotene, alpha....µg	314		0	FLA	4		395		
Cryptoxanthin, beta....µg	2		0	FLA	4		2		
Vitamin A, IU....IU	1721		0	NC	4		2168		
Lycopene....µg	13848		0	FLA	4		17448		
Lutein + zeaxanthin....µg	45		0	FLA	4		57		
Vitamin E (alpha-tocopherol)....mg	1.43		0	FLA	4		1.80		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	4.2		0	FLA	4		5.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									

NDB No. 06217

Soup, vegetable, canned, low sodium, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.147		0	FLC	4		0.185		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.000		0	FLC	4		0.000		
13:0....g									
14:0....g	0.002		0	FLC	4		0.003		
15:0....g									
16:0....g	0.114		0	FLC	4		0.144		
17:0....g									
18:0....g	0.030		0	FLC	4		0.038		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.203		0	FLC	4		0.256		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	FLC	4		0.003		
17:1....g									
18:1 undifferentiated....g	0.201		0	FLC	4		0.253		
20:1....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated....g	0.000		0	FLC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.403		0	FLC	4		0.508		
18:2 undifferentiated....g	0.380		0	FLC	4		0.479		
18:3 undifferentiated....g	0.023		0	FLC	4		0.029		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	FLC	4		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: .5 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06068
Soup, vegetarian vegetable, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.91	0.433	27		1		104.44	253.03	
Energy	kcal	59		0	NC	4		73	176	
Energy	kJ	247		0		4		304	736	
Protein (N x 6.25)	g	1.72	0.013	24		1		2.12	5.13	
Total lipid (fat)	g	1.58	0.032	24		1		1.94	4.71	
Ash	g	2.02	0.022	24		1		2.48	6.02	
Carbohydrate, by difference	g	9.78		0	NC	4		12.03	29.14	
Fiber, total dietary	g	0.5		0		4		0.6	1.5	
Sugars, total	g	3.13		0	FLA	4		3.86	9.34	
Starch	g									
Minerals:										
Calcium, Ca	mg	17		21		1		21	51	
Iron, Fe	mg	0.88	0.084	24		1		1.08	2.62	
Magnesium, Mg	mg	6		2		1		7	18	
Phosphorus, P	mg	28		3		1		34	83	
Potassium, K	mg	171		3		1		210	510	
Sodium, Na	mg	672	12.681	19		1		827	2003	
Zinc, Zn	mg	0.38		2		1		0.46	1.12	
Copper, Cu	mg	0.100		3		1		0.123	0.298	
Manganese, Mn	mg	0.375		2		1		0.461	1.118	
Selenium, Se	µg	3.5		0	BFSN	4		4.3	10.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.107	23		1		1.5	3.6	
Thiamin	mg	0.044		21		1		0.054	0.131	
Riboflavin	mg	0.037		21		1		0.046	0.110	
Niacin	mg	0.747	0.029	24		1		0.919	2.226	
Pantothenic acid	mg	0.280		0		4		0.344	0.834	
Vitamin B-6	mg	0.045		2		1		0.055	0.134	
Folate, total	µg	9	0.323	3		1		11	26	
Folic acid	µg	0		0	Z	7		0	0	
Folate, food	µg	9	0.323	3		1		11	26	
Folate, DFE	mcg_DFE	9		0	NC	4		11	26	
Choline, total	mg	7.9		0	BFSN	4		9.7	23.4	
Betaine	mg									
Vitamin B-12	µg	0.00		2		1		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	142		0	NC	4		175	423	
Retinol	µg	0		0	FLA	4		0	0	
Carotene, beta	µg	1500		1	A	1		1845	4470	
Carotene, alpha	µg	410		1	A	1		504	1222	
Cryptoxanthin, beta	µg	0		1	A	1		0	0	
Vitamin A, IU	IU	2842		0	NC	4		3495	8468	
Lycopene	µg	1930		1	A	1		2374	5751	
Lutein + zeaxanthin	µg	160		1	A	1		197	477	
Vitamin E (alpha-tocopherol)	mg	1.17		0	FLA	4		1.44	3.48	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	4.2		0	FLA	4		5.2	12.7	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06068

Soup, vegetarian vegetable, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.240		0		1		0.295	0.715	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.160		0		1		0.197	0.477	
17:0....g									
18:0....g	0.080		0		1		0.098	0.238	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.680		0		1		0.836	2.026	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		0		1		0.012	0.030	
17:1....g									
18:1 undifferentiated....g	0.670		0		1		0.824	1.997	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.590		0		1		0.726	1.758	
18:2 undifferentiated....g	0.550		0		1		0.677	1.639	
18:3 undifferentiated....g	0.040		0		1		0.049	0.119	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0		1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.015	0.036	
Threonine....g	0.061		0		1		0.075	0.182	
Isoleucine....g	0.081		0		1		0.100	0.241	
Leucine....g	0.121		0		1		0.149	0.361	
Lysine....g	0.081		0		1		0.100	0.241	
Methionine....g	0.020		0		1		0.025	0.060	
Cystine....g	0.020		0		1		0.025	0.060	
Phenylalanine....g	0.081		0		1		0.100	0.241	
Tyrosine....g	0.040		0		1		0.049	0.119	
Valine....g	0.081		0		1		0.100	0.241	
Arginine....g	0.081		0		1		0.100	0.241	
Histidine....g	0.040		0		1		0.049	0.119	
Alanine....g	0.081		0		1		0.100	0.241	
Aspartic acid....g	0.162		0		1		0.199	0.483	
Glutamic acid....g	0.364		0		1		0.448	1.085	
Glycine....g	0.061		0		1		0.075	0.182	
Proline....g	0.121		0		1		0.149	0.361	
Serine....g	0.061		0		1		0.075	0.182	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 06068
Soup, vegetarian vegetable, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: .5 cup

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 2.5 **Fat** 8.5 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06468

Soup, vegetarian vegetable, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.41		0	RPI	6		222.70	541.49	
Energy	kcal	28		0	RPI	6		69	167	
Energy	kJ	119		0	RPI	6		287	697	
Protein (N x 6.25)	g	0.86		0	RPI	6		2.07	5.04	
Total lipid (fat)	g	0.79		0	RPI	6		1.90	4.63	
Ash	g	1.06		0	RPI	6		2.55	6.21	
Carbohydrate, by difference	g	4.89		0	RPI	6		11.78	28.66	
Fiber, total dietary	g	0.3		0	RPI	6		0.6	1.5	
Sugars, total	g	1.57		0	RPI	6		3.78	9.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	RPA	1		24	59	
Iron, Fe	mg	0.44		0	RPA	1		1.06	2.58	
Magnesium, Mg	mg	3		0	RPA	1		8	20	
Phosphorus, P	mg	14		0	RPA	1		34	82	
Potassium, K	mg	86		0	RPA	1		207	502	
Sodium, Na	mg	338		0	RPA	1		814	1980	
Zinc, Zn	mg	0.19		0	RPA	1		0.46	1.11	
Copper, Cu	mg	0.055		0	RPA	1		0.132	0.322	
Manganese, Mn	mg	0.188		0	RPA	1		0.452	1.099	
Selenium, Se	µg	1.8		0	RPI	6		4.2	10.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	RPI	6		1.4	3.5	
Thiamin	mg	0.022		0	RPI	6		0.053	0.129	
Riboflavin	mg	0.019		0	RPI	6		0.045	0.108	
Niacin	mg	0.374		0	RPI	6		0.900	2.189	
Pantothenic acid	mg	0.140		0	RPI	6		0.337	0.820	
Vitamin B-6	mg	0.023		0	RPI	6		0.054	0.132	
Folate, total	µg	4		0	RPI	6		10	25	
Folic acid	µg	0		0	RPI	6		0	0	
Folate, food	µg	4		0	RPI	6		10	25	
Folate, DFE	mcg_DFE	4		0	NC	4		10	25	
Choline, total	mg	3.9		0	RPI	6		9.5	23.0	
Betaine	mg									
Vitamin B-12	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin B-12, added	µg	0.00		0	RPI	6		0.00	0.00	
Vitamin A, RAE	mcg_RAE	71		0	RPI	6		171	416	
Retinol	µg	0		0	RPI	6		0	0	
Carotene, beta	µg	750		0	RPI	6		1808	4395	
Carotene, alpha	µg	205		0	RPI	6		494	1201	
Cryptoxanthin, beta	µg	0		0	RPI	6		0	0	
Vitamin A, IU	IU	1421		0	RPI	6		3424	8326	
Lycopene	µg	965		0	RPI	6		2326	5655	
Lutein + zeaxanthin	µg	80		0	RPI	6		193	469	
Vitamin E (alpha-tocopherol)	mg	0.58		0	RPI	6		1.41	3.42	
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)	µg	2.1		0	RPI	6		5.1	12.4	
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06468

Soup, vegetarian vegetable, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.120		0	RPI	6		0.289	0.703	
4:0....g	0.000		0	RPI	6		0.000	0.000	
6:0....g	0.000		0	RPI	6		0.000	0.000	
8:0....g	0.000		0	RPI	6		0.000	0.000	
10:0....g	0.000		0	RPI	6		0.000	0.000	
12:0....g	0.000		0	RPI	6		0.000	0.000	
13:0....g									
14:0....g	0.000		0	RPI	6		0.000	0.000	
15:0....g									
16:0....g	0.080		0	RPI	6		0.193	0.469	
17:0....g									
18:0....g	0.040		0	RPI	6		0.096	0.234	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.340		0	RPI	6		0.819	1.992	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0	RPI	6		0.012	0.029	
17:1....g									
18:1 undifferentiated....g	0.335		0	RPI	6		0.807	1.963	
20:1....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.295		0	RPI	6		0.711	1.729	
18:2 undifferentiated....g	0.275		0	RPI	6		0.663	1.612	
18:3 undifferentiated....g	0.020		0	RPI	6		0.048	0.117	
18:4....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RPI	6		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0	0.0	
Caffeine....mg	0		0	RPI	6		0	0	
Theobromine....mg	0		0	RPI	6		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 2.5 **Fat** 8.5 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 27002
Soup, wonton, Chinese restaurant

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	91.18	1.878	4	A	1		203.34		
Energy....kcal	32		0	NC	4		71		
Energy....kJ	133		0	NC	4		296		
Protein....g	2.08	0.326	4	A	1		4.63		
Total lipid (fat)....g	0.26	0.085	4	A	1		0.59		
Ash....g	1.22	0.210	4	A	1		2.73		
Carbohydrate, by difference....g	5.25		0	NC	4		11.70		
Fiber, total dietary....g	0.2		0	RA	4		0.5		
Sugars, total....g	0.34	0.075	4	A	1		0.75		
Sucrose....g	0.24	0.080	4	A	1		0.54		
Glucose (dextrose)....g	0.00	0.000	4	A	1		0.00		
Fructose....g	0.00	0.000	4	A	1		0.00		
Lactose....g	0.00	0.000	4	A	1		0.00		
Maltose....g	0.09	0.021	4	A	1		0.21		
Galactose....g	0.00	0.000	4	A	1		0.00		
Starch....g	4.75	1.258	4	A	1		10.59		
Minerals:									
Calcium, Ca....mg	5	0.775	4	A	1		12		
Iron, Fe....mg	0.21	0.049	4	A	1		0.46		
Magnesium, Mg....mg	3	0.304	4	A	1		6		
Phosphorus, P....mg	18	5.039	4	A	1		41		
Potassium, K....mg	32	4.621	4	A	1		72		
Sodium, Na....mg	406	67.742	4	A	1		904		
Zinc, Zn....mg	0.12	0.031	4	A	1		0.27		
Copper, Cu....mg	0.024	0.006	4	A	1		0.054		
Manganese, Mn....mg	0.034	0.007	4	A	1		0.077		
Selenium, Se....µg	1.1	0.637	4	A	1		2.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0	RA	4		1.6		
Thiamin....mg	0.024	0.006	4	A	1		0.053		
Riboflavin....mg	0.016	0.001	4	A	1		0.036		
Niacin....mg	0.580	0.201	4	A	1		1.293		
Pantothenic acid....mg	0.140	0.041	4	A	1		0.312		
Vitamin B-6....mg	0.076	0.048	4	A	1		0.170		
Folate, total....µg	13		0	RA	4		29		
Folic acid....µg	7		0	RA	4		15		
Folate, food....µg	6		0	RA	4		14		
Folate, DFE....mcg_DFE	18		0	NC	4		40		
Choline, total....mg	19.0		0	RA	4		42.4		
Betaine....mg									
Vitamin B-12....µg	0.09	0.050	4	A	1		0.19		
Vitamin B-12, added....µg	0.00		0	RA	4		0.00		
Vitamin A, RAE....mcg_RAE	1		0	NC	4		3		
Retinol....µg	1		0	RA	4		2		
Carotene, beta....µg	6		2	A	1		13		
Carotene, alpha....µg	0		2	A	1		0		
Cryptoxanthin, beta....µg	0		2	A	1		1		
Vitamin A, IU....IU	13		0	NC	4		28		
Lycopene....µg	0		2	A	1		0		
Lutein + zeaxanthin....µg	12		2	A	1		27		
Vitamin E (alpha-tocopherol)....mg	0.06		0	RA	4		0.14		
Vitamin E, added....mg	0.00		0	RA	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	RA	4		0.0		
Vitamin D2 (ergocalciferol)....µg									

NDB No. 27002
Soup, wonton, Chinese restaurant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	RA	4		0		
Vitamin K (phylloquinone).....µg	0.9		2	A	1		2.0		
Dihydrophylloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.062		0	NC	4		0.139		
4:0.....g	0.000	0.000	4	A	1		0.000		
6:0.....g	0.000	0.000	4	A	1		0.000		
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.000	0.000	4	A	1		0.000		
13:0.....g									
14:0.....g	0.001	0.001	4	A	1		0.002		
15:0.....g	0.000	0.000	4	A	1		0.000		
16:0.....g	0.046	0.016	4	A	1		0.103		
17:0.....g	0.000	0.000	4	A	1		0.000		
18:0.....g	0.015	0.006	4	A	1		0.034		
20:0.....g	0.000	0.000	4	A	1		0.000		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.077		0	NC	4		0.171		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.005	0.002	4	AS	1		0.010		
16:1 c.....g	0.005	0.002	4	A	1		0.010		
16:1 t.....g	0.000	0.000	4	A	1		0.000		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	0.071	0.027	4	AS	1		0.159		
18:1 c.....g	0.070	0.026	4	A	1		0.157		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.001	0.001	4	A	1		0.002		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.001	0.001	4	A	1		0.001		
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
22:1 c.....g	0.000	0.000	4	A	1		0.000		
22:1 t.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.071		0	NC	4		0.157		
18:2 undifferentiated.....g	0.065	0.010	4	AS	1		0.146		
18:2 n-6 c,c.....g	0.065	0.010	4	A	1		0.146		
18:2 CLAs.....g	0.000	0.000	4	A	1		0.000		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	4	A	1		0.000		
18:3 undifferentiated.....g	0.004	0.001	4	AS	1		0.010		
18:3 n-3 c,c,c (ALA).....g	0.004	0.001	4	A	1		0.010		
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	4	A	1		0.000		
20:3 n-6.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.001	0.001	4	A	1		0.002		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000		

NDB No. 27002
Soup, wonton, Chinese restaurant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans....g	0.001		0	NC	4		0.002		
Fatty acids, total trans-monoenoic....g	0.001		0	NC	4		0.002		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	4	1.563	4	A	1		9		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0	A	1		0.028		
Threonine....g	0.081		0	A	1		0.182		
Isoleucine....g	0.060		0	A	1		0.133		
Leucine....g	0.120		0	A	1		0.268		
Lysine....g	0.062		0	A	1		0.138		
Methionine....g	0.030		0	A	1		0.068		
Cystine....g	0.044		0	A	1		0.098		
Phenylalanine....g	0.070		0	A	1		0.157		
Tyrosine....g	0.049		0	A	1		0.110		
Valine....g	0.071		0	A	1		0.157		
Arginine....g	0.087		0	A	1		0.194		
Histidine....g	0.039		0	A	1		0.086		
Alanine....g	0.065		0	A	1		0.145		
Aspartic acid....g	0.110		0	A	1		0.245		
Glutamic acid....g	1.203		0	A	1		2.683		
Glycine....g	0.107		0	A	1		0.239		
Proline....g	0.203		0	A	1		0.452		
Serine....g	0.068		0	A	1		0.151		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 223g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06192

Split pea soup, canned, reduced sodium, prepared with water or ready-to serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.40		0		4		208.47		
Energy	kcal	71		0	MC	9		180		
Energy	kJ	297		0		9		752		
Protein	g	3.85		0	MC	9		9.74		
Total lipid (fat)	g	0.92		0	MA	12		2.33		
Ash	g	1.00		0		4		2.53		
Carbohydrate, by difference	g	11.83		0	MC	9		29.93		
Fiber, total dietary	g	1.9		0	MA	12		4.9		
Sugars, total	g	5.06		0	FLA	4		12.81		
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	MA	12		43		
Iron, Fe	mg	0.77		0	MA	12		1.95		
Magnesium, Mg	mg	14		0	FLM	4		35		
Phosphorus, P	mg	54		0	FLM	4		137		
Potassium, K	mg	183		0	FLM	4		463		
Sodium, Na	mg	166		0	MA	12		420		
Zinc, Zn	mg	0.40		0	FLM	4		1.01		
Copper, Cu	mg	0.110		0	FLM	4		0.278		
Manganese, Mn	mg	0.200		0	FLM	4		0.506		
Selenium, Se	µg	0.3		0	BFZN	4		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MA	12		0.0		
Thiamin	mg	0.070		0	FLM	4		0.177		
Riboflavin	mg	0.029		0	FLM	4		0.073		
Niacin	mg	0.457		0	FLM	4		1.156		
Pantothenic acid	mg	0.237		0	FLM	4		0.600		
Vitamin B-6	mg	0.073		0	FLM	4		0.185		
Folate, total	µg	20		0	FLM	4		51		
Folic acid	µg	0		0	FLA	4		0		
Folate, food	µg	20		0	FLA	4		51		
Folate, DFE	mcg_DFE	20		0	NC	4		51		
Choline, total	mg	18.2		0	FLA	4		46.0		
Betaine	mg	0.2		0	FLA	4		0.4		
Vitamin B-12	µg	0.01		0	FLM	4		0.03		
Vitamin B-12, added	µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	28		0	FLA	4		70		
Retinol	µg	0		0	FLA	4		0		
Carotene, beta	µg	313		0	FLA	4		792		
Carotene, alpha	µg	35		0	FLA	4		88		
Cryptoxanthin, beta	µg	1		0	FLA	4		1		
Vitamin A, IU	IU	552		0	FLA	4		1396		
Lycopene	µg	7		0	FLA	4		17		
Lutein + zeaxanthin	µg	1286		0	FLA	4		3253		
Vitamin E (alpha-tocopherol)	mg	0.20		0	FLA	4		0.50		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU	0		0	Z	7		0		
Vitamin K (phylloquinone)	µg	36.1		0	FLA	4		91.2		
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										

NDB No. 06192

Split pea soup, canned, reduced sodium, prepared with water or ready-to serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.300		0	MA	12		0.759		
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.003		0	FLM	4		0.008		
12:0....g	0.003		0	FLM	4		0.008		
13:0....g									
14:0....g	0.012		0	FLM	4		0.030		
15:0....g									
16:0....g	0.191		0	FLM	4		0.483		
17:0....g									
18:0....g	0.090		0	FLM	4		0.228		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.370		0	FLM	4		0.936		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.024		0	FLM	4		0.061		
17:1....g									
18:1 undifferentiated....g	0.345		0	FLM	4		0.873		
20:1....g	0.001		0	FLM	4		0.003		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.168		0	FLM	4		0.425		
18:2 undifferentiated....g	0.147		0	FLM	4		0.372		
18:3 undifferentiated....g	0.021		0	FLM	4		0.053		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	2		0	MA	12		5		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06193

Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	82.80		0	MC	9		202.86		
Energy ... kcal	68		0	MC	9		167		
Energy ... kJ	285		0		9		697		
Protein ... g	4.00		0	MC	9		9.80		
Total lipid (fat) ... g	0.70		0	MC	9		1.72		
Ash ... g	1.00		0	MC	9		2.45		
Carbohydrate, by difference ... g	11.40		0	MC	9		27.93		
Fiber, total dietary ... g	1.9		0	MC	9		4.7		
Sugars, total ... g	1.57		0	FLA	4		3.85		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	16		0	MC	9		39		
Iron, Fe ... mg	0.70		0	MC	9		1.72		
Magnesium, Mg ... mg	14		0	FLM	4		34		
Phosphorus, P ... mg	54		0	FLM	4		132		
Potassium, K ... mg	204		0	MC	9		500		
Sodium, Na ... mg	196		0	MC	9		480		
Zinc, Zn ... mg	0.49		0	FLM	4		1.20		
Copper, Cu ... mg	0.100		0	FLM	4		0.245		
Manganese, Mn ... mg	0.198		0	FLM	4		0.485		
Selenium, Se ... µg	0.3		0	BFZN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid ... mg	1.0		0	MC	9		2.5		
Thiamin ... mg	0.083		0	FLM	4		0.203		
Riboflavin ... mg	0.038		0	FLM	4		0.093		
Niacin ... mg	0.695		0	FLM	4		1.703		
Pantothenic acid ... mg	0.250		0	FLM	4		0.613		
Vitamin B-6 ... mg	0.048		0	FLM	4		0.118		
Folate, total ... µg	29		0	FLA	4		71		
Folic acid ... µg	0		0	FLA	4		0		
Folate, food ... µg	29		0	FLA	4		71		
Folate, DFE ... mcg_DFE	29		0	NC	4		71		
Choline, total ... mg	22.3		0	FLA	4		54.6		
Betaine ... mg	0.5		0	FLA	4		1.3		
Vitamin B-12 ... µg	0.03		0	FLM	4		0.07		
Vitamin B-12, added ... µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE ... mcg_RAE	21		0	FLA	4		51		
Retinol ... µg	0		0	FLA	4		0		
Carotene, beta ... µg	201		0	FLA	4		493		
Carotene, alpha ... µg	90		0	FLA	4		221		
Cryptoxanthin, beta ... µg	5		0	FLA	4		12		
Vitamin A, IU ... IU	415		0	FLA	4		1016		
Lycopene ... µg	0		0	FLA	4		0		
Lutein + zeaxanthin ... µg	18		0	FLA	4		43		
Vitamin E (alpha-tocopherol) ... mg	0.06		0	FLA	4		0.15		
Vitamin E, added ... mg	0.00		0	FLA	4		0.00		
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) ... µg									
Vitamin D3 (cholecalciferol) ... µg									
Vitamin D ... IU	0		0	Z	7		0		
Vitamin K (phylloquinone) ... µg	2.6		0	FLA	4		6.3		
Dihydrophylloquinone ... µg									
Menaquinone-4 ... µg									
Lipids:									

NDB No. 06193

Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.294		0	MC	9		0.720		
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.000		0	FLM	4		0.000		
12:0....g	0.100		0	FLM	4		0.245		
13:0....g									
14:0....g	0.008		0	FLM	4		0.020		
15:0....g									
16:0....g	0.129		0	FLM	4		0.316		
17:0....g									
18:0....g	0.057		0	FLM	4		0.140		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.282		0	FLM	4		0.691		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.023		0	FLM	4		0.056		
17:1....g									
18:1 undifferentiated....g	0.257		0	FLM	4		0.630		
20:1....g	0.002		0	FLM	4		0.005		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.135		0	FLM	4		0.331		
18:2 undifferentiated....g	0.115		0	FLM	4		0.282		
18:3 undifferentiated....g	0.019		0	FLM	4		0.047		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	3		0	MC	9		7		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06178
USDA Commodity, salsa

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.70				1				
Energy	kcal	36				4				
Energy	kJ	151				4				
Protein	g	1.50				1				
Total lipid (fat)	g	0.20				1				
Ash	g	1.60				1				
Carbohydrate, by difference	g	7.00				4				
Fiber, total dietary	g	1.4				1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12				1				
Iron, Fe	mg	2.24				1				
Magnesium, Mg	mg	16				1				
Phosphorus, P	mg	30				1				
Potassium, K	mg	270				1				
Sodium, Na	mg	430				1				
Zinc, Zn	mg	0.17				1				
Copper, Cu	mg	0.096				4				
Manganese, Mn	mg									
Selenium, Se	µg	0.4		0	BFSN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0				1				
Thiamin	mg	0.050				1				
Riboflavin	mg	0.030				1				
Niacin	mg	1.080				1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.149				4				
Folate, total	µg	19				4				
Folic acid	µg	0		0	Z	7				
Folate, food	µg	19				4				
Folate, DFE	mcg_DFE	19		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00				7				
Vitamin A, RAE	mcg_RAE	28		0	NC	4				
Retinol	µg	0		0	Z	7				
Carotene, beta	µg									
Carotene, alpha	µg									
Cryptoxanthin, beta	µg									
Vitamin A, IU	IU	550				1				
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D2 (ergocalciferol)	µg									
Vitamin D3 (cholecalciferol)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.029				4				
4:0	g	0.000				4				

NDB No. 06178
USDA Commodity, salsa

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000				4				
8:0....g	0.000				4				
10:0....g	0.000				4				
12:0....g	0.000				4				
13:0....g									
14:0....g	0.001				4				
15:0....g									
16:0....g	0.024				4				
17:0....g									
18:0....g	0.003				4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016				4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001				4				
17:1....g									
18:1 undifferentiated....g	0.016				4				
20:1....g	0.000				4				
22:1 undifferentiated....g	0.000				4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.107				4				
18:2 undifferentiated....g	0.106				4				
18:3 undifferentiated....g	0.001				4				
18:4....g	0.000				4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000				4				
20:5 n-3 (EPA)....g	0.000				4				
22:5 n-3 (DPA)....g	0.000				4				
22:6 n-3 (DHA)....g	0.000				4				
Fatty acids, total trans....g									
Cholesterol....mg	0				7				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0				7				
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)

NDB No. 06143
USDA Commodity, spaghetti sauce, meatless, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.10		1	A	1				
Energy	kcal	48		0	NC	4				
Energy	kJ	201				4				
Protein	g	1.20		1	A	1				
Total lipid (fat)	g	0.90		1	A	1				
Ash	g	2.10		1	A	1				
Carbohydrate, by difference	g	8.70		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g	4.70		0		4				
Sucrose	g	0.90		1	A	1				
Glucose (dextrose)	g	2.00		1	A	1				
Fructose	g	1.80		1	A	1				
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1	A	1				
Iron, Fe	mg	0.90		1	A	1				
Magnesium, Mg	mg	13		1	A	1				
Phosphorus, P	mg	25		1	A	1				
Potassium, K	mg	292		1	A	1				
Sodium, Na	mg	590		1	A	1				
Zinc, Zn	mg	0.21		1	A	1				
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	µg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.9		1	A	1				
Thiamin	mg	0.030		1	A	1				
Riboflavin	mg	0.120		1	A	1				
Niacin	mg	0.730		1	A	1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.060		1	A	1				
Folate, total	µg									
Folate, DFE	mcg_DFE									
Choline, total	mg									
Betaine	mg									
Vitamin B-12	µg	0.00		1	A	1				
Vitamin A, RAE	mcg_RAE	17		0	NC	4				
Vitamin A, IU	IU	335		0		4				
Lycopene	µg									
Lutein + zeaxanthin	µg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	µg									
Vitamin D	IU									
Vitamin K (phylloquinone)	µg									
Dihydrophylloquinone	µg									
Menaquinone-4	µg									
Lipids:										
Fatty acids, total saturated	g	0.162		1	A	1				
4:0	g									
6:0	g									
8:0	g									

NDB No. 06143
USDA Commodity, spaghetti sauce, meatless, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g									
13:0 ... g									
14:0 ... g									
15:0 ... g									
16:0 ... g	0.120		1	A	1				
17:0 ... g									
18:0 ... g	0.042		1	A	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.210		1	A	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g									
17:1 ... g									
18:1 undifferentiated ... g	0.210		1	A	1				
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.510		1	A	1				
18:2 undifferentiated ... g	0.453		1	A	1				
18:3 undifferentiated ... g	0.057		1	A	1				
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1	A	1				
Phytosterols ... mg									

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Common Measures:

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Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 24 (2011)