

NDB No. 06241

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06242

CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06244

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06245

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06250

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06251

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06252

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06383

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06384

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06387

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06388

CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06389

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06392

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06393

CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06396

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06398

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06399

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06400

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06403

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06454

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 27007

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27008

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 27009

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06408

CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06414

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06415
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	86.23	0.391	6	A	1		177.64	454.45	
Energy.....kcal	56		0	NC	4		115	294	
Energy.....kJ	233		0	NC	4		480	1228	
Protein.....g	2.89	0.144	6	A	1		5.95	15.21	
Total lipid (fat).....g	0.92	0.050	6	A	1		1.90	4.86	
Ash.....g	0.98	0.032	6	A	1		2.01	5.15	
Carbohydrate, by difference.....g	8.98		0	NC	4		18.50	47.33	
Fiber, total dietary.....g	1.0	0.161	3	A	1		2.0	5.2	
Sugars, total.....g	1.17	0.033	3	A	1		2.40	6.15	
Sucrose.....g	0.67	0.033	3	A	1		1.37	3.51	
Glucose (dextrose).....g	0.20	0.000	3	A	1		0.41	1.05	
Fructose.....g	0.30	0.000	3	A	1		0.62	1.58	
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	4.80		2	A	1		9.89	25.30	
Minerals:									
Calcium, Ca.....mg	10	0.254	6	A	1		21	54	
Iron, Fe.....mg	0.49	0.027	6	A	1		1.01	2.59	
Magnesium, Mg.....mg	10	0.212	6	A	1		20	52	
Phosphorus, P.....mg	55	1.765	6	A	1		113	288	
Potassium, K.....mg	129	2.309	6	A	1		266	680	
Sodium, Na.....mg	308	2.778	6	A	1		633	1621	
Zinc, Zn.....mg	0.54	0.023	6	A	1		1.10	2.83	
Copper, Cu.....mg	0.063	0.003	6	A	1		0.130	0.332	
Manganese, Mn.....mg	0.096	0.003	6	A	1		0.197	0.503	
Selenium, Se.....µg	2.2		1	A	1		4.6	11.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		1	A	1		1.6	4.2	
Thiamin.....mg	0.027	0.003	3	A	1		0.055	0.140	
Riboflavin.....mg	0.085	0.004	3	A	1		0.176	0.450	
Niacin.....mg	1.047	0.012	3	A	1		2.156	5.516	
Pantothenic acid.....mg	0.210		2	A	1		0.433	1.107	
Vitamin B-6.....mg	0.094	0.000	3	A	1		0.193	0.493	
Folate, total.....µg	12		1	A	1		25	63	
Folic acid.....µg									
Folate, food.....µg	12		1	A	1		25	63	
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.17		1	A	1		0.35	0.90	
Vitamin A, RAE.....µg									
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	81		1	A	1		166	425	
Carotene, alpha.....µg	27		1	A	1		57	145	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	157		1	AS	1		324	829	
Lycopene.....µg	229		1	A	1		473	1209	
Lutein + zeaxanthin.....µg	49		1	A	1		101	259	
Vitamin E (alpha-tocopherol).....mg	0.08		1	A	1		0.17	0.43	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	

CAMPBELL'S CHUNKY Soups, Hearty Beef Barley 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
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.377		0	NC	4		0.777	1.987	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.004	0.001	3	A	1		0.008	0.021	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.023	0.002	3	A	1		0.048	0.122	
15:0.....g	0.005	0.000	3	A	1		0.011	0.029	
16:0.....g	0.225	0.017	3	A	1		0.463	1.184	
17:0.....g	0.008	0.000	3	A	1		0.016	0.041	
18:0.....g	0.107	0.010	3	A	1		0.220	0.563	
20:0.....g	0.002	0.000	3	A	1		0.004	0.010	
22:0.....g	0.001	0.000	3	A	1		0.003	0.007	
24:0.....g	0.002	0.000	3	A	1		0.003	0.009	
Fatty acids, total monounsaturated.....g	0.381		0	NC	4		0.785	2.008	
14:1.....g	0.007	0.001	3	A	1		0.015	0.039	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.027	0.002	3	AS	1		0.056	0.144	
16:1 c.....g	0.025	0.002	3	A	1		0.051	0.131	
16:1 t.....g	0.002	0.000	3	A	1		0.005	0.013	
17:1.....g	0.007	0.001	3	A	1		0.014	0.036	
18:1 undifferentiated.....g	0.336	0.031	3	AS	1		0.693	1.772	
18:1 c.....g	0.304	0.028	3	A	1		0.627	1.603	
18:1 t.....g	0.032	0.004	3	A	1		0.066	0.169	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.003	0.001	3	A	1		0.007	0.017	
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.137		0	NC	4		0.282	0.722	
18:2 undifferentiated.....g	0.116	0.012	3	AS	1		0.239	0.612	
18:2 n-6 c,c.....g	0.106	0.011	3	A	1		0.218	0.558	
18:2 CLAs.....g	0.004	0.000	3	A	1		0.009	0.023	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.006	0.001	3	A	1		0.012	0.032	
18:3 undifferentiated.....g	0.009	0.001	3	AS	1		0.020	0.050	
18:3 n-3 c,c,c (ALA).....g	0.009	0.001	3	A	1		0.020	0.050	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.002	0.000	3	AS	1		0.004	0.012	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.002	0.000	3	A	1		0.004	0.012	
20:4 undifferentiated.....g	0.005	0.000	3	A	1		0.009	0.024	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	3	A	1		0.004	0.010	
21:5.....g									
22:4.....g	0.001	0.000	3	A	1		0.002	0.006	
22:5 n-3 (DPA).....g	0.002	0.000	3	A	1		0.003	0.009	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.041		0	NC	4		0.084	0.214	

NDB No. 06415

CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	<u>measures of food</u>			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.035		0	NC	4		0.071	0.182	
Fatty acids, total trans-polyenoic.....g	0.006		0	NC	4		0.012	0.032	
Cholesterol.....mg	4		1	A	1		9	23	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 206g: 1 cup

Measure 2 = 527g: 1 can

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06418

CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06429

CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06433

CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06434

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.....µg									
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.....µg									
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 06434

CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.408		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	
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 28 (2015)

NDB No. 06437

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06438

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06439

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06441

CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06447

CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06457

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06459

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06462

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06395

CAMPBELL'S CHUNKY, 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.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 06395

CAMPBELL'S CHUNKY, 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
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	
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 28 (2015)

NDB No. 06391

CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06405

CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06431
CAMPBELL'S CHUNKY, 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	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	0.4		0	MA	12		0.9	1.9	
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.....µg									
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.....µg									
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 06431

CAMPBELL'S CHUNKY, 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
Fatty acids, total saturated.....g									
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		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 28 (2015)

NDB No. 06986

CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06988

CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06989

CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06509

CAMPBELL'S Homestyle Butternut Squash Bisque

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 2 = 245g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06548

CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 27021

CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain 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	89.84	0.162	6	A	1		221.01	448.31	
Energy.....kcal	40		0	NC	4		98	198	
Energy.....kJ	166		0	NC	4		408	828	
Protein.....g	3.80	0.093	6	A	1		9.35	18.97	
Total lipid (fat).....g	0.82		0	LC	8		2.01	4.07	
Ash.....g	1.26	0.029	6	A	1		3.11	6.30	
Carbohydrate, by difference.....g	4.28		0	NC	4		10.52	21.34	
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	265		0	LC	8		653	1324	
Sodium, Na.....mg	167		0	LC	8		412	835	
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.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU	408		0	LC	8		1004	2037	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 27021

CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta 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
Fatty acids, total saturated.....g	0.204		0	LC	8		0.502	1.018	
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		0	LC	8		0.000	0.000	
Cholesterol.....mg	4		0	LC	8		10	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.

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 28 (2015)

NDB No. 06537

CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 27019

CAMPBELL'S Homestyle Harvest Tomato with Basil Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06541

CAMPBELL'S Homestyle Italian-Style Wedding Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06617

CAMPBELL'S Homestyle Light Italian-Style Wedding Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06529

CAMPBELL'S Homestyle Light New England Clam Chowder

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06543

CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 27017

CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 27018

CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06544

CAMPBELL'S Homestyle Minestrone Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06545
CAMPBELL'S Homestyle 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	363		0	LC	8		930	1885	
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.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 06545

CAMPBELL'S Homestyle 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
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	
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 28 (2015)

NDB No. 06546

CAMPBELL'S Homestyle Potato Broccoli Cheese Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06580

CAMPBELL'S Homestyle Vegetable Medley Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06470
CAMPBELL'S Low Sodium Soups, Chicken 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		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 28 (2015)

NDB No. 06482

CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving 1 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06487
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 28 (2015)

NDB No. 06497

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 245g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06502

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 245g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06503

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 245g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06504

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 245g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06505

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 245g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06213

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06117

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06091
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 28 (2015)

NDB No. 06097
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 28 (2015)

NDB No. 06145

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06146

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06003

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06014

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06054

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 27013

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06057

CAMPBELL'S Red and White, Chicken Broth, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06058

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06082

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06084

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06311

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06041

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06047

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06312

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06333

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06334

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06340

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06342

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06343

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06350

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06353

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06354

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06357

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06355

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06361

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27014

CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 27032

CAMPBELL'S Red and White, Lentil Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06364

CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06365

CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06366

CAMPBELL'S Red and White, Minestrone Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06367

CAMPBELL'S Red and White, New England Clam Chowder, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06351

CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 27015

CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06349

CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06380

CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06379

CAMPBELL'S Red and White, Tomato Bisque, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06374
CAMPBELL'S Red and White, 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	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 28 (2015)

NDB No. 06373

CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 27022

CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06596

CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06586

CAMPBELL'S Soup on the Go, Chicken & Stars Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06587

CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06588

CAMPBELL'S Soup on the Go, Classic Tomato Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06589

CAMPBELL'S Soup on the Go, Creamy Broccoli Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06590

CAMPBELL'S Soup on the Go, Creamy Chicken Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06592

CAMPBELL'S Soup on the Go, Creamy Tomato Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27023

CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06594

CAMPBELL'S Soup on the Go, New England Clam Chowder

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06595

CAMPBELL'S Soup on the Go, Vegetable Beef Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06585

CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 container

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06212

CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06214
CAMPBELL'S, 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: .5 cup condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06215

CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06209

CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06218
CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed
Campbell Soup Co.

Refuse:0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Proximates:</u>									
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									
<u>Minerals:</u>									
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									
<u>Lipids:</u>									
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: .5 cup condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06219

CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27034

CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06038

CAMPBELL'S, Cheddar Cheese Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06309

CAMPBELL'S, Chicken with Rice Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06336

CAMPBELL'S, Cream of Chicken Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06337

CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06338
 CAMPBELL'S, Cream of Mushroom 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
Lipids:									
Fatty acids, total saturated.....g	0.951		0	NC	4		1.227		
4:0.....g	0.003	0.003	3	A	1		0.004		
6:0.....g	0.001	0.001	3	A	1		0.001		
8:0.....g	0.001	0.001	3	A	1		0.001		
10:0.....g	0.002	0.002	3	A	1		0.003		
12:0.....g	0.002	0.002	3	A	1		0.003		
13:0.....g									
14:0.....g	0.026	0.001	3	A	1		0.034		
15:0.....g	0.005	0.001	3	A	1		0.006		
16:0.....g	0.618	0.023	3	A	1		0.798		
17:0.....g	0.007	0.000	3	A	1		0.008		
18:0.....g	0.242	0.012	3	A	1		0.312		
20:0.....g	0.019	0.002	3	A	1		0.024		
22:0.....g	0.018	0.002	3	A	1		0.023		
24:0.....g	0.007	0.001	3	A	1		0.009		
Fatty acids, total monounsaturated.....g	1.284		0	NC	4		1.657		
14:1.....g	0.002	0.000	3	A	1		0.003		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.009	0.000	3	AS	1		0.011		
16:1 c.....g	0.009	0.000	3	A	1		0.011		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.003	0.000	3	A	1		0.004		
18:1 undifferentiated.....g	1.236	0.058	3	AS	1		1.595		
18:1 c.....g	1.229	0.058	3	A	1		1.586		
18:1 t.....g	0.007	0.001	3	A	1		0.009		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.033	0.008	3	A	1		0.043		
22:1 undifferentiated.....g	0.001	0.001	3	AS	1		0.001		
22:1 c.....g	0.000	0.000	3	A	1		0.000		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	3.155		0	NC	4		4.070		
18:2 undifferentiated.....g	2.788	0.125	3	AS	1		3.597		
18:2 n-6 c,c.....g	2.772	0.125	3	A	1		3.577		
18:2 CLAs.....g	0.003	0.000	3	A	1		0.003		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.013	0.002	3	A	1		0.017		
18:3 undifferentiated.....g	0.365	0.028	3	AS	1		0.471		
18:3 n-3 c,c,c (ALA).....g	0.354	0.023	3	A	1		0.457		
18:3 n-6 c,c,c.....g	0.011	0.006	3	A	1		0.014		
18:3i.....g									
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.002	0.000	3	A	1		0.003		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.020		0	NC	4		0.026		
Fatty acids, total trans-monoenoic.....g	0.007		0	NC	4		0.010		
Fatty acids, total trans-polyenoic.....g	0.013		0	NC	4		0.017		
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.009		0	A	1		0.012		
Threonine.....g	0.028		0	A	1		0.036		

NDB No. 06338

CAMPBELL'S, Cream of Mushroom 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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.018		0	A	1	0.024		
Leucine.....g	0.056		0	A	1	0.072		
Lysine.....g	0.028		0	A	1	0.036		
Methionine.....g	0.018		0	A	1	0.024		
Cystine.....g	0.009		0	A	1	0.012		
Phenylalanine.....g	0.037		0	A	1	0.048		
Tyrosine.....g	0.028		0	A	1	0.036		
Valine.....g	0.028		0	A	1	0.036		
Arginine.....g	0.046		0	A	1	0.060		
Histidine.....g	0.018		0	A	1	0.024		
Alanine.....g	0.037		0	A	1	0.048		
Aspartic acid.....g	0.074		0	A	1	0.096		
Glutamic acid.....g	0.492		0	A	1	0.634		
Glycine.....g	0.028		0	A	1	0.036		
Proline.....g	0.056		0	A	1	0.072		
Serine.....g	0.046		0	A	1	0.060		
Hydroxyproline.....g	0.000		1	A	1	0.000		

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Common Measures:

Measure 1 = 129g: .5 cup condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06339

CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06341

CAMPBELL'S, Cream of Potato Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.397		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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06195

CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06363

CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06062

CAMPBELL'S, Red and White, 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	88.32	0.171	6	A	1		108.64		
Energy.....kcal	47		0	NC	4		58		
Energy.....kJ	197		0	NC	4		242		
Protein.....g	2.37	0.165	6	A	1		2.92		
Total lipid (fat).....g	1.53	0.077	6	A	1		1.88		
Ash.....g	1.80	0.116	6	A	1		2.22		
Carbohydrate, by difference.....g	5.97		0	NC	4		7.34		
Fiber, total dietary.....g									
Sugars, total.....g	0.00	0.000	3	A	1		0.00		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	0.206	6	A	1		7		
Iron, Fe.....mg	0.69	0.037	6	A	1		0.85		
Magnesium, Mg.....mg	8	0.140	6	A	1		10		
Phosphorus, P.....mg	38	0.312	6	A	1		47		
Potassium, K.....mg	44	0.622	6	A	1		54		
Sodium, Na.....mg	683	5.158	6	A	1		840		
Zinc, Zn.....mg	0.28	0.013	6	A	1		0.35		
Copper, Cu.....mg	0.027	0.001	6	A	1		0.034		
Manganese, Mn.....mg	0.100	0.002	6	A	1		0.123		
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.388		0	NC	4		0.477		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.008	0.000	3	A	1		0.009		
15:0.....g	0.002	0.000	3	A	1		0.002		
16:0.....g	0.303	0.009	3	A	1		0.372		
17:0.....g	0.001	0.001	3	A	1		0.002		
18:0.....g	0.074	0.002	3	A	1		0.091		
20:0.....g	0.000	0.000	3	A	1		0.000		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.534		0	NC	4		0.657		
14:1.....g	0.002	0.000	3	A	1		0.002		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.060	0.002	3	AS	1		0.073		
16:1 c.....g	0.060	0.002	3	A	1		0.073		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.464	0.015	3	AS	1		0.571		
18:1 c.....g	0.459	0.015	3	A	1		0.565		
18:1 t.....g	0.005	0.000	3	A	1		0.006		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.008	0.001	3	A	1		0.010		
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
22:1 c.....g	0.000	0.000	3	A	1		0.000		

NDB No. 06062

CAMPBELL'S, Red and White, Chicken Noodle 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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:1 t.....g	0.000	0.000	3	A	1		0.000			
24:1 c.....g	0.000	0.000	3	A	1		0.000			
Fatty acids, total polyunsaturated.....g	0.335		0	NC	4		0.412			
18:2 undifferentiated.....g	0.307	0.010	3	AS	1		0.378			
18:2 n-6 c,c.....g	0.305	0.010	3	A	1		0.376			
18:2 CLAs.....g	0.000	0.000	3	A	1		0.000			
18:2 t,t.....g										
18:2 i.....g										
18:2 t not further defined.....g	0.001	0.000	3	A	1		0.002			
18:3 undifferentiated.....g	0.014	0.000	3	AS	1		0.017			
18:3 n-3 c,c,c (ALA).....g	0.014	0.000	3	A	1		0.017			
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000			
18:3i.....g	0.000	0.000	3	A	1		0.000			
18:4.....g	0.000	0.000	3	A	1		0.000			
20:2 n-6 c,c.....g	0.002	0.000	3	A	1		0.002			
20:3 undifferentiated.....g	0.002	0.000	3	AS	1		0.002			
20:3 n-3.....g	0.000	0.000	3	A	1		0.000			
20:3 n-6.....g	0.002	0.000	3	A	1		0.002			
20:4 undifferentiated.....g	0.009	0.001	3	A	1		0.011			
20:4 n-6.....g										
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000			
21:5.....g										
22:4.....g	0.001	0.001	3	A	1		0.001			
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000			
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000			
Fatty acids, total trans.....g	0.007		0	NC	4		0.008			
Fatty acids, total trans-monoenoic.....g	0.005		0	NC	4		0.006			
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4		0.002			
Cholesterol.....mg	8		0	MA	12		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 = 123g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06377

CAMPBELL'S, 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		100.18		
Energy.....kcal	71		0	NC	4		88		
Energy.....kJ	296		0	NC	4		367		
Protein.....g	1.46	0.026	6	A	1		1.81		
Total lipid (fat).....g	0.44	0.018	6	A	1		0.54		
Ash.....g	2.09	0.023	6	A	1		2.60		
Carbohydrate, by difference.....g	15.22		0	NC	4		18.87		
Fiber, total dietary.....g	1.1	0.058	3	A	1		1.4		
Sugars, total.....g	8.23	0.081	6	A	1		10.21		
Sucrose.....g	0.00	0.000	6	A	1		0.00		
Glucose (dextrose).....g	3.55	0.037	6	A	1		4.41		
Fructose.....g	4.67	0.049	6	A	1		5.80		
Lactose.....g	0.00	0.000	6	A	1		0.00		
Maltose.....g	0.00	0.000	6	A	1		0.00		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g	4.00	0.058	3	A	1		4.96		
Minerals:									
Calcium, Ca.....mg	13	0.417	6	A	1		16		
Iron, Fe.....mg	0.59	0.035	6	A	1		0.73		
Magnesium, Mg.....mg	14	0.289	6	A	1		18		
Phosphorus, P.....mg	31	0.644	6	A	1		39		
Potassium, K.....mg	562	11.177	6	A	1		697		
Sodium, Na.....mg	377	3.483	6	A	1		467		
Zinc, Zn.....mg	0.18	0.005	6	A	1		0.23		
Copper, Cu.....mg	0.050	0.002	6	A	1		0.062		
Manganese, Mn.....mg	0.138	0.002	6	A	1		0.171		
Selenium, Se.....µg	3.0	0.000	3	A	1		3.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.8		1	LC	8		6.0		
Thiamin.....mg	0.042	0.007	6	A	1		0.052		
Riboflavin.....mg	0.015	0.000	6	A	1		0.018		
Niacin.....mg	0.858	0.013	6	A	1		1.064		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 06377

CAMPBELL'S, Tomato Soup, condensed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	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		
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: .5 cup condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06375

CAMPBELL'S, Vegetable Beef Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 condensed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27068
 Dip, FRITO'S, bean, original flavor

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

Phytosterols.....mg

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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
 Measure 2 = 259g: 1 container (9oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27053

Dip, OLD EL PASO, Cheese 'n Salsa, medium

General Mills 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	76.09		2	A	1		24.35	94.35	
Energy.....kcal	129		0	NC	4		41	160	
Energy.....kJ	541		0	NC	4		173	671	
Protein.....g	2.70		2	A	1		0.87	3.35	
Total lipid (fat).....g	8.43		2	A	1		2.70	10.46	
Ash.....g	2.12		2	A	1		0.68	2.63	
Carbohydrate, by difference.....g	10.65		0	NC	4		3.41	13.20	
Fiber, total dietary.....g	0.6		2	A	1		0.2	0.7	
Sugars, total.....g	1.30		2	A	1		0.42	1.61	
Sucrose.....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose).....g	0.15		2	A	1		0.05	0.19	
Fructose.....g	0.20		2	A	1		0.06	0.25	
Lactose.....g	0.95		2	A	1		0.30	1.18	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	5.70		2	A	1		1.82	7.07	
Minerals:									
Calcium, Ca.....mg	81		2	A	1		26	101	
Iron, Fe.....mg	0.12		2	A	1		0.04	0.15	
Magnesium, Mg.....mg	6		2	A	1		2	8	
Phosphorus, P.....mg	143		2	A	1		46	177	
Potassium, K.....mg	83		2	A	1		27	103	
Sodium, Na.....mg	690		2	A	1		221	856	
Zinc, Zn.....mg	0.30		2	A	1		0.10	0.38	
Copper, Cu.....mg	0.004		2	A	1		0.001	0.005	
Manganese, Mn.....mg	0.014		2	A	1		0.005	0.018	
Selenium, Se.....µg	2.6		2	A	1		0.8	3.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		1	A	1		0.2	1.0	
Thiamin.....mg	0.010		2	A	1		0.003	0.012	
Riboflavin.....mg	0.070		2	A	1		0.022	0.087	
Niacin.....mg	0.115		2	A	1		0.037	0.142	
Pantothenic acid.....mg	0.525		2	A	1		0.168	0.651	
Vitamin B-6.....mg	0.033		2	A	1		0.011	0.041	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	29		0	AS	1		9	37	
Vitamin A, IU.....IU	308		0	AS	1		99	382	
Lycopene.....µg	204		2	A	1		65	253	
Lutein + zeaxanthin.....µg	74		2	A	1		24	92	
Vitamin E (alpha-tocopherol).....mg	1.95		2	A	1		0.62	2.41	
Tocopherol, beta.....mg	0.14		2	A	1		0.04	0.17	
Tocopherol, gamma.....mg	5.57		2	A	1		1.78	6.91	
Tocopherol, delta.....mg	0.57		2	A	1		0.18	0.71	
Tocotrienol, alpha.....mg	0.09		2	A	1		0.03	0.11	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.08		2	A	1		0.02	0.10	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	8.1		2	A	1		2.6	10.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	0.2		1	A	1		0.1	0.2	

NDB No. 27053

Dip, OLD EL PASO, Cheese 'n Salsa, 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
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 2 tbsp

Measure 2 = 124g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27054

Dip, TOSTITOS, salsa con queso, medium

Pepsi-Cola North America

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.68	0.555	6	A	1		22.40	93.35	
Energy.....kcal	133		0	NC	4		40	166	
Energy.....kJ	556		0	NC	4		167	695	
Protein.....g	2.92	0.106	6	A	1		0.88	3.65	
Total lipid (fat).....g	8.26	0.227	6	A	1		2.48	10.32	
Ash.....g	2.42	0.060	6	A	1		0.73	3.03	
Carbohydrate, by difference.....g	11.72		0	NC	4		3.52	14.65	
Fiber, total dietary.....g	0.6		2	A	1		0.2	0.7	
Sugars, total.....g	1.40	0.000	3	A	1		0.42	1.75	
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose).....g	0.20	0.000	3	A	1		0.06	0.25	
Fructose.....g	0.20	0.000	3	A	1		0.06	0.25	
Lactose.....g	1.00	0.000	3	A	1		0.30	1.25	
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	5.43	0.067	3	A	1		1.63	6.79	
Minerals:									
Calcium, Ca.....mg	90	2.317	6	A	1		27	113	
Iron, Fe.....mg	0.14	0.007	6	A	1		0.04	0.17	
Magnesium, Mg.....mg	7	0.305	6	A	1		2	9	
Phosphorus, P.....mg	177	2.716	6	A	1		53	221	
Potassium, K.....mg	88	2.775	6	A	1		27	111	
Sodium, Na.....mg	773	29.431	6	A	1		232	966	
Zinc, Zn.....mg	0.44	0.014	6	A	1		0.13	0.55	
Copper, Cu.....mg	0.004	0.000	6	A	1		0.001	0.005	
Manganese, Mn.....mg	0.019	0.000	6	A	1		0.006	0.024	
Selenium, Se.....µg	3.0	0.120	3	A	1		0.9	3.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		1	A	1		0.2	0.7	
Thiamin.....mg	0.010	0.000	3	A	1		0.003	0.012	
Riboflavin.....mg	0.050	0.000	3	A	1		0.015	0.063	
Niacin.....mg	0.150	0.000	3	A	1		0.045	0.188	
Pantothenic acid.....mg	0.660		2	A	1		0.198	0.825	
Vitamin B-6.....mg	0.043	0.001	3	A	1		0.013	0.054	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	33		0	AS	1		10	41	
Vitamin A, IU.....IU	259		0	AS	1		78	324	
Lycopene.....µg	332		2	A	1		99	415	
Lutein + zeaxanthin.....µg	59		2	A	1		18	74	
Vitamin E (alpha-tocopherol).....mg	1.92	0.049	3	A	1		0.58	2.40	
Tocopherol, beta.....mg	0.11	0.020	3	A	1		0.03	0.14	
Tocopherol, gamma.....mg	4.77	0.276	3	A	1		1.43	5.97	
Tocopherol, delta.....mg	0.14	0.017	3	A	1		0.04	0.18	
Tocotrienol, alpha.....mg	0.10	0.003	3	A	1		0.03	0.13	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.11	0.055	3	A	1		0.03	0.14	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.5	0.017	3	A	1		0.4	1.8	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	0.3	0.044	3	A	1		0.1	0.3	

NDB No. 27054

Dip, TOSTITOS, salsa con queso, 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
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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

Measure 2 = 125g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27065
 Dip, bean, original flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D.....IU	0		0	FLA	4		0	0	
Vitamin K (phylloquinone).....µg	1.7		0	FLA	4		0.6	4.4	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.529		0	NC	4		0.191	1.371	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.001	0.000	3	A	1		0.000	0.003	
10:0.....g	0.005	0.000	3	A	1		0.002	0.012	
12:0.....g	0.001	0.000	3	A	1		0.000	0.003	
13:0.....g									
14:0.....g	0.005	0.001	3	A	1		0.002	0.013	
15:0.....g	0.003	0.001	3	A	1		0.001	0.008	
16:0.....g	0.423	0.014	3	A	1		0.152	1.095	
17:0.....g	0.003	0.000	3	A	1		0.001	0.009	
18:0.....g	0.061	0.002	3	A	1		0.022	0.158	
20:0.....g	0.012	0.001	3	A	1		0.004	0.031	
22:0.....g	0.007	0.001	3	A	1		0.003	0.018	
24:0.....g	0.008	0.000	3	A	1		0.003	0.021	
Fatty acids, total monounsaturated.....g	0.859		0	NC	4		0.309	2.226	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.003	0.000	3	AS	1		0.001	0.009	
16:1 c.....g	0.003	0.000	3	A	1		0.001	0.009	
16:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.002	0.000	3	A	1		0.001	0.005	
18:1 undifferentiated.....g	0.842	0.033	3	AS	1		0.303	2.182	
18:1 c.....g	0.840	0.033	3	A	1		0.302	2.175	
18:1 t.....g	0.003	0.001	3	A	1		0.001	0.007	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.012	0.000	3	A	1		0.004	0.030	
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.957		0	NC	4		0.704	5.068	
18:2 undifferentiated.....g	1.760	0.062	3	AS	1		0.634	4.558	
18:2 n-6 c,c.....g	1.754	0.060	3	A	1		0.631	4.542	
18:2 CLAs.....g	0.001	0.000	3	A	1		0.000	0.003	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005	0.002	3	A	1		0.002	0.013	
18:3 undifferentiated.....g	0.193	0.003	3	AS	1		0.070	0.501	
18:3 n-3 c,c,c (ALA).....g	0.192	0.002	3	A	1		0.069	0.497	
18:3 n-6 c,c,c.....g	0.001	0.000	3	A	1		0.000	0.003	
18:3i.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.001	0.000	3	A	1		0.000	0.003	
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	
20:3 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.002	0.000	3	A	1		0.001	0.005	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.008		0	NC	4		0.003	0.020	
Fatty acids, total trans-monoenoic.....g	0.003		0	NC	4		0.001	0.007	

NDB No. 27065
Dip, bean, original flavor

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4	0.002	0.013
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 = 36g: 2 tbsp

Measure 2 = 259g: 1 container (9 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27052

Dip, salsa con queso, cheese and salsa- medium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.72	1.164	14	A	1		22.12	92.15	
Energy.....kcal	143		0	NC	4		43	178	
Energy.....kJ	597		0	NC	4		179	746	
Protein.....g	3.14	0.316	14	A	1		0.94	3.93	
Total lipid (fat).....g	9.51	0.658	14	A	1		2.85	11.88	
Ash.....g	2.49	0.118	14	A	1		0.75	3.12	
Carbohydrate, by difference.....g	11.14		0	NC	4		3.34	13.92	
Fiber, total dietary.....g	0.7	0.084	6	A	1		0.2	0.9	
Sugars, total.....g	1.95	0.441	8	A	1		0.58	2.44	
Sucrose.....g	0.00	0.000	8	A	1		0.00	0.00	
Glucose (dextrose).....g	0.26	0.078	8	A	1		0.08	0.33	
Fructose.....g	0.21	0.013	8	A	1		0.06	0.27	
Lactose.....g	1.45	0.425	8	A	1		0.43	1.81	
Maltose.....g	0.03	0.025	8	A	1		0.01	0.03	
Galactose.....g	0.00	0.000	8	A	1		0.00	0.00	
Starch.....g	4.86	0.361	8	A	1		1.46	6.08	
Minerals:									
Calcium, Ca.....mg	98	9.237	14	A	1		29	123	
Iron, Fe.....mg	0.14	0.005	14	A	1		0.04	0.17	
Magnesium, Mg.....mg	8	0.876	14	A	1		2	10	
Phosphorus, P.....mg	200	30.538	14	A	1		60	250	
Potassium, K.....mg	105	11.528	14	A	1		31	131	
Sodium, Na.....mg	796	35.733	14	A	1		239	995	
Zinc, Zn.....mg	0.41	0.038	14	A	1		0.12	0.52	
Copper, Cu.....mg	0.004	0.000	14	A	1		0.001	0.005	
Manganese, Mn.....mg	0.019	0.001	14	A	1		0.006	0.024	
Selenium, Se.....µg	3.2	0.526	8	A	1		1.0	4.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4	0.231	3	A	1		0.1	0.6	
Thiamin.....mg	0.012	0.003	8	A	1		0.004	0.016	
Riboflavin.....mg	0.065	0.013	8	A	1		0.019	0.081	
Niacin.....mg	0.136	0.007	8	A	1		0.041	0.170	
Pantothenic acid.....mg	0.571	0.037	6	A	1		0.171	0.713	
Vitamin B-6.....mg	0.043	0.003	8	A	1		0.013	0.054	
Folate, total.....µg	6		0	FLC	4		2	7	
Folic acid.....µg	0		0	FLC	4		0	0	
Folate, food.....µg	6		0	FLC	4		2	7	
Folate, DFE.....µg	6		0	NC	4		2	7	
Choline, total.....mg	7.9		0	FLC	4		2.4	9.9	
Betaine.....mg	0.2		1	A	1		0.0	0.2	
Vitamin B-12.....µg	0.25		0	FLC	4		0.08	0.31	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	33		0	AS	1		10	41	
Retinol.....µg	22	2.886	6	A	1		7	28	
Carotene, beta.....µg	112	10.118	6	A	1		34	140	
Carotene, alpha.....µg	0	0.000	6	A	1		0	0	
Cryptoxanthin, beta.....µg	30	4.036	6	A	1		9	38	
Vitamin A, IU.....IU	287		0	AS	1		86	359	
Lycopene.....µg	300	32.015	6	A	1		90	375	
Lutein + zeaxanthin.....µg	67	8.178	6	A	1		20	84	
Vitamin E (alpha-tocopherol).....mg	1.86	0.149	8	A	1		0.56	2.33	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.13	0.028	8	A	1		0.04	0.17	
Tocopherol, gamma.....mg	6.36	0.651	8	A	1		1.91	7.95	
Tocopherol, delta.....mg	0.99	0.350	8	A	1		0.30	1.24	
Tocotrienol, alpha.....mg	0.06	0.018	8	A	1		0.02	0.08	
Tocotrienol, beta.....mg	0.00	0.000	8	A	1		0.00	0.00	

NDB No. 27052

Dip, salsa con queso, cheese and salsa- 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
Tocotrienol, gamma.....mg	0.08	0.027	8	A	1		0.02	0.10	
Tocotrienol, delta.....mg	0.03	0.018	8	A	1		0.01	0.03	
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	Z	7		0	0	
Vitamin K (phylloquinone).....µg	17.6	7.054	8	A	1		5.3	22.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	0.2	0.035	4	A	1		0.1	0.3	
Lipids:									
Fatty acids, total saturated.....g	2.491		0	NC	4		0.747	3.113	
4:0.....g	0.053	0.003	8	A	1		0.016	0.066	
6:0.....g	0.038	0.003	8	A	1		0.011	0.048	
8:0.....g	0.027	0.001	8	A	1		0.008	0.033	
10:0.....g	0.069	0.004	8	A	1		0.021	0.086	
12:0.....g	0.074	0.005	8	A	1		0.022	0.093	
13:0.....g									
14:0.....g	0.237	0.017	8	A	1		0.071	0.296	
15:0.....g	0.026	0.002	8	A	1		0.008	0.032	
16:0.....g	1.325	0.044	8	A	1		0.398	1.656	
17:0.....g	0.020	0.001	8	A	1		0.006	0.025	
18:0.....g	0.560	0.024	8	A	1		0.168	0.700	
20:0.....g	0.032	0.005	8	A	1		0.010	0.040	
22:0.....g	0.018	0.004	8	A	1		0.005	0.022	
24:0.....g	0.012	0.001	8	A	1		0.003	0.014	
Fatty acids, total monounsaturated.....g	2.762		0	NC	4		0.829	3.452	
14:1.....g	0.019	0.002	8	A	1		0.006	0.023	
15:1.....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.055	0.006	8	AS	1		0.016	0.068	
16:1 c.....g	0.047	0.005	8	A	1		0.014	0.058	
16:1 t.....g	0.008	0.001	8	A	1		0.002	0.010	
17:1.....g	0.008	0.001	8	A	1		0.002	0.010	
18:1 undifferentiated.....g	2.632	0.555	8	AS	1		0.790	3.291	
18:1 c.....g	2.571	0.553	8	A	1		0.771	3.214	
18:1 t.....g	0.061	0.003	8	A	1		0.018	0.077	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.047	0.021	8	A	1		0.014	0.058	
22:1 undifferentiated.....g	0.002	0.002	8	AS	1		0.001	0.002	
22:1 c.....g	0.001	0.001	8	A	1		0.000	0.002	
22:1 t.....g	0.001	0.001	8	A	1		0.000	0.001	
24:1 c.....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.643		0	NC	4		1.093	4.553	
18:2 undifferentiated.....g	3.315	0.117	8	AS	1		0.995	4.144	
18:2 n-6 c,c.....g	3.270	0.117	8	A	1		0.981	4.087	
18:2 CLAs.....g	0.018	0.001	8	A	1		0.005	0.023	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.027	0.001	8	A	1		0.008	0.034	
18:3 undifferentiated.....g	0.317	0.115	8	AS	1		0.095	0.396	
18:3 n-3 c,c,c (ALA).....g	0.311	0.114	8	A	1		0.093	0.389	
18:3 n-6 c,c,c.....g	0.006	0.002	8	A	1		0.002	0.008	
18:3i.....g									
18:4.....g	0.000	0.000	8	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.004	0.001	8	A	1		0.001	0.004	
20:3 undifferentiated.....g	0.002	0.001	8	AS	1		0.001	0.003	
20:3 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	
20:3 n-6.....g	0.002	0.001	8	A	1		0.001	0.003	
20:4 undifferentiated.....g	0.003	0.001	8	A	1		0.001	0.004	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	8	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	8	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.001	0.000	8	A	1		0.000	0.001	

NDB No. 27052

Dip, salsa con queso, cheese and salsa- medium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
22:6 n-3 (DHA).....g	0.000	0.000	8	A	1		0.000	0.000		
Fatty acids, total trans.....g	0.097		0	NC	4		0.029	0.121		
Fatty acids, total trans-monoenoic.....g	0.070		0	NC	4		0.021	0.087		
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4		0.008	0.034		
Cholesterol.....mg	9	1.242	8	A	1		3	11		
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	FLC	4		0.0	0.0		
Caffeine.....mg	0		0	FLC	4		0	0		
Theobromine.....mg	0		0	FLC	4		0	0		

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Common Measures:

Measure 1 = 30g: 2 tbsp
 Measure 2 = 125g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

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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 28 (2015)

NDB No. 06996
 Gravy, CAMPBELL'S, au jus
 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 28 (2015)

NDB No. 06997
Gravy, CAMPBELL'S, beef

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06317
 Gravy, CAMPBELL'S, beef, fat free
 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 28 (2015)

NDB No. 06324

Gravy, CAMPBELL'S, beef, microwavable

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06998
 Gravy, CAMPBELL'S, brown with onions
 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		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 28 (2015)

NDB No. 06999
 Gravy, CAMPBELL'S, chicken
 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	89.39	0.275	6	A	1		50.06	202.03	244.04
Energy.....kcal	51		0	NC	4		29	116	140
Energy.....kJ	215		0	NC	4		120	486	587
Protein.....g	0.79	0.019	6	A	1		0.45	1.80	2.17
Total lipid (fat).....g	2.73	0.194	6	A	1		1.53	6.18	7.46
Ash.....g	1.21	0.027	6	A	1		0.68	2.73	3.29
Carbohydrate, by difference.....g	5.87		0	NC	4		3.29	13.27	16.03
Fiber, total dietary.....g									
Sugars, total.....g	0.94		1	A	1		0.53	2.12	2.57
Sucrose.....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	0.00
Fructose.....g	0.00		1	A	1		0.00	0.00	0.00
Lactose.....g	0.94		1	A	1		0.53	2.12	2.57
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g	3.80		1	A	1		2.13	8.59	10.37
Minerals:									
Calcium, Ca.....mg	12	0.626	6	A	1		6	26	32
Iron, Fe.....mg	0.12	0.021	6	A	1		0.07	0.28	0.33
Magnesium, Mg.....mg	3	0.139	6	A	1		2	6	8
Phosphorus, P.....mg	15	0.508	6	A	1		8	33	40
Potassium, K.....mg	55	2.541	6	A	1		31	124	150
Sodium, Na.....mg	424	3.612	6	A	1		238	959	1158
Zinc, Zn.....mg	0.09	0.011	6	A	1		0.05	0.19	0.23
Copper, Cu.....mg	0.018	0.000	6	A	1		0.010	0.041	0.050
Manganese, Mn.....mg	0.023	0.002	6	A	1		0.013	0.051	0.062
Selenium, Se.....µg	0.4	0.000	3	A	1		0.3	1.0	1.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.010	0.000	3	A	1		0.006	0.022	0.027
Riboflavin.....mg	0.047	0.003	3	A	1		0.026	0.105	0.127
Niacin.....mg	0.297	0.009	3	A	1		0.166	0.670	0.810
Pantothenic acid.....mg	0.170		2	A	1		0.095	0.384	0.464
Vitamin B-6.....mg	0.020	0.001	3	A	1		0.011	0.045	0.054
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	A	1		0.00	0.00	0.00
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.08		1	A	1		0.04	0.17	0.20
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.2	0.088	3	A	1		0.1	0.5	0.6
Dihydrophylloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	1.7	0.359	3	A	1		1.0	3.9	4.7

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.603		0	NC	4		0.338	1.363	1.647
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0.....g	0.001	0.000	6	A	1		0.001	0.003	0.004
13:0.....g									
14:0.....g	0.014	0.003	6	A	1		0.008	0.032	0.039
15:0.....g	0.004	0.000	6	A	1		0.002	0.009	0.010
16:0.....g	0.463	0.109	6	A	1		0.260	1.047	1.265
17:0.....g	0.003	0.001	6	A	1		0.001	0.006	0.007
18:0.....g	0.117	0.026	6	A	1		0.066	0.265	0.321
20:0.....g	0.001	0.000	6	A	1		0.000	0.001	0.001
22:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.862		0	NC	4		0.483	1.948	2.353
14:1.....g	0.004	0.001	6	A	1		0.002	0.008	0.010
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.111	0.028	6	AS	1		0.062	0.251	0.303
16:1 c.....g	0.111	0.027	6	A	1		0.062	0.250	0.302
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.001	0.001
17:1.....g	0.001	0.000	6	A	1		0.001	0.003	0.003
18:1 undifferentiated.....g	0.737	0.172	6	AS	1		0.413	1.666	2.012
18:1 c.....g	0.726	0.173	6	A	1		0.407	1.641	1.982
18:1 t.....g	0.011	0.003	6	A	1		0.006	0.024	0.030
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.009	0.003	6	A	1		0.005	0.021	0.025
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.361		0	NC	4		0.202	0.815	0.985
18:2 undifferentiated.....g	0.337	0.081	6	AS	1		0.189	0.762	0.921
18:2 n-6 c,c.....g	0.336	0.080	6	A	1		0.188	0.760	0.918
18:2 CLAs.....g	0.000	0.000	6	A	1		0.000	0.001	0.001
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.001	0.000	6	A	1		0.000	0.002	0.002
18:3 undifferentiated.....g	0.015	0.004	6	AS	1		0.008	0.034	0.041
18:3 n-3 c,c,c (ALA).....g	0.015	0.004	6	A	1		0.008	0.034	0.041
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.002	0.001	6	A	1		0.001	0.005	0.005
20:3 undifferentiated.....g	0.002	0.001	6	AS	1		0.001	0.004	0.005
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.002	0.001	6	A	1		0.001	0.004	0.005
20:4 undifferentiated.....g	0.004	0.001	6	A	1		0.002	0.008	0.010
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.001	0.000	6	A	1		0.000	0.002	0.002
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.012		0	NC	4		0.007	0.027	0.032
Fatty acids, total trans-monoenoic.....g	0.011		0	NC	4		0.006	0.025	0.030
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4		0.000	0.002	0.002
Cholesterol.....mg	6	0.629	3	A	1		4	15	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

NDB No. 06999
Gravy, CAMPBELL'S, chicken

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

food, or similar food.

Common Measures:

- Measure 1 = 56g: .25 cup
- Measure 2 = 226g: 1 cup
- Measure 3 = 273g: 1 can 10.5 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06320
 Gravy, CAMPBELL'S, chicken, fat free
 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 28 (2015)

NDB No. 06325

Gravy, CAMPBELL'S, chicken, microw avable

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06318

Gravy, CAMPBELL'S, country style cream

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06319

Gravy, CAMPBELL'S, country style sausage

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06321
Gravy, CAMPBELL'S, golden pork

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06322
 Gravy, CAMPBELL'S, mushroom
 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 28 (2015)

NDB No. 06326
Gravy, CAMPBELL'S, turkey

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06323
 Gravy, CAMPBELL'S, turkey, fat free
 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 28 (2015)

NDB No. 06332

Gravy, CAMPBELL'S, turkey, microwavable

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06329

Gravy, FRANCO-AMERICAN, beef, slow roast

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06327

Gravy, FRANCO-AMERICAN, beef, slow roast, fat free

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 28 (2015)

NDB No. 06330
 Gravy, FRANCO-AMERICAN, chicken, slow roast
 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 28 (2015)

NDB No. 06328

Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free

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 28 (2015)

NDB No. 06331

Gravy, FRANCO-AMERICAN, turkey, slow roast

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 28 (2015)

NDB No. 27061

Gravy, HEINZ Home Style, classic chicken

H.J. Heinz, 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	90.73	0.070	6	A	1		52.62	208.67	293.95
Energy.....kcal	46		0	NC	4		27	105	148
Energy.....kJ	192		0	NC	4		111	442	622
Protein.....g	0.67	0.013	6	A	1		0.39	1.54	2.17
Total lipid (fat).....g	2.57	0.081	6	A	1		1.49	5.90	8.31
Ash.....g	1.03	0.011	6	A	1		0.60	2.36	3.33
Carbohydrate, by difference.....g	5.01		0	NC	4		2.91	11.53	16.24
Fiber, total dietary.....g									
Sugars, total.....g	0.00		1	A	1		0.00	0.00	0.00
Sucrose.....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	0.00
Fructose.....g	0.00		1	A	1		0.00	0.00	0.00
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g	5.40		1	A	1		3.13	12.42	17.50
Minerals:									
Calcium, Ca.....mg	10	0.039	6	A	1		6	22	31
Iron, Fe.....mg	0.07	0.000	6	A	1		0.04	0.17	0.24
Magnesium, Mg.....mg	3	0.057	6	A	1		2	8	11
Phosphorus, P.....mg	22	0.193	6	A	1		13	51	72
Potassium, K.....mg	35	1.399	6	A	1		20	81	114
Sodium, Na.....mg	372	2.955	6	A	1		216	856	1205
Zinc, Zn.....mg	0.08	0.003	6	A	1		0.04	0.18	0.25
Copper, Cu.....mg	0.019	0.001	6	A	1		0.011	0.045	0.063
Manganese, Mn.....mg	0.012	0.001	6	A	1		0.007	0.028	0.039
Selenium, Se.....µg	0.4	0.000	3	A	1		0.3	1.0	1.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.030	0.010	3	A	1		0.017	0.069	0.097
Riboflavin.....mg	0.057	0.009	3	A	1		0.033	0.130	0.183
Niacin.....mg	0.280	0.010	3	A	1		0.162	0.644	0.907
Pantothenic acid.....mg	0.130		2	A	1		0.075	0.299	0.421
Vitamin B-6.....mg	0.027	0.000	3	A	1		0.016	0.063	0.089
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	A	1		0.00	0.00	0.00
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.11		1	A	1		0.06	0.25	0.35
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.09		1	A	1		0.05	0.21	0.30
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.8	0.142	3	A	1		0.5	1.8	2.5
Dihydrophylloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	3.1	0.569	3	A	1		1.8	7.2	10.2

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.656		0	NC	4		0.380	1.508	2.124
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0.....g	0.002	0.000	6	A	1		0.001	0.005	0.006
13:0.....g									
14:0.....g	0.015	0.000	6	A	1		0.009	0.034	0.048
15:0.....g	0.003	0.000	6	A	1		0.002	0.008	0.011
16:0.....g	0.501	0.016	6	A	1		0.291	1.152	1.623
17:0.....g	0.002	0.000	6	A	1		0.001	0.005	0.008
18:0.....g	0.129	0.005	6	A	1		0.075	0.297	0.419
20:0.....g	0.003	0.000	6	A	1		0.001	0.006	0.008
22:0.....g	0.001	0.000	6	A	1		0.000	0.001	0.002
24:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	1.105		0	NC	4		0.641	2.540	3.579
14:1.....g	0.004	0.000	6	A	1		0.002	0.009	0.012
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.119	0.003	6	AS	1		0.069	0.273	0.385
16:1 c.....g	0.119	0.003	6	A	1		0.069	0.273	0.385
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1.....g	0.002	0.000	6	A	1		0.001	0.004	0.006
18:1 undifferentiated.....g	0.966	0.036	6	AS	1		0.560	2.221	3.129
18:1 c.....g	0.957	0.035	6	A	1		0.555	2.201	3.101
18:1 t.....g	0.009	0.001	6	A	1		0.005	0.020	0.028
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.014	0.001	6	A	1		0.008	0.033	0.046
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.429		0	NC	4		0.249	0.986	1.389
18:2 undifferentiated.....g	0.397	0.016	6	AS	1		0.230	0.913	1.287
18:2 n-6 c,c.....g	0.396	0.016	6	A	1		0.229	0.910	1.282
18:2 CLAs.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002	0.000	6	A	1		0.001	0.003	0.005
18:3 undifferentiated.....g	0.022	0.001	6	AS	1		0.013	0.051	0.072
18:3 n-3 c,c,c (ALA).....g	0.022	0.001	6	A	1		0.013	0.051	0.072
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.002	0.000	6	A	1		0.001	0.005	0.006
20:3 undifferentiated.....g	0.003	0.000	6	AS	1		0.002	0.006	0.009
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.003	0.000	6	A	1		0.002	0.006	0.009
20:4 undifferentiated.....g	0.004	0.000	6	A	1		0.003	0.010	0.014
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.001
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.010		0	NC	4		0.006	0.023	0.033
Fatty acids, total trans-monoenoic.....g	0.009		0	NC	4		0.005	0.020	0.028
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4		0.001	0.003	0.005
Cholesterol.....mg	4	0.053	3	A	1		2	8	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

NDB No. 27061

Gravy, HENZ Home Style, classic chicken

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

food, or similar food.

Common Measures:

Measure 1 = 58g: .25 cup

Measure 2 = 230g: 1 cup

Measure 3 = 324g: 1 jar 12 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06985

Gravy, HEINZ Home Style, savory beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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									
Vitamin K (phylloquinone).....µg									
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-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		

NDB No. 06985

Gravy, HEINZ Home Style, savory beef

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	0.062		0	A	1		0.035		
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06114
Gravy, au jus, 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	94.50		0		4		55.76	281.61	
Energy.....kcal	16		0	NC	4		9	48	
Energy.....kJ	67		0		4		39	199	
Protein (N x 6.25).....g	1.20		1		1		0.71	3.58	
Total lipid (fat).....g	0.20		1		1		0.12	0.60	
Ash.....g	1.60		0		4		0.94	4.77	
Carbohydrate, by difference.....g	2.50		0	NC	4		1.48	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		2	12	
Iron, Fe.....mg	0.60		1		1		0.35	1.79	
Magnesium, Mg.....mg	2		0		4		1	6	
Phosphorus, P.....mg	30		0		4		18	89	
Potassium, K.....mg	81		0		4		48	241	
Sodium, Na.....mg	478		0	LC	8		282	1424	
Zinc, Zn.....mg	1.00		0		4		0.59	2.98	
Copper, Cu.....mg	0.100		0		4		0.059	0.298	
Manganese, Mn.....mg	0.200		0		4		0.118	0.596	
Selenium, Se.....µg	0.4		0	BFSN	4		0.2	1.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1		1		0.6	3.0	
Thiamin.....mg	0.020		1		1		0.012	0.060	
Riboflavin.....mg	0.060		1		1		0.035	0.179	
Niacin.....mg	0.900		1		1		0.531	2.682	
Pantothenic acid.....mg	0.020		0		4		0.012	0.060	
Vitamin B-6.....mg	0.010		0		4		0.006	0.030	
Folate, total.....µg	2		0		4		1	6	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	2		0		4		1	6	
Folate, DFE.....µg	2		0	NC	4		1	6	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.10		0		4		0.06	0.30	
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.100		0		1		0.059	0.298	
4:0.....g									
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		0.006	0.030	
15:0.....g									
16:0.....g	0.050		0		1		0.030	0.149	
17:0.....g									
18:0.....g	0.040		0		1		0.024	0.119	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.080		0		1		0.047	0.238	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.006	0.030	
17:1.....g									
18:1 undifferentiated.....g	0.070		0		1		0.041	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		0.006	0.030	
18:2 undifferentiated.....g	0.010		0		1		0.006	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									
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		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 = 59g: .25 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 28 (2015)

NDB No. 06115
Gravy, au jus, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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.....µg	81		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.32		0	BFZN	4		0.01		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.026		4	MA	12		0.061		
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	0.010		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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	5.866		1	A	1		0.393	26.632	
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		0.001	0.064	
13:0.....g									
14:0.....g	0.401		1	A	1		0.027	1.821	
15:0.....g									
16:0.....g	3.024		1	A	1		0.203	13.729	
17:0.....g									
18:0.....g	2.179		1	A	1		0.146	9.893	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.488		1	A	1		0.368	24.916	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.326		1	A	1		0.022	1.480	
17:1.....g									
18:1 undifferentiated.....g	5.045		1	A	1		0.338	22.904	
20:1.....g	0.056		1	A	1		0.004	0.254	
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		0.033	2.265	
18:2 undifferentiated.....g	0.448		1	A	1		0.030	2.034	
18:3 undifferentiated.....g	0.037		1	A	1		0.002	0.168	
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	
21:5.....g									
22:4.....g									
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		1	54	
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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06118
Gravy, brown, 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	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.....µg	43		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.70		0	A	1		0.04		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	3.319		7	MA	12		0.199		
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	0.008		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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06119

Gravy, chicken, canned or bottled, 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	90.30	0.100	12	A	1		51.47	205.88	246.52
Energy.....kcal	48		0	NC	4		27	108	130
Energy.....kJ	199		0	NC	4		113	454	543
Protein.....g	0.71	0.011	12	A	1		0.41	1.62	1.94
Total lipid (fat).....g	2.62	0.083	12	A	1		1.49	5.97	7.15
Ash.....g	1.08	0.011	12	A	1		0.62	2.47	2.96
Carbohydrate, by difference.....g	5.29		0	NC	4		3.01	12.05	14.43
Fiber, total dietary.....g	0.1		0	FLA	4		0.1	0.3	0.4
Sugars, total.....g	0.30		2	A	1		0.17	0.69	0.82
Sucrose.....g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	0.00
Fructose.....g	0.00		2	A	1		0.00	0.00	0.00
Lactose.....g	0.30		2	A	1		0.17	0.69	0.82
Maltose.....g	0.00		2	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	4.89		2	A	1		2.79	11.14	13.34
Minerals:									
Calcium, Ca.....mg	10	0.202	12	A	1		6	23	28
Iron, Fe.....mg	0.09	0.007	12	A	1		0.05	0.20	0.24
Magnesium, Mg.....mg	3	0.059	12	A	1		2	7	9
Phosphorus, P.....mg	20	0.209	12	A	1		11	45	54
Potassium, K.....mg	42	1.251	12	A	1		24	95	113
Sodium, Na.....mg	389	2.318	12	A	1		222	886	1061
Zinc, Zn.....mg	0.08	0.004	12	A	1		0.05	0.18	0.22
Copper, Cu.....mg	0.019	0.001	12	A	1		0.011	0.044	0.052
Manganese, Mn.....mg	0.015	0.001	12	A	1		0.009	0.035	0.042
Selenium, Se.....µg	0.4	0.000	6	A	1		0.3	1.0	1.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2		1		0.0	0.0	0.0
Thiamin.....mg	0.024	0.007	6	A	1		0.013	0.054	0.064
Riboflavin.....mg	0.053	0.006	6	A	1		0.030	0.122	0.146
Niacin.....mg	0.285	0.007	6	A	1		0.163	0.650	0.779
Pantothenic acid.....mg	0.143	0.007	4	A	1		0.081	0.326	0.390
Vitamin B-6.....mg	0.025	0.000	6	A	1		0.014	0.057	0.068
Folate, total.....µg	2		0		4		1	5	5
Folic acid.....µg	0		0	FLA	4		0	0	0
Folate, food.....µg	2		0		4		1	5	5
Folate, DFE.....µg	2		0	NC	4		1	5	5
Choline, total.....mg	3.7		0	O	4		2.1	8.4	10.1
Betaine.....mg									
Vitamin B-12.....µg	0.00		2	A	1		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.....µg	1		0	NC	4		0	2	2
Retinol.....µg	1		0	FLA	4		0	2	2
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	3		0	NC	4		2	6	7
Lycopene.....µg	0		0	FLA	4		0	0	0
Lutein + zeaxanthin.....µg	1		0	FLA	4		0	1	2
Vitamin E (alpha-tocopherol).....mg	0.10		2	A	1		0.06	0.22	0.27
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.06		2	A	1		0.04	0.14	0.17
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 06119

Gravy, chicken, canned or bottled, 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
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
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	0.6	0.101	6	A	1		0.3	1.4	1.7
Dihydrophyloquinone.....µg	0.0	0.000	6	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	2.7	0.403	6	A	1		1.5	6.1	7.3
Lipids:									
Fatty acids, total saturated.....g	0.639		0	NC	4		0.364	1.457	1.744
4:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
12:0.....g	0.002	0.000	12	A	1		0.001	0.004	0.005
13:0.....g									
14:0.....g	0.015	0.001	12	A	1		0.008	0.033	0.040
15:0.....g	0.003	0.000	12	A	1		0.002	0.008	0.010
16:0.....g	0.489	0.037	12	A	1		0.279	1.115	1.335
17:0.....g	0.002	0.000	12	A	1		0.001	0.006	0.007
18:0.....g	0.126	0.009	12	A	1		0.072	0.286	0.343
20:0.....g	0.002	0.000	12	A	1		0.001	0.004	0.005
22:0.....g	0.000	0.000	12	A	1		0.000	0.001	0.001
24:0.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	1.027		0	NC	4		0.585	2.341	2.803
14:1.....g	0.004	0.000	12	A	1		0.002	0.008	0.010
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.116	0.009	12	AS	1		0.066	0.265	0.317
16:1 c.....g	0.116	0.009	12	A	1		0.066	0.265	0.317
16:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
17:1.....g	0.002	0.000	12	A	1		0.001	0.004	0.004
18:1 undifferentiated.....g	0.893	0.060	12	AS	1		0.509	2.035	2.437
18:1 c.....g	0.883	0.060	12	A	1		0.503	2.014	2.411
18:1 t.....g	0.009	0.001	12	A	1		0.005	0.021	0.025
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.013	0.001	12	A	1		0.007	0.029	0.035
22:1 undifferentiated.....g	0.000	0.000	12	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.407		0	NC	4		0.232	0.928	1.111
18:2 undifferentiated.....g	0.378	0.028	12	AS	1		0.215	0.862	1.032
18:2 n-6 c,c.....g	0.377	0.028	12	A	1		0.215	0.859	1.028
18:2 CLAs.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.001	0.000	12	A	1		0.001	0.003	0.003
18:3 undifferentiated.....g	0.020	0.001	12	AS	1		0.011	0.046	0.055
18:3 n-3 c,c,c (ALA).....g	0.020	0.001	12	A	1		0.011	0.046	0.055
18:3 n-6 c,c,c.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:3i.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.002	0.000	12	A	1		0.001	0.005	0.005
20:3 undifferentiated.....g	0.002	0.000	12	AS	1		0.001	0.006	0.007
20:3 n-3.....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.002	0.000	12	A	1		0.001	0.006	0.007
20:4 undifferentiated.....g	0.004	0.000	12	A	1		0.002	0.010	0.011
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	12	A	1		0.000	0.001	0.001
22:5 n-3 (DPA).....g	0.000	0.000	12	A	1		0.000	0.000	0.000

NDB No. 06119

Gravy, chicken, canned or bottled, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.011		0	NC	4		0.006	0.024	0.029
Fatty acids, total trans-monoenoic.....g	0.009		0	NC	4		0.005	0.022	0.026
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4		0.001	0.003	0.003
Cholesterol.....mg	5	0.204	6	A	1		3	10	12
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		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 = 57g: .25 cup

Measure 2 = 228g: 1 cup

Measure 3 = 273g: 1 jar 10.5 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 06120
Gravy, chicken, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
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	
21:5.....g									
22:4.....g									
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									

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Common Measures:

Measure 1 = 8.0g: 1 tbsp

Measure 2 = 8.0g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
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	
21:5.....g									
22:4.....g									
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 28 (2015)

NDB No. 06959
Gravy, instant 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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Lipids:								
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	
21:5.....g								
22:4.....g								
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	

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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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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		

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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 28 (2015)

NDB No. 06121
Gravy, mushroom, 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	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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.400		0			1	0.952	1.192	
4:0.....g									
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									
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		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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	2.360		0				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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06123
Gravy, onion, 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	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.....µg	43		0	NC	4		10		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.70		0		4		0.17		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	1.860		0			1			0.446
4:0.....g									
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									
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		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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Lipids:								
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
21:5.....g								
22:4.....g								
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.67		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.....µg	93		0	NC	4		7		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.58		0	BFZN	4		0.04		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	1.975		4	MA	12		0.138		
4:0.....g	0.018		0	BFFN	4		0.001		
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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06127
 Gravy, unspecified type, 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	4.00		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.....µg	43		0	NC	4		11		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.70		0		4		0.18		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	2.860		0		1		0.715	
4:0.....g			0		1		0.003	
6:0.....g	0.010		0		1		0.020	
8:0.....g	0.080		0		1		0.015	
10:0.....g	0.060		0		1		0.115	
12:0.....g	0.460		0		1			
13:0.....g			0		1		0.058	
14:0.....g	0.230		0		1		0.295	
15:0.....g	1.180		0		1		0.213	
16:0.....g	0.850		0		1			
17:0.....g			0		1			
18:0.....g			0		1			
20:0.....g			0		1			
22:0.....g			0		1			
24:0.....g			0		1			
Fatty acids, total monounsaturated.....g	3.150		0		1		0.788	
14:1.....g			0		1		0.010	
15:1.....g	0.040		0		1		0.773	
16:1 undifferentiated.....g	3.090		0		1		0.000	
17:1.....g	0.000		0		1			
18:1 undifferentiated.....g			0		1			
20:1.....g			0		1			
22:1 undifferentiated.....g			0		1			
24:1 c.....g			0		1			
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			0		1			
20:2 n-6 c,c.....g			0		1			
20:3 undifferentiated.....g			0		1			
20:4 undifferentiated.....g			0		1			
20:5 n-3 (EPA).....g			0		1			
21:5.....g			0		1			
22:4.....g			0		1			
22:5 n-3 (DPA).....g			0		1			
22:6 n-3 (DHA).....g			0		1			
Fatty acids, total trans.....g			0		1			
Cholesterol.....mg	4		0		1		1	
Phytosterols.....mg			0		1			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06987

HEALTHY REQUEST, Cream of Celery Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06990

HEALTHY REQUEST, Minestrone Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06991

HEALTHY REQUEST, Tomato Soup, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06992
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 28 (2015)

NDB No. 06235

P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06597
PACE, Chipotle Chunky Salsa

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06598
PACE, Cilantro Chunky Salsa

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06599
PACE, Enchilada Sauce

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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
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 28 (2015)

NDB No. 06600
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 28 (2015)

NDB No. 06601
PACE, Lime & Garlic Chunky Salsa

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06602
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 28 (2015)

NDB No. 06603
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 28 (2015)

NDB No. 27027
PACE, Pico De Gallo

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06604
PACE, Red Taco Sauce

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

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 28 (2015)

NDB No. 27028
PACE, Salsa Verde

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 27029
PACE, Tequila Lime Salsa

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06605
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									

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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 28 (2015)

NDB No. 27030
PACE, Triple Pepper Salsa

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

NDB No. 06994

PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06221

PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06220

PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06995

PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06222

PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06223

PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06224

PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06225

PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06234

PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 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 28 (2015)

NDB No. 06237

PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 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 28 (2015)

NDB No. 27033

PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 130g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06226

PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 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 28 (2015)

NDB No. 06228

PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06229

PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06231

PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 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 28 (2015)

NDB No. 06232

PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 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 28 (2015)

NDB No. 06233

PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 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 28 (2015)

NDB No. 06236

PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06239

PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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: 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 28 (2015)

NDB No. 06932

PREGO Pasta, Traditional Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

NDB No. 06240

PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

NDB No. 06620
SMART SOUP, French Lentil

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 283g: 10 oz 1 pouch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06621
SMART SOUP, Greek Minestrone

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 283g: 10 oz 1 pouch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06622
SMART SOUP, Indian Bean Masala

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 283g: 10 oz 1 pouch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06623
SMART SOUP, Moroccan Chick Pea

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 283g: 10 oz 1 pouch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06619

SMART SOUP, Santa Fe Corn Chowder

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 283g: 10 oz 1 pouch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06624
SMART SOUP, Thai Coconut Curry

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 283g: 10 oz 1 pouch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06625

SMART SOUP, Vietnamese Carrot Lemongrass

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 283g: 10 oz 1 pouch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06609

SWANSON BROTH, Certified Organic Vegetable Broth

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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 D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.100		0	NC	4		0.058	0.231	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.003		2	A	1		0.002	0.007	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.004		2	A	1		0.002	0.009	
15:0.....g	0.002		2	A	1		0.001	0.003	
16:0.....g	0.060		2	A	1		0.035	0.137	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.027		2	A	1		0.016	0.062	
20:0.....g	0.002		2	A	1		0.001	0.005	
22:0.....g	0.002		2	A	1		0.001	0.005	
24:0.....g	0.002		2	A	1		0.001	0.003	
Fatty acids, total monounsaturated.....g	0.051		0	NC	4		0.030	0.117	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.001		0	AS	1		0.001	0.002	
16:1 c.....g	0.001		2	A	1		0.001	0.002	
16:1 t.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.047		0	AS	1		0.027	0.108	
18:1 c.....g	0.047		2	A	1		0.027	0.108	
18:1 t.....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.003		2	A	1		0.002	0.007	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		2	A	1		0.000	0.000	
22:1 t.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.247		0	NC	4		0.143	0.569	
18:2 undifferentiated.....g	0.220		0	AS	1		0.128	0.506	
18:2 n-6 c,c.....g	0.218		2	A	1		0.126	0.501	
18:2 CLAs.....g	0.000		2	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002		2	A	1		0.001	0.005	
18:3 undifferentiated.....g	0.027		0	AS	1		0.016	0.063	
18:3 n-3 c,c,c (ALA).....g	0.025		2	A	1		0.015	0.058	
18:3 n-6 c,c,c.....g	0.002		2	A	1		0.001	0.005	
18:3i.....g	0.000		2	A	1		0.000	0.000	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		2	A	1		0.000	0.000	
20:3 n-6.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.002		0	NC	4		0.001	0.005	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	

NDB No. 27067

Sauce, OLD EL PASO, enchilada, red, mild, ready to serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4		0.001	0.005	
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.

Common Measures:

Measure 1 = 58g: .25 cup

Measure 2 = 230g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06960
Sauce, alfredo 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
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
21:5.....g									
22:4.....g									
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 28 (2015)

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	54.71	0.058	27	A	1		9.30	78.24	152.65
Energy.....kcal	172		0	NC	4		29	246	480
Energy.....kJ	720		0	NC	4		122	1030	2009
Protein (N x 6.25).....g	0.82	0.006	27	A	1		0.14	1.17	2.29
Total lipid (fat).....g	0.63	0.041	27	A	1		0.11	0.90	1.76
Ash.....g	3.07	0.027	27	A	1		0.52	4.38	8.55
Carbohydrate, by difference.....g	40.77		0	NC	4		6.93	58.31	113.76
Fiber, total dietary.....g	0.9		5	A	1		0.1	1.2	2.4
Sugars, total.....g	33.24	0.149	15	A	1		5.65	47.54	92.74
Sucrose.....g	2.68	0.091	15	A	1		0.46	3.84	7.48
Glucose (dextrose).....g	16.39	0.108	15	A	1		2.79	23.43	45.72
Fructose.....g	14.17	0.070	15	A	1		2.41	20.27	39.54
Lactose.....g	0.00	0.000	15	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	15	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	15	A	1		0.00	0.00	0.00
Starch.....g	0.35		4	A	1		0.06	0.50	0.98
Minerals:									
Calcium, Ca.....mg	33	0.312	27	A	1		6	47	92
Iron, Fe.....mg	0.64	0.011	27	A	1		0.11	0.91	1.78
Magnesium, Mg.....mg	13	0.089	27	A	1		2	19	37
Phosphorus, P.....mg	20	0.149	27	A	1		3	29	57
Potassium, K.....mg	232	3.619	27	A	1		39	331	646
Sodium, Na.....mg	1027	6.357	27	A	1		175	1468	2864
Zinc, Zn.....mg	0.17	0.009	27	A	1		0.03	0.24	0.48
Copper, Cu.....mg	0.072	0.001	27	A	1		0.012	0.103	0.200
Manganese, Mn.....mg	0.126	0.002	27	A	1		0.021	0.180	0.350
Selenium, Se.....µg	1.3	0.029	3	A	1		0.2	1.9	3.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		4	A	1		0.1	0.9	1.7
Thiamin.....mg	0.023	0.002	15	A	1		0.004	0.032	0.063
Riboflavin.....mg	0.056	0.003	15	A	1		0.010	0.081	0.157
Niacin.....mg	0.597	0.023	15	A	1		0.101	0.853	1.665
Pantothenic acid.....mg	0.164	0.003	9	A	1		0.028	0.235	0.458
Vitamin B-6.....mg	0.075	0.001	15	A	1		0.013	0.108	0.210
Folate, total.....µg	2		0	FLC	4		0	3	5
Folic acid.....µg	0		0	FLC	4		0	0	0
Folate, food.....µg	2		0	FLC	4		0	3	5
Folate, DFE.....µg	2		0	NC	4		0	3	5
Choline, total.....mg	7.1		0	AS	1		1.2	10.2	19.9
Betaine.....mg	0.4		1	A	1		0.1	0.5	1.1
Vitamin B-12.....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	11		0	NC	4		2	16	31
Retinol.....µg	0		0	FLC	4		0	0	0
Carotene, beta.....µg	133	10.057	15	A	1		23	191	372
Carotene, alpha.....µg	0	0.000	15	A	1		0	0	0
Cryptoxanthin, beta.....µg	2	0.690	15	A	1		0	3	6
Vitamin A, IU.....IU	224		0	NC	4		38	320	625
Lycopene.....µg	4550	78.190	15	A	1		774	6507	12696
Lutein + zeaxanthin.....µg	88	2.577	15	A	1		15	126	246
Vitamin E (alpha-tocopherol).....mg	0.80	0.014	15	A	1		0.14	1.14	2.23
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.03	0.003	15	A	1		0.01	0.04	0.09
Tocopherol, gamma.....mg	0.19	0.012	15	A	1		0.03	0.27	0.52
Tocopherol, delta.....mg	0.02	0.003	15	A	1		0.00	0.03	0.06
Tocotrienol, alpha.....mg	0.13	0.113	15	A	1		0.02	0.18	0.35
Tocotrienol, beta.....mg	0.00	0.000	15	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	15	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	15	A	1		0.00	0.00	0.00
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	1.8		0	FLC	4		0.3	2.5	4.9
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.045		0	NC	4		0.008	0.064	0.126
4:0.....g	0.002		3	A	1		0.000	0.004	0.007
6:0.....g	0.000		3	A	1		0.000	0.000	0.000
8:0.....g	0.000		3	A	1		0.000	0.000	0.000
10:0.....g	0.000		3	A	1		0.000	0.000	0.000
12:0.....g	0.000		3	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002		3	A	1		0.000	0.002	0.005
15:0.....g	0.001		3	A	1		0.000	0.001	0.003
16:0.....g	0.025		3	A	1		0.004	0.035	0.069
17:0.....g	0.003		3	A	1		0.001	0.004	0.009
18:0.....g	0.008		3	A	1		0.001	0.012	0.023
20:0.....g	0.002		3	A	1		0.000	0.003	0.005
22:0.....g	0.001		3	A	1		0.000	0.002	0.003
24:0.....g	0.001		3	A	1		0.000	0.001	0.003
Fatty acids, total monounsaturated.....g	0.082		0	NC	4		0.014	0.117	0.228
14:1.....g	0.000		3	A	1		0.000	0.000	0.000
15:1.....g	0.000		3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		3	AS	1		0.000	0.001	0.001
16:1 c.....g	0.000		3	A	1		0.000	0.001	0.001
16:1 t.....g	0.000		3	A	1		0.000	0.000	0.000
17:1.....g	0.000		3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.045		3	AS	1		0.008	0.064	0.126
18:1 c.....g	0.045		3	A	1		0.008	0.064	0.126
18:1 t.....g	0.000		3	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.012		3	A	1		0.002	0.017	0.034
22:1 undifferentiated.....g	0.023		3	AS	1		0.004	0.032	0.063
22:1 c.....g	0.023		3	A	1		0.004	0.032	0.063
22:1 t.....g	0.000		3	A	1		0.000	0.000	0.000
24:1 c.....g	0.001		3	A	1		0.000	0.002	0.004
Fatty acids, total polyunsaturated.....g	0.101		0	NC	4		0.017	0.145	0.283
18:2 undifferentiated.....g	0.080		3	AS	1		0.014	0.114	0.222
18:2 n-6 c,c.....g	0.080		3	A	1		0.014	0.114	0.222
18:2 CLAs.....g	0.000		3	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		3	A	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.021		3	AS	1		0.004	0.030	0.058
18:3 n-3 c,c,c (ALA).....g	0.021		3	A	1		0.004	0.030	0.058
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		3	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.001		3	A	1		0.000	0.001	0.002
20:3 undifferentiated.....g	0.000		3	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000		3	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000		3	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		3	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		3	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000		3	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		3	A	1		0.000	0.000	0.000

NDB No. 06150
Sauce, barbecue

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		<u>measures of food</u>				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	FLC	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	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 = 17g: 1 tbsp
- Measure 2 = 143g: .5 cup
- Measure 3 = 279g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.101		0	NC	4		0.016	0.150	0.295
4:0.....g	0.003		1	A	1		0.000	0.004	0.008
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002		1	A	1		0.000	0.003	0.005
15:0.....g	0.001		1	A	1		0.000	0.001	0.003
16:0.....g	0.066		1	A	1		0.011	0.097	0.191
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.023		1	A	1		0.004	0.034	0.066
20:0.....g	0.004		1	A	1		0.001	0.005	0.011
22:0.....g	0.003		1	A	1		0.000	0.004	0.008
24:0.....g	0.001		1	A	1		0.000	0.001	0.003
Fatty acids, total monounsaturated.....g	0.216		0	NC	4		0.034	0.319	0.627
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.001		0	AS	1		0.000	0.001	0.003
16:1 c.....g	0.001		1	A	1		0.000	0.001	0.003
16:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.146		0	AS	1		0.023	0.216	0.425
18:1 c.....g	0.146		1	A	1		0.023	0.216	0.425
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.022		1	A	1		0.004	0.032	0.064
22:1 undifferentiated.....g	0.044		0	AS	1		0.007	0.065	0.128
22:1 c.....g	0.044		1	A	1		0.007	0.065	0.128
22:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g	0.003		1	A	1		0.000	0.004	0.008
Fatty acids, total polyunsaturated.....g	0.349		0	NC	4		0.056	0.517	1.016
18:2 undifferentiated.....g	0.290		0	AS	1		0.046	0.429	0.843
18:2 n-6 c,c.....g	0.289		1	A	1		0.046	0.427	0.840
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.001		1	A	1		0.000	0.001	0.003
18:3 undifferentiated.....g	0.057		0	AS	1		0.009	0.085	0.167
18:3 n-3 c,c,c (ALA).....g	0.057		1	A	1		0.009	0.084	0.165
18:3 n-6 c,c,c.....g	0.001		1	A	1		0.000	0.001	0.003
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.002		1	A	1		0.000	0.003	0.005
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.001		0	NC	4		0.000	0.001	0.003
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4		0.000	0.001	0.003
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

NDB No. 27056

Sauce, barbecue, BULL'S-EYE, original

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

food, or similar food.

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 148g: .5 cup

Measure 3 = 291g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27057

Sauce, barbecue, KC MASTERPIECE, original

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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
- Measure 2 = 138g: .5 cup
- Measure 3 = 265g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Lipids:								
Fatty acids, total saturated.....g	0.038		0	NC	4	0.006	0.055	0.107
4:0.....g	0.002		1	A	1	0.000	0.003	0.006
6:0.....g	0.000		1	A	1	0.000	0.000	0.000
8:0.....g	0.000		1	A	1	0.000	0.000	0.000
10:0.....g	0.000		1	A	1	0.000	0.000	0.000
12:0.....g	0.000		1	A	1	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.002		1	A	1	0.000	0.003	0.006
15:0.....g	0.001		1	A	1	0.000	0.001	0.003
16:0.....g	0.019		1	A	1	0.003	0.028	0.053
17:0.....g	0.003		1	A	1	0.000	0.004	0.008
18:0.....g	0.007		1	A	1	0.001	0.010	0.020
20:0.....g	0.002		1	A	1	0.000	0.003	0.006
22:0.....g	0.001		1	A	1	0.000	0.001	0.003
24:0.....g	0.001		1	A	1	0.000	0.001	0.003
Fatty acids, total monounsaturated.....g	0.092		0	NC	4	0.015	0.134	0.260
14:1.....g	0.000		1	A	1	0.000	0.000	0.000
15:1.....g	0.000		1	A	1	0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		0	AS	1	0.000	0.000	0.000
16:1 c.....g	0.000		1	A	1	0.000	0.000	0.000
16:1 t.....g	0.000		1	A	1	0.000	0.000	0.000
17:1.....g	0.000		1	A	1	0.000	0.000	0.000
18:1 undifferentiated.....g	0.044		0	AS	1	0.007	0.064	0.124
18:1 c.....g	0.044		1	A	1	0.007	0.064	0.124
18:1 t.....g	0.000		1	A	1	0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.016		1	A	1	0.003	0.023	0.045
22:1 undifferentiated.....g	0.030		0	AS	1	0.005	0.044	0.085
22:1 c.....g	0.030		1	A	1	0.005	0.044	0.085
22:1 t.....g	0.000		1	A	1	0.000	0.000	0.000
24:1 c.....g	0.002		1	A	1	0.000	0.003	0.006
Fatty acids, total polyunsaturated.....g	0.082		0	NC	4	0.013	0.119	0.231
18:2 undifferentiated.....g	0.060		0	AS	1	0.010	0.087	0.170
18:2 n-6 c,c.....g	0.060		1	A	1	0.010	0.087	0.170
18:2 CLAs.....g	0.000		1	A	1	0.000	0.000	0.000
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.000		1	A	1	0.000	0.000	0.000
18:3 undifferentiated.....g	0.021		0	AS	1	0.003	0.031	0.059
18:3 n-3 c,c,c (ALA).....g	0.021		1	A	1	0.003	0.031	0.059
18:3 n-6 c,c,c.....g	0.000		1	A	1	0.000	0.000	0.000
18:3i.....g								
18:4.....g	0.000		1	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.001		1	A	1	0.000	0.001	0.003
20:3 undifferentiated.....g	0.000		0	AS	1	0.000	0.000	0.000
20:3 n-3.....g	0.000		1	A	1	0.000	0.000	0.000
20:3 n-6.....g	0.000		1	A	1	0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g	0.000		1	A	1	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		1	A	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000	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

NDB No. 06307
Sauce, barbecue, KRAFT, original

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

food, or similar food.

Common Measures:

- Measure 1 = 16g: 1 tbsp
- Measure 2 = 146g: .5 cup
- Measure 3 = 283g: 1 cup

Footnotes:

- 1 Contains other proximate components.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27058

Sauce, barbecue, OPEN PIT, original

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 17g: 1 tbsp
- Measure 2 = 137g: .5 cup
- Measure 3 = 270g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.037		0	NC	4		0.007	0.053	0.103
4:0.....g	0.003		1	A	1		0.001	0.004	0.008
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.001		1	A	1		0.000	0.001	0.003
15:0.....g	0.001		1	A	1		0.000	0.001	0.003
16:0.....g	0.020		1	A	1		0.004	0.029	0.056
17:0.....g	0.004		1	A	1		0.001	0.006	0.011
18:0.....g	0.005		1	A	1		0.001	0.007	0.014
20:0.....g	0.001		1	A	1		0.000	0.001	0.003
22:0.....g	0.001		1	A	1		0.000	0.001	0.003
24:0.....g	0.001		1	A	1		0.000	0.001	0.003
Fatty acids, total monounsaturated.....g	0.023		0	NC	4		0.004	0.033	0.064
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.001		0	AS	1		0.000	0.001	0.003
16:1 c.....g	0.001		1	A	1		0.000	0.001	0.003
16:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.014		0	AS	1		0.003	0.020	0.039
18:1 c.....g	0.014		1	A	1		0.003	0.020	0.039
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.003		1	A	1		0.001	0.004	0.008
22:1 undifferentiated.....g	0.005		0	AS	1		0.001	0.007	0.014
22:1 c.....g	0.005		1	A	1		0.001	0.007	0.014
22:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.050		0	NC	4		0.009	0.072	0.140
18:2 undifferentiated.....g	0.041		0	AS	1		0.007	0.059	0.115
18:2 n-6 c,c.....g	0.041		1	A	1		0.007	0.059	0.115
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		1	A	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.009		0	AS	1		0.002	0.013	0.025
18:3 n-3 c,c,c (ALA).....g	0.009		1	A	1		0.002	0.013	0.025
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	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

NDB No. 27055

Sauce, barbecue, SWEET BABY RAY'S, original

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

food, or similar food.

Common Measures:

Measure 1 = 18g: 1 tbsp

Measure 2 = 144g: .5 cup

Measure 3 = 280g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06720

Sauce, cheese sauce mix, 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	3.78		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.....µg	134		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.46		0	FLM	4				
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total saturated.....g	8.440		11	MA		12			
4:0.....g	0.205		0	BFFN		4			
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			
21:5.....g									
22:4.....g									
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 28 (2015)

NDB No. 06930
Sauce, cheese, 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	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.....µg	4		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		0	FLM	4		0.09		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	6.010		21	MA	12		3.786		
4:0.....g	0.265		0	FLM	4		0.167		
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.013		0		4		0.002	0.032	
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		0.002	0.027	
17:0.....g									
18:0.....g	0.002		0		4		0.000	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.068		0		4		0.010	0.167	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.067		0		4		0.010	0.164	
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		0.002	0.029	
18:2 undifferentiated.....g	0.012		0		4		0.002	0.029	
18:3 undifferentiated.....g	0.001		0		4		0.000	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	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
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 = 15g: 1 tbsp

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 28 (2015)

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 Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Lipids:								
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	
21:5.....g								
22:4.....g								
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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

NDB No. 27063

Sauce, enchilada, red, mild, 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	91.78	0.180	12	A	1		51.40	205.59	259.75
Energy.....kcal	30		0	NC	4		17	67	85
Energy.....kJ	126		0	NC	4		71	282	357
Protein.....g	0.62	0.037	12	A	1		0.35	1.38	1.74
Total lipid (fat).....g	0.91	0.046	12	A	1		0.51	2.04	2.57
Ash.....g	1.82	0.043	12	A	1		1.02	4.09	5.16
Carbohydrate, by difference.....g	4.87		0	NC	4		2.73	10.90	13.77
Fiber, total dietary.....g	0.5	0.042	3	A	1		0.3	1.1	1.3
Sugars, total.....g	1.83	0.041	6	A	1		1.02	4.10	5.18
Sucrose.....g	0.43	0.027	6	A	1		0.24	0.96	1.22
Glucose (dextrose).....g	0.59	0.017	6	A	1		0.33	1.31	1.66
Fructose.....g	0.81	0.005	6	A	1		0.45	1.82	2.30
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	2.12	0.000	4	A	1		1.19	4.75	6.00
Minerals:									
Calcium, Ca.....mg	7	0.485	12	A	1		4	15	19
Iron, Fe.....mg	0.67	0.083	12	A	1		0.37	1.49	1.89
Magnesium, Mg.....mg	6	0.421	12	A	1		3	14	17
Phosphorus, P.....mg	11	0.581	12	A	1		6	24	30
Potassium, K.....mg	101	4.710	12	A	1		56	225	284
Sodium, Na.....mg	547	16.526	12	A	1		306	1225	1548
Zinc, Zn.....mg	0.09	0.008	12	A	1		0.05	0.19	0.24
Copper, Cu.....mg	0.031	0.002	12	A	1		0.017	0.070	0.088
Manganese, Mn.....mg	0.047	0.003	12	A	1		0.026	0.105	0.133
Selenium, Se.....µg	0.4		2	A	1		0.3	1.0	1.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.053	6	A	1		0.1	0.6	0.7
Thiamin.....mg	0.040	0.000	6	A	1		0.022	0.089	0.113
Riboflavin.....mg	0.055	0.006	6	A	1		0.031	0.123	0.155
Niacin.....mg	0.388	0.019	6	A	1		0.217	0.869	1.097
Pantothenic acid.....mg	0.082	0.044	4	A	1		0.046	0.183	0.231
Vitamin B-6.....mg	0.059	0.009	6	A	1		0.033	0.133	0.168
Folate, total.....µg	5	0.174	6	A	1		3	10	13
Folic acid.....µg	0		0	FLA	4		0	0	0
Folate, food.....µg	5	0.174	6	A	1		3	10	13
Folate, DFE.....µg	5		0	NC	4		3	10	13
Choline, total.....mg	0.9		0	FLA	4		0.5	2.0	2.6
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.....µg	36		0	NC	4		20	80	101
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	362	53.000	6	A	1		203	811	1025
Carotene, alpha.....µg	74	11.751	6	A	1		42	166	210
Cryptoxanthin, beta.....µg	62	10.201	6	A	1		35	139	175
Vitamin A, IU.....IU	717		0	NC	4		402	1606	2029
Lycopene.....µg	994	59.974	6	A	1		556	2226	2812
Lutein + zeaxanthin.....µg	103	15.396	6	A	1		58	230	291
Vitamin E (alpha-tocopherol).....mg	0.70		2	A	1		0.39	1.57	1.99
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.40		2	A	1		0.22	0.90	1.13
Tocopherol, delta.....mg	0.12		2	A	1		0.07	0.28	0.35
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.14		2	A	1		0.08	0.31	0.39

Sauce, enchilada, red, mild, 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
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLA	4		0	0	0
Vitamin K (phylloquinone).....µg	2.8		0	FLA	4		1.6	6.3	8.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.111		0	NC	4		0.062	0.249	0.315
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.003	0.000	4	A	1		0.002	0.007	0.009
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.001
13:0.....g									
14:0.....g	0.005	0.001	4	A	1		0.003	0.011	0.013
15:0.....g	0.002	0.000	4	A	1		0.001	0.004	0.004
16:0.....g	0.067	0.010	4	A	1		0.037	0.150	0.189
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0.....g	0.029	0.004	4	A	1		0.016	0.065	0.082
20:0.....g	0.002	0.000	4	A	1		0.001	0.005	0.006
22:0.....g	0.002	0.000	4	A	1		0.001	0.005	0.006
24:0.....g	0.002	0.000	4	A	1		0.001	0.003	0.004
Fatty acids, total monounsaturated.....g	0.068		0	NC	4		0.038	0.152	0.192
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.001	0.000	4	AS	1		0.001	0.002	0.003
16:1 c.....g	0.001	0.000	4	A	1		0.001	0.002	0.003
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.064	0.042	4	AS	1		0.036	0.143	0.180
18:1 c.....g	0.063	0.042	4	A	1		0.036	0.142	0.180
18:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.001
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.003	0.001	4	A	1		0.002	0.007	0.009
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.276		0	NC	4		0.155	0.619	0.782
18:2 undifferentiated.....g	0.245	0.043	4	AS	1		0.137	0.549	0.693
18:2 n-6 c,c.....g	0.243	0.043	4	A	1		0.136	0.543	0.686
18:2 CLAs.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002	0.000	4	A	1		0.001	0.005	0.007
18:3 undifferentiated.....g	0.031	0.006	4	AS	1		0.017	0.070	0.088
18:3 n-3 c,c,c (ALA).....g	0.029	0.006	4	A	1		0.016	0.065	0.082
18:3 n-6 c,c,c.....g	0.002	0.001	4	A	1		0.001	0.005	0.006
18:3i.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 27063

Sauce, enchilada, red, mild, 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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.003		0	NC	4	0.001	0.006	0.007
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.001
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	4	0.001	0.005	0.007
Cholesterol.....mg	0		0	FLA	4	0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	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 = 56g: .25 cup

Measure 2 = 224g: 1 cup

Measure 3 = 283g: 1 can

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

NDB No. 06166

Sauce, homemade, white, medium

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

NDB No. 06167
 Sauce, homemade, white, thick

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

NDB No. 06165
Sauce, homemade, white, thin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

NDB No. 06165
 Sauce, homemade, white, thin

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

NDB No. 27066
Sauce, horseradish

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.2		0	FLA	4		0.0		
Vitamin D.....IU	10		0	FLA	4		1		
Vitamin K (phylloquinone).....µg	90.9		0	FLA	4		5.1		
Dihydrophyloquinone.....µg									
Menquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.233		0	NC	4		0.461		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.014		1	A	1		0.001		
12:0.....g	0.005		1	A	1		0.000		
13:0.....g									
14:0.....g	0.043		1	A	1		0.002		
15:0.....g	0.011		1	A	1		0.001		
16:0.....g	5.372		1	A	1		0.301		
17:0.....g	0.049		1	A	1		0.003		
18:0.....g	2.310		1	A	1		0.129		
20:0.....g	0.186		1	A	1		0.010		
22:0.....g	0.175		1	A	1		0.010		
24:0.....g	0.069		1	A	1		0.004		
Fatty acids, total monounsaturated.....g	13.087		0	NC	4		0.733		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.055		0	AS	1		0.003		
16:1 c.....g	0.055		1	A	1		0.003		
16:1 t.....g	0.000		1	A	1		0.000		
17:1.....g	0.028		1	A	1		0.002		
18:1 undifferentiated.....g	12.526		0	AS	1		0.701		
18:1 c.....g	12.503		1	A	1		0.700		
18:1 t.....g	0.023		1	A	1		0.001		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.340		1	A	1		0.019		
22:1 undifferentiated.....g	0.129		0	AS	1		0.007		
22:1 c.....g	0.121		1	A	1		0.007		
22:1 t.....g	0.008		1	A	1		0.000		
24:1 c.....g	0.009		1	A	1		0.000		
Fatty acids, total polyunsaturated.....g	29.169		0	NC	4		1.633		
18:2 undifferentiated.....g	25.524		0	AS	1		1.429		
18:2 n-6 c,c.....g	25.328		1	A	1		1.418		
18:2 CLAs.....g	0.048		1	A	1		0.003		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.148		1	A	1		0.008		
18:3 undifferentiated.....g	3.577		0	AS	1		0.200		
18:3 n-3 c,c,c (ALA).....g	3.406		1	A	1		0.191		
18:3 n-6 c,c,c.....g	0.171		1	A	1		0.010		
18:3i.....g	0.000		1	A	1		0.000		
18:4.....g	0.002		1	A	1		0.000		
20:2 n-6 c,c.....g	0.024		1	A	1		0.001		
20:3 undifferentiated.....g	0.005		0	AS	1		0.000		
20:3 n-3.....g	0.003		1	A	1		0.000		
20:3 n-6.....g	0.002		1	A	1		0.000		
20:4 undifferentiated.....g	0.030		1	A	1		0.002		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003		1	A	1		0.000		
21:5.....g									
22:4.....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.004		1	A	1		0.000		
Fatty acids, total trans.....g	0.179		0	NC	4		0.010		
Fatty acids, total trans-monoenoic.....g	0.031		0	NC	4		0.002		

NDB No. 27066
Sauce, horseradish

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total trans-polyenoic.....g	0.148		0	NC	4	0.008	
Cholesterol.....mg	50		0	FLA	4	3	
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 = 5.6g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06631
Sauce, hot chile, sriracha

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Vitamin D.....IU										
Vitamin K (phylloquinone).....µg	10.9		2	A		1		0.7		
Dihydrophylloquinone.....µg	0.0		2	A		1		0.0		
Menaquinone-4.....µg	0.0		2	A		1		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 = 6.5g: 1 tsp

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06632

Sauce, hot chile, sriracha, CHA! BY TEXAS PETE

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

Common Measures:

Measure 1 = 6.9g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06633

Sauce, hot chile, sriracha, TUONG OT SRIRACHA

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	14.6		1	A	1		0.9		
Dihydrophylloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		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 = 6.2g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
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	0.218		0	NC	4		0.288		
4:0.....g	0.003	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	0.002	0.000	18	A	1		0.002		
13:0.....g									
14:0.....g	0.003	0.000	18	A	1		0.004		
15:0.....g	0.001	0.000	18	A	1		0.001		
16:0.....g	0.141	0.002	18	A	1		0.186		
17:0.....g	0.002	0.000	18	A	1		0.002		
18:0.....g	0.053	0.001	18	A	1		0.069		
20:0.....g	0.004	0.000	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	0.298		0	NC	4		0.393		
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		0.004		
16:1 c.....g	0.003	0.000	18	A	1		0.004		
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	0.288	0.005	18	AS	1		0.380		
18:1 c.....g	0.287	0.004	18	A	1		0.379		
18:1 t.....g	0.001	0.000	18	A	1		0.001		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.006	0.000	18	A	1		0.008		
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	0.673		0	NC	4		0.889		
18:2 undifferentiated.....g	0.591	0.009	18	AS	1		0.780		
18:2 n-6 c,c.....g	0.584	0.009	18	A	1		0.771		
18:2 CLAs.....g	0.001	0.000	18	A	1		0.001		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.006	0.000	18	A	1		0.008		
18:3 undifferentiated.....g	0.082	0.002	18	AS	1		0.108		
18:3 n-3 c,c,c (ALA).....g	0.082	0.002	18	A	1		0.108		
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	0.001	0.000	18	A	1		0.001		
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		
22:6 n-3 (DHA).....g	0.000	0.000	18	A	1		0.000		
Fatty acids, total trans.....g	0.007		0	NC	4		0.009		
Fatty acids, total trans-monoenoic.....g	0.001		0	NC	4		0.001		

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
Fatty acids, total trans-polyenoic.....g	0.006		0	NC	4		0.008		
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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06618

Sauce, peanut, made from coconut, water, sugar, peanuts

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.08	0.176	3	A	1		10.55		
Energy.....kcal	179		0	NC	4		30		
Energy.....kJ	749		0	NC	4		127		
Protein.....g	2.02	0.042	3	A	1		0.34		
Total lipid (fat).....g	6.34	0.294	3	A	1		1.08		
Ash.....g	1.11	0.035	3	A	1		0.19		
Carbohydrate, by difference.....g	28.46		0	NC	4		4.84		
Fiber, total dietary.....g	1.1		1	A	1		0.2		
Sugars, total.....g	18.80		2	A	1		3.20		
Sucrose.....g	6.90		2	A	1		1.17		
Glucose (dextrose).....g	4.75		2	A	1		0.81		
Fructose.....g	4.95		2	A	1		0.84		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	2.20		2	A	1		0.37		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	2.10		1	A	1		0.36		
Minerals:									
Calcium, Ca.....mg	9		2	A	1		2		
Iron, Fe.....mg	0.38		2	A	1		0.06		
Magnesium, Mg.....mg	19		2	A	1		3		
Phosphorus, P.....mg	35		2	A	1		6		
Potassium, K.....mg	99		2	A	1		17		
Sodium, Na.....mg	319		2	A	1		54		
Zinc, Zn.....mg	0.30		2	A	1		0.05		
Copper, Cu.....mg	0.063		2	A	1		0.011		
Manganese, Mn.....mg	0.500		2	A	1		0.085		
Selenium, Se.....µg	2.7		1	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0		
Thiamin.....mg	0.070		2	A	1		0.012		
Riboflavin.....mg	0.040		2	A	1		0.007		
Niacin.....mg	1.355		2	A	1		0.230		
Pantothenic acid.....mg	0.130		2	A	1		0.022		
Vitamin B-6.....mg	0.085		2	A	1		0.014		
Folate, total.....µg	4		2	A	1		1		
Folic acid.....µg	0		0	FLC	4		0		
Folate, food.....µg	4		2	A	1		1		
Folate, DFE.....µg	4		0	NC	4		1		
Choline, total.....mg	15.5		0	FLC	4		2.6		
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.....µg	0		0	FLC	4		0		
Retinol.....µg	0		0	FLC	4		0		
Carotene, beta.....µg	0		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.94		1	A	1		0.16		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.03		1	A	1		0.01		
Tocopherol, gamma.....mg	0.48		1	A	1		0.08		
Tocopherol, delta.....mg	0.02		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

NDB No. 06618

Sauce, peanut, made from coconut, water, sugar, peanuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
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	1.0		0	FLC	4		0.2		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.530		0	NC	4		0.600		
4:0.....g	0.013		2	A	1		0.002		
6:0.....g	0.021		2	A	1		0.004		
8:0.....g	0.260		2	A	1		0.044		
10:0.....g	0.216		2	A	1		0.037		
12:0.....g	1.504		2	A	1		0.256		
13:0.....g									
14:0.....g	0.554		2	A	1		0.094		
15:0.....g	0.003		2	A	1		0.000		
16:0.....g	0.611		2	A	1		0.104		
17:0.....g	0.003		2	A	1		0.000		
18:0.....g	0.199		2	A	1		0.034		
20:0.....g	0.045		2	A	1		0.008		
22:0.....g	0.066		2	A	1		0.011		
24:0.....g	0.035		2	A	1		0.006		
Fatty acids, total monounsaturated.....g	1.355		0	NC	4		0.230		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.003		0	AS	1		0.001		
16:1 c.....g	0.003		2	A	1		0.001		
16:1 t.....g	0.000		2	A	1		0.000		
17:1.....g	0.001		2	A	1		0.000		
18:1 undifferentiated.....g	1.329		0	AS	1		0.226		
18:1 c.....g	1.329		2	A	1		0.226		
18:1 t.....g	0.000		2	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.021		2	A	1		0.004		
22:1 undifferentiated.....g	0.000		0	AS	1		0.000		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	1.135		0	NC	4		0.193		
18:2 undifferentiated.....g	1.127		0	AS	1		0.192		
18:2 n-6 c,c.....g	1.125		2	A	1		0.191		
18:2 CLAs.....g	0.000		2	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.002		2	A	1		0.000		
18:3 undifferentiated.....g	0.007		0	AS	1		0.001		
18:3 n-3 c,c,c (ALA).....g	0.007		2	A	1		0.001		
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000		
18:3i.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		0	AS	1		0.000		
20:3 n-3.....g	0.000		2	A	1		0.000		
20:3 n-6.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000		

NDB No. 06618

Sauce, peanut, made from coconut, water, sugar, peanuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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		2	A	1		0.000		
Fatty acids, total trans.....g	0.002		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.002		0	NC	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 = 17g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27059

Sauce, peanut, made from peanut butter, water, soy sauce

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.40	0.328	5	A	1		9.25		
Energy.....kcal	257		0	NC	4		46		
Energy.....kJ	1077		0	NC	4		194		
Protein.....g	6.31	0.051	5	A	1		1.14		
Total lipid (fat).....g	16.02	0.372	5	A	1		2.88		
Ash.....g	4.25	0.029	5	A	1		0.76		
Carbohydrate, by difference.....g	22.02		0	NC	4		3.96		
Fiber, total dietary.....g	1.8		2	A	1		0.3		
Sugars, total.....g	17.07	0.219	3	A	1		3.07		
Sucrose.....g	12.40	0.306	3	A	1		2.23		
Glucose (dextrose).....g	2.53	0.033	3	A	1		0.46		
Fructose.....g	2.13	0.088	3	A	1		0.38		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca.....mg	22	0.302	5	A	1		4		
Iron, Fe.....mg	0.91	0.011	5	A	1		0.16		
Magnesium, Mg.....mg	45	0.622	5	A	1		8		
Phosphorus, P.....mg	107	1.200	5	A	1		19		
Potassium, K.....mg	235	4.512	5	A	1		42		
Sodium, Na.....mg	1338	12.806	5	A	1		241		
Zinc, Zn.....mg	0.78	0.035	5	A	1		0.14		
Copper, Cu.....mg	0.123	0.012	5	A	1		0.022		
Manganese, Mn.....mg	0.484	0.003	5	A	1		0.087		
Selenium, Se.....µg	3.4		1	A	1		0.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0		
Thiamin.....mg	0.060	0.006	3	A	1		0.011		
Riboflavin.....mg	0.127	0.003	3	A	1		0.023		
Niacin.....mg	3.200	0.093	3	A	1		0.576		
Pantothenic acid.....mg	0.310		2	A	1		0.056		
Vitamin B-6.....mg	0.190	0.015	3	A	1		0.034		
Folate, total.....µg	22	0.416	3	A	1		4		
Folic acid.....µg	0		0	FLC	4		0		
Folate, food.....µg	22	0.416	3	A	1		4		
Folate, DFE.....µg	22		0	NC	4		4		
Choline, total.....mg	28.9		0	AS	1		5.2		
Betaine.....mg	7.4		1	A	1		1.3		
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.....µg	0		0	FLC	4		0		
Retinol.....µg	0		0	FLC	4		0		
Carotene, beta.....µg	0		0	FLC	4		0		
Carotene, alpha.....µg	0		0	FLC	4		0		
Cryptoxanthin, beta.....µg	0		0	FLC	4		0		
Vitamin A, IU.....IU	0		0	NC	4		0		
Lycopene.....µg	0		0	FLC	4		0		
Lutein + zeaxanthin.....µg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	2.23	0.119	3	A	1		0.40		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.09	0.018	3	A	1		0.02		
Tocopherol, gamma.....mg	5.22	0.606	3	A	1		0.94		
Tocopherol, delta.....mg	0.44	0.284	3	A	1		0.08		
Tocotrienol, alpha.....mg	0.05	0.007	3	A	1		0.01		
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00		

NDB No. 27059

Sauce, peanut, made from peanut butter, water, soy sauce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	2.28	0.091	3	A	1		0.41		
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00		
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	1.0		0	FLC	4		0.2		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.907		0	NC	4		0.523		
4:0.....g	0.000	0.000	3	A	1		0.000		
6:0.....g	0.000	0.000	3	A	1		0.000		
8:0.....g	0.006	0.000	3	A	1		0.001		
10:0.....g	0.019	0.000	3	A	1		0.003		
12:0.....g	0.004	0.000	3	A	1		0.001		
13:0.....g									
14:0.....g	0.009	0.000	3	A	1		0.002		
15:0.....g	0.003	0.000	3	A	1		0.001		
16:0.....g	1.421	0.006	3	A	1		0.256		
17:0.....g	0.012	0.000	3	A	1		0.002		
18:0.....g	0.742	0.009	3	A	1		0.134		
20:0.....g	0.176	0.003	3	A	1		0.032		
22:0.....g	0.359	0.009	3	A	1		0.065		
24:0.....g	0.156	0.003	3	A	1		0.028		
Fatty acids, total monounsaturated.....g	6.986		0	NC	4		1.258		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.012	0.000	3	AS	1		0.002		
16:1 c.....g	0.012	0.000	3	A	1		0.002		
16:1 t.....g	0.000	0.000	3	A	1		0.000		
17:1.....g	0.009	0.000	3	A	1		0.002		
18:1 undifferentiated.....g	6.816	0.166	3	AS	1		1.227		
18:1 c.....g	6.800	0.166	3	A	1		1.224		
18:1 t.....g	0.016	0.001	3	A	1		0.003		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.140	0.004	3	A	1		0.025		
22:1 undifferentiated.....g	0.010	0.000	3	AS	1		0.002		
22:1 c.....g	0.010	0.000	3	A	1		0.002		
22:1 t.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	4.786		0	NC	4		0.862		
18:2 undifferentiated.....g	4.752	0.063	3	AS	1		0.855		
18:2 n-6 c,c.....g	4.734	0.063	3	A	1		0.852		
18:2 CLAs.....g	0.000	0.000	3	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.019	0.001	3	A	1		0.003		
18:3 undifferentiated.....g	0.026	0.001	3	AS	1		0.005		
18:3 n-3 c,c,c (ALA).....g	0.026	0.001	3	A	1		0.005		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g	0.000	0.000	3	A	1		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g	0.003	0.000	3	A	1		0.001		
20:3 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	3	A	1		0.000		
20:3 n-6.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.006	0.000	3	A	1		0.001		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		

NDB No. 27059

Sauce, peanut, made from peanut butter, water, soy sauce

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000		
Fatty acids, total trans.....g	0.035		0	NC	4	0.006		
Fatty acids, total trans-monoenoic.....g	0.016		0	NC	4	0.003		
Fatty acids, total trans-polyenoic.....g	0.019		0	NC	4	0.003		
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 = 18g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
Fatty acids, total saturated.....g	0.080		0		4		0.012	0.196	
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		0.000	0.002	
15:0.....g									
16:0.....g	0.065		0		4		0.010	0.159	
17:0.....g									
18:0.....g	0.013		0		4		0.002	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.411		0		4		0.062	1.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		4		0.001	0.012	
17:1.....g									
18:1 undifferentiated.....g	0.403		0		4		0.060	0.987	
20:1.....g	0.002		0		4		0.000	0.005	
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		0.011	0.181	
18:2 undifferentiated.....g	0.069		0		4		0.010	0.169	
18:3 undifferentiated.....g	0.004		0		4		0.001	0.010	
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	
21:5.....g									
22:4.....g									
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 = 15g: 1 tbsp

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 28 (2015)

Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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 D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	151.1		1	A	1		95.2		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	7.070		0	NC	4		4.454		
4:0.....g	0.123		2	A	1		0.077		
6:0.....g	0.099		2	A	1		0.062		
8:0.....g	0.060		2	A	1		0.038		
10:0.....g	0.153		2	A	1		0.097		
12:0.....g	0.178		2	A	1		0.112		
13:0.....g									
14:0.....g	0.579		2	A	1		0.364		
15:0.....g	0.065		2	A	1		0.041		
16:0.....g	4.168		2	A	1		2.626		
17:0.....g	0.052		2	A	1		0.033		
18:0.....g	1.326		2	A	1		0.835		
20:0.....g	0.166		2	A	1		0.105		
22:0.....g	0.066		2	A	1		0.042		
24:0.....g	0.035		2	A	1		0.022		
Fatty acids, total monounsaturated.....g	22.155		0	NC	4		13.958		
14:1.....g	0.058		2	A	1		0.037		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.310		0	AS	1		0.195		
16:1 c.....g	0.291		2	A	1		0.184		
16:1 t.....g	0.018		2	A	1		0.012		
17:1.....g	0.036		2	A	1		0.023		
18:1 undifferentiated.....g	21.437		0	AS	1		13.505		
18:1 c.....g	21.320		2	A	1		13.432		
18:1 t.....g	0.116		2	A	1		0.073		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.288		2	A	1		0.182		
22:1 undifferentiated.....g	0.004		0	AS	1		0.003		
22:1 c.....g	0.004		2	A	1		0.003		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.021		2	A	1		0.013		
Fatty acids, total polyunsaturated.....g	6.546		0	NC	4		4.124		
18:2 undifferentiated.....g	4.880		0	AS	1		3.074		
18:2 n-6 c,c.....g	4.783		2	A	1		3.014		
18:2 CLAs.....g	0.041		2	A	1		0.026		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.056		2	A	1		0.035		
18:3 undifferentiated.....g	1.534		0	AS	1		0.966		
18:3 n-3 c,c,c (ALA).....g	1.268		2	A	1		0.799		
18:3 n-6 c,c,c.....g	0.058		2	A	1		0.036		
18:3i.....g	0.208		2	A	1		0.131		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.021		2	A	1		0.013		
20:3 undifferentiated.....g	0.009		0	AS	1		0.005		
20:3 n-3.....g	0.002		2	A	1		0.001		
20:3 n-6.....g	0.007		2	A	1		0.004		
20:4 undifferentiated.....g	0.095		2	A	1		0.060		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002		2	A	1		0.001		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.004		2	A	1		0.002		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.398		0	NC	4		0.251		
Fatty acids, total trans-monoenoic.....g	0.135		0	NC	4		0.085		

NDB No. 06628

Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total trans-polyenoic.....g	0.263		0	NC	4		0.166		
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.

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 28 (2015)

NDB No. 06629

Sauce, pesto, CLASSICO, basil pesto, 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 D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	193.8		1	A	1		120.1		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	6.718		0	NC	4		4.165		
4:0.....g	0.045		2	A	1		0.028		
6:0.....g	0.036		2	A	1		0.022		
8:0.....g	0.022		2	A	1		0.014		
10:0.....g	0.055		2	A	1		0.034		
12:0.....g	0.063		2	A	1		0.039		
13:0.....g									
14:0.....g	0.224		2	A	1		0.139		
15:0.....g	0.026		2	A	1		0.016		
16:0.....g	4.401		2	A	1		2.729		
17:0.....g	0.044		2	A	1		0.028		
18:0.....g	1.556		2	A	1		0.965		
20:0.....g	0.116		2	A	1		0.072		
22:0.....g	0.097		2	A	1		0.060		
24:0.....g	0.033		2	A	1		0.021		
Fatty acids, total monounsaturated.....g	10.049		0	NC	4		6.230		
14:1.....g	0.020		2	A	1		0.013		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.143		0	AS	1		0.089		
16:1 c.....g	0.136		2	A	1		0.085		
16:1 t.....g	0.007		2	A	1		0.004		
17:1.....g	0.024		2	A	1		0.015		
18:1 undifferentiated.....g	9.686		0	AS	1		6.005		
18:1 c.....g	9.614		2	A	1		5.961		
18:1 t.....g	0.071		2	A	1		0.044		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.172		2	A	1		0.107		
22:1 undifferentiated.....g	0.004		0	AS	1		0.002		
22:1 c.....g	0.000		2	A	1		0.000		
22:1 t.....g	0.004		2	A	1		0.002		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	18.425		0	NC	4		11.423		
18:2 undifferentiated.....g	16.011		0	AS	1		9.927		
18:2 n-6 c,c.....g	15.908		2	A	1		9.863		
18:2 CLAs.....g	0.029		2	A	1		0.018		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.073		2	A	1		0.046		
18:3 undifferentiated.....g	2.395		0	AS	1		1.485		
18:3 n-3 c,c,c (ALA).....g	2.293		2	A	1		1.421		
18:3 n-6 c,c,c.....g	0.102		2	A	1		0.063		
18:3i.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.014		2	A	1		0.008		
20:3 undifferentiated.....g	0.005		0	AS	1		0.003		
20:3 n-3.....g	0.002		2	A	1		0.001		
20:3 n-6.....g	0.004		2	A	1		0.002		
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001		2	A	1		0.000		
21:5.....g									
22:4.....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	0.155		0	NC	4		0.096		
Fatty acids, total trans-monoenoic.....g	0.082		0	NC	4		0.051		

NDB No. 06629

Sauce, pesto, CLASSICO, basil pesto, ready-to-serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total trans-polyenoic.....g	0.073		0	NC	4			0.046	
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.

Common Measures:

Measure 1 = 62g: .25 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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 D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.007		0	NC	4		4.804		
4:0.....g	0.064		2	A	1		0.038		
6:0.....g	0.050		2	A	1		0.030		
8:0.....g	0.032		2	A	1		0.019		
10:0.....g	0.075		2	A	1		0.045		
12:0.....g	0.086		2	A	1		0.052		
13:0.....g									
14:0.....g	0.301		2	A	1		0.180		
15:0.....g	0.035		2	A	1		0.021		
16:0.....g	5.716		2	A	1		3.429		
17:0.....g	0.045		2	A	1		0.027		
18:0.....g	1.295		2	A	1		0.777		
20:0.....g	0.200		2	A	1		0.120		
22:0.....g	0.070		2	A	1		0.042		
24:0.....g	0.038		2	A	1		0.023		
Fatty acids, total monounsaturated.....g	28.654		0	NC	4		17.192		
14:1.....g	0.030		2	A	1		0.018		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.514		0	AS	1		0.309		
16:1 c.....g	0.505		2	A	1		0.303		
16:1 t.....g	0.009		2	A	1		0.005		
17:1.....g	0.046		2	A	1		0.028		
18:1 undifferentiated.....g	27.777		0	AS	1		16.666		
18:1 c.....g	27.694		2	A	1		16.617		
18:1 t.....g	0.083		2	A	1		0.050		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.254		2	A	1		0.153		
22:1 undifferentiated.....g	0.014		0	AS	1		0.009		
22:1 c.....g	0.014		2	A	1		0.009		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.018		2	A	1		0.011		
Fatty acids, total polyunsaturated.....g	9.056		0	NC	4		5.433		
18:2 undifferentiated.....g	7.598		0	AS	1		4.559		
18:2 n-6 c,c.....g	7.536		2	A	1		4.522		
18:2 CLAs.....g	0.027		2	A	1		0.016		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.035		2	A	1		0.021		
18:3 undifferentiated.....g	1.335		0	AS	1		0.801		
18:3 n-3 c,c,c (ALA).....g	1.202		2	A	1		0.721		
18:3 n-6 c,c,c.....g	0.027		2	A	1		0.016		
18:3i.....g	0.106		2	A	1		0.064		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.017		2	A	1		0.010		
20:3 undifferentiated.....g	0.002		0	AS	1		0.001		
20:3 n-3.....g	0.001		2	A	1		0.001		
20:3 n-6.....g	0.001		2	A	1		0.001		
20:4 undifferentiated.....g	0.099		2	A	1		0.060		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.002		2	A	1		0.001		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.232		0	NC	4		0.139		
Fatty acids, total trans-monoenoic.....g	0.091		0	NC	4		0.055		

NDB No. 06630

Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans-polyenoic.....g	0.141		0	NC	4	0.085		
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.

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 28 (2015)

NDB No. 06626

Sauce, pesto, ready-to-serve, refrigerated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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 D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	151.1		1	A	1		95.2		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	7.070		0	NC	4		4.454		
4:0.....g	0.123		2	A	1		0.077		
6:0.....g	0.099		2	A	1		0.062		
8:0.....g	0.060		2	A	1		0.038		
10:0.....g	0.153		2	A	1		0.097		
12:0.....g	0.178		2	A	1		0.112		
13:0.....g									
14:0.....g	0.579		2	A	1		0.364		
15:0.....g	0.065		2	A	1		0.041		
16:0.....g	4.168		2	A	1		2.626		
17:0.....g	0.052		2	A	1		0.033		
18:0.....g	1.326		2	A	1		0.835		
20:0.....g	0.166		2	A	1		0.105		
22:0.....g	0.066		2	A	1		0.042		
24:0.....g	0.035		2	A	1		0.022		
Fatty acids, total monounsaturated.....g	22.155		0	NC	4		13.958		
14:1.....g	0.058		2	A	1		0.037		
15:1.....g	0.000		2	A	1		0.000		
16:1 undifferentiated.....g	0.310		0	AS	1		0.195		
16:1 c.....g	0.291		2	A	1		0.184		
16:1 t.....g	0.018		2	A	1		0.012		
17:1.....g	0.036		2	A	1		0.023		
18:1 undifferentiated.....g	21.437		0	AS	1		13.505		
18:1 c.....g	21.320		2	A	1		13.432		
18:1 t.....g	0.116		2	A	1		0.073		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.288		2	A	1		0.182		
22:1 undifferentiated.....g	0.004		0	AS	1		0.003		
22:1 c.....g	0.004		2	A	1		0.003		
22:1 t.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.021		2	A	1		0.013		
Fatty acids, total polyunsaturated.....g	6.546		0	NC	4		4.124		
18:2 undifferentiated.....g	4.880		0	AS	1		3.074		
18:2 n-6 c,c.....g	4.783		2	A	1		3.014		
18:2 CLAs.....g	0.041		2	A	1		0.026		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.056		2	A	1		0.035		
18:3 undifferentiated.....g	1.534		0	AS	1		0.966		
18:3 n-3 c,c,c (ALA).....g	1.268		2	A	1		0.799		
18:3 n-6 c,c,c.....g	0.058		2	A	1		0.036		
18:3i.....g	0.208		2	A	1		0.131		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.021		2	A	1		0.013		
20:3 undifferentiated.....g	0.009		0	AS	1		0.005		
20:3 n-3.....g	0.002		2	A	1		0.001		
20:3 n-6.....g	0.007		2	A	1		0.004		
20:4 undifferentiated.....g	0.095		2	A	1		0.060		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002		2	A	1		0.001		
21:5.....g									
22:4.....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA).....g	0.004		2	A	1		0.002		
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g	0.398		0	NC	4		0.251		
Fatty acids, total trans-monoenoic.....g	0.135		0	NC	4		0.085		

NDB No. 06626

Sauce, pesto, ready-to-serve, refrigerated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total trans-polyenoic.....g	0.263		0	NC	4		0.166		
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.

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 28 (2015)

NDB No. 06627

Sauce, pesto, ready-to-serve, shelf stable

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion 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 D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	193.8		1	A	1		118.2		
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0		
Menaquinone-4.....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	7.362		0	NC	4		4.491		
4:0.....g	0.054	0.006	4	A	1		0.033		
6:0.....g	0.043	0.005	4	A	1		0.026		
8:0.....g	0.027	0.003	4	A	1		0.016		
10:0.....g	0.065	0.007	4	A	1		0.040		
12:0.....g	0.075	0.008	4	A	1		0.046		
13:0.....g									
14:0.....g	0.262	0.025	4	A	1		0.160		
15:0.....g	0.030	0.003	4	A	1		0.018		
16:0.....g	5.058	0.437	4	A	1		3.086		
17:0.....g	0.045	0.001	4	A	1		0.027		
18:0.....g	1.425	0.086	4	A	1		0.870		
20:0.....g	0.158	0.025	4	A	1		0.096		
22:0.....g	0.083	0.009	4	A	1		0.051		
24:0.....g	0.036	0.003	4	A	1		0.022		
Fatty acids, total monounsaturated.....g	19.351		0	NC	4		11.804		
14:1.....g	0.025	0.003	4	A	1		0.015		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.329	0.111	4	AS	1		0.200		
16:1 c.....g	0.321	0.110	4	A	1		0.196		
16:1 t.....g	0.008	0.001	4	A	1		0.005		
17:1.....g	0.035	0.007	4	A	1		0.021		
18:1 undifferentiated.....g	18.731	5.264	4	AS	1		11.426		
18:1 c.....g	18.654	5.260	4	A	1		11.379		
18:1 t.....g	0.077	0.009	4	A	1		0.047		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.213	0.025	4	A	1		0.130		
22:1 undifferentiated.....g	0.009	0.003	4	AS	1		0.006		
22:1 c.....g	0.007	0.004	4	A	1		0.004		
22:1 t.....g	0.002	0.001	4	A	1		0.001		
24:1 c.....g	0.009	0.005	4	A	1		0.005		
Fatty acids, total polyunsaturated.....g	13.740		0	NC	4		8.382		
18:2 undifferentiated.....g	11.804	2.454	4	AS	1		7.201		
18:2 n-6 c,c.....g	11.722	2.442	4	A	1		7.151		
18:2 CLAs.....g	0.028	0.001	4	A	1		0.017		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.054	0.011	4	A	1		0.033		
18:3 undifferentiated.....g	1.865	0.309	4	AS	1		1.138		
18:3 n-3 c,c,c (ALA).....g	1.747	0.318	4	A	1		1.066		
18:3 n-6 c,c,c.....g	0.065	0.022	4	A	1		0.039		
18:3i.....g	0.053	0.031	4	A	1		0.032		
18:4.....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c.....g	0.015	0.001	4	A	1		0.009		
20:3 undifferentiated.....g	0.004	0.001	4	AS	1		0.002		
20:3 n-3.....g	0.001	0.001	4	A	1		0.001		
20:3 n-6.....g	0.002	0.001	4	A	1		0.001		
20:4 undifferentiated.....g	0.050	0.029	4	A	1		0.030		
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	0.001	0.001	4	A	1		0.001		
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.194		0	NC	4		0.118		
Fatty acids, total trans-monoenoic.....g	0.087		0	NC	4		0.053		

NDB No. 06627

Sauce, pesto, ready-to-serve, shelf stable

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total trans-polyenoic.....g	0.107		0	NC	4			0.065	
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.

Common Measures:

Measure 1 = 61g: .25 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06152

Sauce, pizza, 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	86.71		3	A	1		54.63		
Energy.....kcal	54		0	MC	9		34		
Energy.....kJ	226		0	MC	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	8.66		0	NC	4		5.46		
Fiber, total dietary.....g	2.0		3	A	1		1.3		
Sugars, total.....g	3.78		1	LC	8		2.38		
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	348		1	LC	8		219		
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.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLA	4		0.01		
Vitamin A, RAE.....µg									
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.460		3	MA	12				

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
Fatty acids, total saturated.....g	0.460			MA	12		0.290		
4:0.....g	0.032		0	FLA	4		0.020		
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		
21:5.....g									
22:4.....g									
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		1	LC	8		0.000		
Cholesterol.....mg	0		1	LC	8		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 = 63g: .25 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06151
Sauce, plum, 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	53.71		2	A	1		10.20	163.82	
Energy.....kcal	184		0	NC	4		35	561	
Energy.....kJ	770				4		146	2348	
Protein (N x 6.25).....g	0.89		2	A	1		0.17	2.71	
Total lipid (fat).....g	1.04		2	A	1		0.20	3.17	
Ash.....g	1.56		2	A	1		0.30	4.76	
Carbohydrate, by difference.....g	42.81		0	NC	4		8.13	130.57	
Fiber, total dietary.....g	0.7		2	A	1		0.1	2.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		2	A	1		2	37	
Iron, Fe.....mg	1.43		2	A	1		0.27	4.36	
Magnesium, Mg.....mg	12		2	A	1		2	37	
Phosphorus, P.....mg	22		2	A	1		4	67	
Potassium, K.....mg	259		2	A	1		49	790	
Sodium, Na.....mg	538		2	A	1		102	1641	
Zinc, Zn.....mg	0.19		2	A	1		0.04	0.58	
Copper, Cu.....mg	0.078		2	A	1		0.015	0.238	
Manganese, Mn.....mg	0.114		2	A	1		0.022	0.348	
Selenium, Se.....µg	0.4		0	RA	4		0.1	1.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		2	A	1		0.1	1.5	
Thiamin.....mg	0.018		2	A	1		0.003	0.055	
Riboflavin.....mg	0.084		2	A	1		0.016	0.256	
Niacin.....mg	1.014		2	A	1		0.193	3.093	
Pantothenic acid.....mg	0.059		2	A	1		0.011	0.180	
Vitamin B-6.....mg	0.078		2	A	1		0.015	0.238	
Folate, total.....µg	6		0	FLA	4		1	18	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6		0	FLA	4		1	18	
Folate, DFE.....µg	6		0	NC	4		1	18	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	2		0	AS	1		0	7	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	26		0	A	1		5	78	
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		8	130	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 06151
Sauce, plum, ready-to-serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.153		0	FLA	4	0.029	0.467
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	0.002		0	FLA	4	0.000	0.006
15:0.....g							
16:0.....g	0.111		0	FLA	4	0.021	0.339
17:0.....g							
18:0.....g	0.038		0	FLA	4	0.007	0.116
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.240		0	FLA	4	0.046	0.732
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.002		0	FLA	4	0.000	0.006
17:1.....g							
18:1 undifferentiated.....g	0.236		0	FLA	4	0.045	0.720
20:1.....g	0.001		0	FLA	4	0.000	0.003
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	0.112	1.793
18:2 undifferentiated.....g	0.516		0	FLA	4	0.098	1.574
18:3 undifferentiated.....g	0.069		0	FLA	4	0.013	0.210
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
21:5.....g							
22:4.....g							
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 = 19g: 1 tbsp

Measure 2 = 305g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06168

Sauce, ready-to-serve, pepper or hot

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.98		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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	2.4		0	FLA	4		0.1	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.052		0		1	0.002	0.001
4:0.....g							
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							
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		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.

NDB No. 06168

Sauce, ready-to-serve, pepper or hot

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 28 (2015)

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				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

NDB No. 06169

Sauce, ready-to-serve, pepper, TABASCO

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
		Points	Code	Code	Code			
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 = 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 28 (2015)

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	89.28	0.082	12	A	1		32.14	116.06	231.23
Energy.....kcal	29		0	NC	4		10	38	75
Energy.....kJ	121		0	NC	4		44	157	313
Protein (N x 6.25).....g	1.52	0.045	12	A	1		0.55	1.98	3.94
Total lipid (fat).....g	0.17	0.016	12	A	1		0.06	0.22	0.43
Ash.....g	2.39	0.036	12	A	1		0.86	3.11	6.20
Carbohydrate, by difference.....g	6.64		0	NC	4		2.39	8.63	17.20
Fiber, total dietary.....g	1.9	0.024	12	A	1		0.7	2.4	4.8
Sugars, total.....g	4.01	0.035	12	A	1		1.44	5.21	10.39
Sucrose.....g	0.25	0.015	12	A	1		0.09	0.32	0.64
Glucose (dextrose).....g	1.65	0.013	12	A	1		0.59	2.14	4.26
Fructose.....g	2.12	0.015	12	A	1		0.76	2.75	5.48
Lactose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	12	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	30	0.719	12	A	1		11	38	76
Iron, Fe.....mg	0.42	0.028	12	A	1		0.15	0.55	1.09
Magnesium, Mg.....mg	15	0.171	12	A	1		5	19	39
Phosphorus, P.....mg	33	0.277	12	A	1		12	43	86
Potassium, K.....mg	275	3.371	12	A	1		99	357	712
Sodium, Na.....mg	711	13.109	12	A	1		256	924	1840
Zinc, Zn.....mg	0.18	0.002	12	A	1		0.07	0.24	0.47
Copper, Cu.....mg	0.066	0.002	12	A	1		0.024	0.085	0.170
Manganese, Mn.....mg	0.112	0.002	12	A	1		0.040	0.145	0.290
Selenium, Se.....µg	0.9	0.100	3	A	1		0.3	1.2	2.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9	0.871	4	A	1		0.7	2.5	4.9
Thiamin.....mg	0.033	0.000	6	A	1		0.012	0.043	0.085
Riboflavin.....mg	0.032	0.007	3	A	1		0.012	0.042	0.083
Niacin.....mg	1.091	0.024	6	A	1		0.393	1.418	2.825
Pantothenic acid.....mg	0.199	0.005	4	A	1		0.072	0.259	0.516
Vitamin B-6.....mg	0.172	0.003	6	A	1		0.062	0.223	0.445
Folate, total.....µg	4	0.401	6	A	1		2	6	11
Folic acid.....µg	0		0	FLA	4		0	0	0
Folate, food.....µg	4	0.401	6	A	1		2	6	11
Folate, DFE.....µg	4		0	NC	4		2	6	11
Choline, total.....mg	12.8		0	AS	1		4.6	16.6	33.1
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.....µg	23		0	NC	4		8	30	60
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	276	14.150	6	A	1		99	359	716
Carotene, alpha.....µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta.....µg	0	0.000	6	A	1		0	0	0
Vitamin A, IU.....IU	461		0	NC	4		166	599	1193
Lycopene.....µg	6063	244.161	6	A	1		2183	7882	15703
Lutein + zeaxanthin.....µg	204	7.405	6	A	1		73	265	529
Vitamin E (alpha-tocopherol).....mg	1.28	0.027	4	A	1		0.46	1.66	3.30
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.03	0.002	4	A	1		0.01	0.03	0.07
Tocopherol, gamma.....mg	0.14	0.028	4	A	1		0.05	0.18	0.36
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.01
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.44	0.009	4	A	1		0.16	0.57	1.14

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
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.02	0.010	4	A	1		0.01	0.02	0.04
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	4.3	0.123	6	A	1		1.5	5.5	11.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.021		0	NC	4		0.007	0.027	0.054
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	0.000		0	FLA	4		0.000	0.001	0.001
15:0.....g									
16:0.....g	0.016		0	FLA	4		0.006	0.021	0.042
17:0.....g									
18:0.....g	0.004		0	FLA	4		0.001	0.005	0.010
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.018		0	NC	4		0.006	0.023	0.046
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.017		0	FLA	4		0.006	0.023	0.045
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	0.078		0	NC	4		0.028	0.102	0.203
18:2 undifferentiated.....g	0.074		0	FLA	4		0.027	0.096	0.191
18:3 undifferentiated.....g	0.004		0	FLA	4		0.002	0.006	0.011
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
21:5.....g									
22:4.....g									
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	FLA	4		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 = 36g: 2 tbsp
Measure 2 = 130g: .5 cup

NDB No. 06164

Sauce, salsa, ready-to-serve

Measure 3 = 259g: 1 cup

Calories Factors: Protein 2.44

Fat 8.87

Carbohydrate 3.57

Food Group: 06 Soups, Sauces, and Gravies

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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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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.....µg	43		0	NC	4		44		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....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.

NDB No. 06142

Sauce, sofrito, prepared from recipe

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

Number of Data Points of zero indicates the 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 = 103g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27048
Sauce, steak, tomato based

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
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	
21:5.....g								
22:4.....g								
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 28 (2015)

Sauce, sweet and sour, prepared-from-recipe (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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
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			
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	0.000		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 28 (2015)

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
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	
21:5.....g								
22:4.....g								
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
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
21:5.....g									
22:4.....g									
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 = 18g: 1 tbsp
- Measure 2 = 36.0g: 1 fl oz
- Measure 3 = 288g: 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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.045		0		4		0.003	0.123	
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		0.000	0.005	
13:0.....g									
14:0.....g	0.006		0		4		0.000	0.016	
15:0.....g									
16:0.....g	0.027		0		4		0.002	0.074	
17:0.....g									
18:0.....g	0.009		0		4		0.001	0.025	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.038		0		4		0.002	0.104	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.000	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.036		0		4		0.002	0.098	
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		0.009	0.420	
18:2 undifferentiated.....g	0.142		0		4		0.009	0.388	
18:3 undifferentiated.....g	0.012		0		4		0.001	0.033	
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	
21:5.....g									
22:4.....g									
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	FLA	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 = 6.0g: 1 packet

Measure 2 = 273g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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 t.....g	0.089		0	RC					4
18:1-11 t (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 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-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
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.

NDB No. 06264

Sauce, white, thin, prepared-from-recipe, with butter (1)

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

Number of Data Points of zero indicates the 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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
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	
21:5.....g									
22:4.....g									
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 = 17g: 1 tbsp

Measure 2 = 275g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06314

Soup, HEALTHY CHOICE Chicken Noodle Soup, canned

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06315

Soup, HEALTHY CHOICE Chicken and Rice Soup, canned

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06316

Soup, HEALTHY CHOICE Garden Vegetable Soup, canned

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 serving 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06748

Soup, PROGRESSO, beef barley, traditional, ready to serve

General Mills 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	88.70	0.318	5	A	1		186.27	466.56	
Energy.....kcal	47		0	NC	4		98	245	
Energy.....kJ	195		0	NC	4		410	1026	
Protein.....g	2.71	0.107	5	A	1		5.69	14.25	
Total lipid (fat).....g	1.00	0.045	5	A	1		2.10	5.27	
Ash.....g	0.90	0.022	5	A	1		1.89	4.72	
Carbohydrate, by difference.....g	6.69		0	NC	4		14.05	35.20	
Fiber, total dietary.....g	0.9	0.106	3	A	1		1.8	4.6	
Sugars, total.....g	1.27	0.033	3	A	1		2.66	6.66	
Sucrose.....g	0.73	0.033	3	A	1		1.54	3.86	
Glucose (dextrose).....g	0.23	0.033	3	A	1		0.49	1.23	
Fructose.....g	0.30	0.000	3	A	1		0.63	1.58	
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	3.15		2	A	1		6.61	16.57	
Minerals:									
Calcium, Ca.....mg	12	0.718	5	A	1		26	65	
Iron, Fe.....mg	0.39	0.023	5	A	1		0.82	2.07	
Magnesium, Mg.....mg	9	0.182	5	A	1		18	46	
Phosphorus, P.....mg	44	1.271	5	A	1		92	231	
Potassium, K.....mg	110	5.529	5	A	1		232	581	
Sodium, Na.....mg	284	6.033	5	A	1		596	1494	
Zinc, Zn.....mg	0.45	0.016	5	A	1		0.94	2.36	
Copper, Cu.....mg	0.053	0.003	5	A	1		0.111	0.277	
Manganese, Mn.....mg	0.079	0.002	5	A	1		0.166	0.416	
Selenium, Se.....µg	2.2		2	A	1		4.7	11.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.6	1.4	
Thiamin.....mg	0.027	0.003	3	A	1		0.056	0.140	
Riboflavin.....mg	0.086	0.002	3	A	1		0.180	0.451	
Niacin.....mg	0.820	0.071	3	A	1		1.722	4.313	
Pantothenic acid.....mg	0.145		2	A	1		0.304	0.762	
Vitamin B-6.....mg	0.063	0.004	3	A	1		0.131	0.329	
Folate, total.....µg	10		2	A	1		21	52	
Folic acid.....µg									
Folate, food.....µg	10		2	A	1		21	52	
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.14		2	A	1		0.30	0.76	
Vitamin A, RAE.....µg	20		1	AS	1		42	106	
Retinol.....µg	0		1	A	1		0	0	
Carotene, beta.....µg	196		1	A	1		412	1033	
Carotene, alpha.....µg	89		1	A	1		187	468	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	401		1	AS	1		843	2111	
Lycopene.....µg	485		1	A	1		1019	2552	
Lutein + zeaxanthin.....µg	63		1	A	1		133	333	
Vitamin E (alpha-tocopherol).....mg	0.13		2	A	1		0.28	0.70	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.18		2	A	1		0.37	0.93	
Tocopherol, delta.....mg	0.04		2	A	1		0.09	0.23	
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	

NDB No. 06748

Soup, PROGRESSO, beef barley, traditional, 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 (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.304		0	NC	4		0.639	1.600	
4:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
8:0.....g	0.003	0.003	3	A	1	0.007	0.018	0.018	
10:0.....g	0.006	0.001	3	A	1	0.012	0.031	0.031	
12:0.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
13:0.....g									
14:0.....g	0.016	0.005	3	A	1	0.033	0.082	0.082	
15:0.....g	0.004	0.001	3	A	1	0.009	0.022	0.022	
16:0.....g	0.184	0.036	3	A	1	0.387	0.970	0.970	
17:0.....g	0.006	0.001	3	A	1	0.012	0.031	0.031	
18:0.....g	0.079	0.017	3	A	1	0.167	0.417	0.417	
20:0.....g	0.002	0.000	3	A	1	0.005	0.012	0.012	
22:0.....g	0.002	0.000	3	A	1	0.004	0.010	0.010	
24:0.....g	0.001	0.000	3	A	1	0.003	0.008	0.008	
Fatty acids, total monounsaturated.....g	0.336		0	NC	4	0.706	1.767	1.767	
14:1.....g	0.005	0.001	3	A	1	0.010	0.025	0.025	
15:1.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.019	0.005	3	AS	1	0.040	0.099	0.099	
16:1 c.....g	0.017	0.005	3	A	1	0.037	0.092	0.092	
16:1 t.....g	0.001	0.000	3	A	1	0.003	0.008	0.008	
17:1.....g	0.005	0.002	3	A	1	0.010	0.026	0.026	
18:1 undifferentiated.....g	0.303	0.068	3	AS	1	0.637	1.595	1.595	
18:1 c.....g	0.280	0.061	3	A	1	0.588	1.474	1.474	
18:1 t.....g	0.023	0.008	3	A	1	0.049	0.122	0.122	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.004	0.001	3	A	1	0.009	0.022	0.022	
22:1 undifferentiated.....g	0.000	0.000	3	AS	1	0.000	0.000	0.000	
22:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
22:1 t.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.312		0	NC	4	0.654	1.639	1.639	
18:2 undifferentiated.....g	0.270	0.024	3	AS	1	0.567	1.421	1.421	
18:2 n-6 c,c.....g	0.262	0.023	3	A	1	0.549	1.376	1.376	
18:2 CLAs.....g	0.004	0.002	3	A	1	0.008	0.019	0.019	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005	0.001	3	A	1	0.010	0.026	0.026	
18:3 undifferentiated.....g	0.033	0.004	3	AS	1	0.069	0.173	0.173	
18:3 n-3 c,c,c (ALA).....g	0.032	0.004	3	A	1	0.067	0.167	0.167	
18:3 n-6 c,c,c.....g	0.001	0.001	3	A	1	0.003	0.006	0.006	
18:3i.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
18:4.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1	0.001	0.002	0.002	
20:3 undifferentiated.....g	0.001	0.000	3	AS	1	0.003	0.006	0.006	
20:3 n-3.....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
20:3 n-6.....g	0.001	0.000	3	A	1	0.003	0.006	0.006	
20:4 undifferentiated.....g	0.004	0.001	3	A	1	0.008	0.019	0.019	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	3	A	1	0.003	0.006	0.006	
21:5.....g									
22:4.....g	0.001	0.000	3	A	1	0.002	0.004	0.004	
22:5 n-3 (DPA).....g	0.001	0.000	3	A	1	0.002	0.005	0.005	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.030		0	NC	4	0.062	0.155	0.155	

NDB No. 06748

Soup, PROGRESSO, beef barley, traditional, ready to serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	<u>measures of food</u>			
						Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic.....g	0.025		0	NC	4		0.052	0.129	
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.010	0.026	
Cholesterol.....mg	3		2	A	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 = 210g: 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 28 (2015)

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
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0		
Dihydrophyloquinone.....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-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		

NDB No. 06984

Soup, SWANSON Chicken Broth 99% Fat Free

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Alanine.....g	0.024		0	A	1			0.054	
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Lipids:								
Fatty acids, total saturated.....g	0.030		0	NC	4	0.065	0.125	0.281
4:0.....g	0.000		2	A	1	0.000	0.000	0.000
6:0.....g	0.000		2	A	1	0.000	0.000	0.000
8:0.....g	0.000		2	A	1	0.000	0.000	0.000
10:0.....g	0.004		2	A	1	0.008	0.016	0.037
12:0.....g	0.000		2	A	1	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.003		2	A	1	0.005	0.010	0.023
15:0.....g	0.002		2	A	1	0.004	0.008	0.019
16:0.....g	0.011		2	A	1	0.024	0.047	0.106
17:0.....g	0.000		2	A	1	0.000	0.000	0.000
18:0.....g	0.010		2	A	1	0.022	0.043	0.097
20:0.....g	0.000		2	A	1	0.000	0.000	0.000
22:0.....g	0.000		2	A	1	0.000	0.000	0.000
24:0.....g	0.000		2	A	1	0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.012		0	NC	4	0.027	0.051	0.115
14:1.....g	0.001		2	A	1	0.001	0.002	0.005
15:1.....g	0.001		2	A	1	0.001	0.002	0.005
16:1 undifferentiated.....g	0.000		0	AS	1	0.000	0.000	0.000
16:1 c.....g	0.000		2	A	1	0.000	0.000	0.000
16:1 t.....g	0.000		2	A	1	0.000	0.000	0.000
17:1.....g	0.000		2	A	1	0.000	0.000	0.000
18:1 undifferentiated.....g	0.011		0	AS	1	0.024	0.047	0.106
18:1 c.....g	0.008		2	A	1	0.018	0.035	0.078
18:1 t.....g	0.003		2	A	1	0.006	0.012	0.028
18:1-11 t (18:1t n-7).....g								
20:1.....g	0.000		2	A	1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	AS	1	0.000	0.000	0.000
22:1 c.....g	0.000		2	A	1	0.000	0.000	0.000
22:1 t.....g	0.000		2	A	1	0.000	0.000	0.000
24:1 c.....g	0.000		2	A	1	0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.002		0	NC	4	0.004	0.008	0.019
18:2 undifferentiated.....g	0.002		0	AS	1	0.004	0.008	0.019
18:2 n-6 c,c.....g	0.002		2	A	1	0.004	0.008	0.019
18:2 CLAs.....g	0.000		2	A	1	0.000	0.000	0.000
18:2 t,t.....g								
18:2 i.....g								
18:2 t not further defined.....g	0.000		2	A	1	0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	AS	1	0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g	0.000		2	A	1	0.000	0.000	0.000
18:3 n-6 c,c,c.....g	0.000		2	A	1	0.000	0.000	0.000
18:3i.....g	0.000		2	A	1	0.000	0.000	0.000
18:4.....g	0.000		2	A	1	0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1	0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	AS	1	0.000	0.000	0.000
20:3 n-3.....g	0.000		2	A	1	0.000	0.000	0.000
20:3 n-6.....g	0.000		2	A	1	0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		2	A	1	0.000	0.000	0.000
20:4 n-6.....g								
20:5 n-3 (EPA).....g	0.000		2	A	1	0.000	0.000	0.000
21:5.....g								
22:4.....g	0.000		2	A	1	0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		2	A	1	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.003		0	NC	4	0.006	0.012	0.028
Fatty acids, total trans-monoenoic.....g	0.003		0	NC	4	0.006	0.012	0.028
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Cholesterol.....mg	0		1	A	1	0	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

NDB No. 06611

Soup, SWANSON, beef broth, lower sodium

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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 = 213g: 1 cup

Measure 2 = 413g: 1 can 14.5 oz

Measure 3 = 925g: 1 carton 32 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06615
 Soup, SWANSON, vegetable 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
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.031		0	NC	4		0.068	0.287	
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	0.003		1	A	1		0.007	0.028	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.002		1	A	1		0.004	0.019	
15:0.....g	0.001		1	A	1		0.002	0.009	
16:0.....g	0.014		1	A	1		0.031	0.130	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.011		1	A	1		0.024	0.101	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.006		0	NC	4		0.013	0.056	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
16:1 c.....g	0.000		1	A	1		0.000	0.000	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.006		0	AS	1		0.013	0.056	
18:1 c.....g	0.006		1	A	1		0.013	0.056	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.004		0	NC	4		0.009	0.037	
18:2 undifferentiated.....g	0.004		0	AS	1		0.009	0.037	
18:2 n-6 c,c.....g	0.004		1	A	1		0.009	0.037	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		1	A	1		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA).....g	0.000		1	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g	0.000		1	A	1		0.000	0.000	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....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	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	

NDB No. 06615
Soup, SWANSON, vegetable broth

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									

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Common Measures:

Measure 1 = 220g: 1 cup
 Measure 2 = 928g: 1 carton 32 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06731

Soup, bean with bacon, 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	70.90		1	A	1		90.75		
Energy.....kcal	117		0	NC	4		150		
Energy.....kJ	490		0		4		627		
Protein.....g	6.50		1	A	1		8.32		
Total lipid (fat).....g	2.10		1	A	1		2.69		
Ash.....g	2.50		1	A	1		3.20		
Carbohydrate, by difference.....g	18.00		0	NC	4		23.04		
Fiber, total dietary.....g	4.6		1	A	1		5.9		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.37		1	A	1		1.75		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	672		1	MC	9		860		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.601		1	A	1		0.769		
Fatty acids, total monounsaturated.....g	0.747		1	A	1		0.956		
Fatty acids, total polyunsaturated.....g	0.446		1	A	1		0.571		
Fatty acids, total trans.....g									
Cholesterol.....mg	3		1	A	1		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 = 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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	1.610		0		1	4.234	5.136	
4:0.....g								
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								
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	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.

NDB No. 06006

Soup, bean with frankfurters, canned, condensed

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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.850		0		1	2.125	5.160
4:0.....g							
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							
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	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.

NDB No. 06406

Soup, bean with frankfurters, canned, prepared with equal volume water

Common Measures:

Measure 1 = 250g: 1 cup (8 fl oz)

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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	1.370		0			1	3.329	7.480	
4:0.....g									
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									
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	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 28 (2015)

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
Lipids:									
Fatty acids, total saturated.....g	1.140		0		1		1.482	3.716	
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		0.026	0.065	
12:0.....g	0.010		1		1		0.013	0.033	
13:0.....g									
14:0.....g	0.050		1		1		0.065	0.163	
15:0.....g									
16:0.....g	0.700		1		1		0.910	2.282	
17:0.....g									
18:0.....g	0.280		1		1		0.364	0.913	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.620		0		1		2.106	5.281	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.091	0.228	
17:1.....g									
18:1 undifferentiated.....g	1.520		1		1		1.976	4.955	
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		1.768	4.434	
18:2 undifferentiated.....g	1.020		1		1		1.326	3.325	
18:3 undifferentiated.....g	0.330		1		1		0.429	1.076	
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	
21:5.....g									
22:4.....g									
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		3	7	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		1		0.081	0.202	
Threonine.....g	0.243		0		1		0.316	0.792	
Isoleucine.....g	0.287		0		1		0.373	0.936	
Leucine.....g	0.484		0		1		0.629	1.578	
Lysine.....g	0.400		0		1		0.520	1.304	
Methionine.....g	0.074		0		1		0.096	0.241	
Cystine.....g	0.065		0		1		0.085	0.212	
Phenylalanine.....g	0.328		0		1		0.426	1.069	
Tyrosine.....g	0.176		0		1		0.229	0.574	
Valine.....g	0.323		0		1		0.420	1.053	
Arginine.....g	0.308		0		1		0.400	1.004	
Histidine.....g	0.153		0		1		0.199	0.499	
Alanine.....g	0.293		0		1		0.381	0.955	
Aspartic acid.....g	0.658		0		1		0.855	2.145	
Glutamic acid.....g	1.083		0		1		1.408	3.531	
Glycine.....g	0.284		0		1		0.369	0.926	
Proline.....g	0.265		0		1		0.345	0.864	
Serine.....g	0.290		0		1		0.377	0.945	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	

NDB No. 06004

Soup, bean with pork, canned, condensed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 130g: .5 cup

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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06978

Soup, beef and mushroom, low sodium, chunk style

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	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		
21:5.....g									
22:4.....g									
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 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0	0.1	
Vitamin D.....IU	1		0	FLA	4		1	3	
Vitamin K (phylloquinone).....µg	6.0		0	FLA	4		14.9	31.6	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.407		0	NC	4		1.018	2.151	
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		0.002	0.005	
12:0.....g	0.002		0	FLA	4		0.005	0.010	
13:0.....g									
14:0.....g	0.030		0	FLA	4		0.074	0.156	
15:0.....g									
16:0.....g	0.242		0	FLA	4		0.604	1.276	
17:0.....g									
18:0.....g	0.133		0	FLA	4		0.333	0.703	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.296		0	NC	4		0.739	1.560	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0	FLA	4		0.059	0.125	
17:1.....g									
18:1 undifferentiated.....g	0.271		0	FLA	4		0.678	1.432	
20:1.....g	0.001		0	FLA	4		0.002	0.003	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.342		0	NC	4		0.855	1.806	
18:2 undifferentiated.....g	0.300		0	FLA	4		0.751	1.585	
18:3 undifferentiated.....g	0.022		0	FLA	4		0.056	0.119	
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	0.013		0	FLA	4		0.033	0.069	
20:5 n-3 (EPA).....g	0.001		0	FLA	4		0.002	0.005	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.005		0	FLA	4		0.012	0.026	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	FLA	4		18	38	
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 = 250g: 1 cup

Measure 2 = 528g: 1 can

Calories Factors: Protein 4

Fat 9

Carbohydrate4

NDB No. 06749

Soup, beef and vegetables, canned, ready-to-serve

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Vitamin A, IU.....IU									
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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.

NDB No. 27045

Soup, beef and vegetables, reduced sodium, canned, ready-to-serve

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

Number of Data Points of zero indicates the 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 = 525g: 1 can

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27062
 Soup, beef barley, 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	87.35	0.459	11	A	1		181.70	460.36	
Energy.....kcal	52		0	NC	4		107	272	
Energy.....kJ	216		0	NC	4		449	1138	
Protein.....g	2.81	0.092	11	A	1		5.84	14.79	
Total lipid (fat).....g	0.96	0.035	11	A	1		1.99	5.05	
Ash.....g	0.94	0.023	11	A	1		1.96	4.96	
Carbohydrate, by difference.....g	7.94		0	NC	4		16.52	41.84	
Fiber, total dietary.....g	0.9	0.090	6	A	1		1.9	4.9	
Sugars, total.....g	1.22	0.031	6	A	1		2.53	6.41	
Sucrose.....g	0.70	0.026	6	A	1		1.46	3.69	
Glucose (dextrose).....g	0.22	0.017	6	A	1		0.45	1.14	
Fructose.....g	0.30	0.000	6	A	1		0.62	1.58	
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	3.97	0.559	4	A	1		8.27	20.95	
Minerals:									
Calcium, Ca.....mg	11	0.470	11	A	1		23	59	
Iron, Fe.....mg	0.45	0.023	11	A	1		0.93	2.36	
Magnesium, Mg.....mg	9	0.224	11	A	1		20	49	
Phosphorus, P.....mg	50	2.005	11	A	1		103	262	
Potassium, K.....mg	121	3.951	11	A	1		251	635	
Sodium, Na.....mg	297	4.734	11	A	1		617	1564	
Zinc, Zn.....mg	0.50	0.020	11	A	1		1.03	2.61	
Copper, Cu.....mg	0.058	0.003	11	A	1		0.121	0.307	
Manganese, Mn.....mg	0.088	0.003	11	A	1		0.183	0.464	
Selenium, Se.....µg	2.2	0.000	3	A	1		4.6	11.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		2	A	1		1.1	2.8	
Thiamin.....mg	0.027	0.002	6	A	1		0.055	0.140	
Riboflavin.....mg	0.085	0.002	6	A	1		0.178	0.450	
Niacin.....mg	0.933	0.060	6	A	1		1.941	4.918	
Pantothenic acid.....mg	0.177	0.031	4	A	1		0.369	0.935	
Vitamin B-6.....mg	0.078	0.007	6	A	1		0.162	0.412	
Folate, total.....µg	11	0.814	3	A	1		22	56	
Folic acid.....µg	0		0	FLA	4		0	0	
Folate, food.....µg	11	0.814	3	A	1		22	56	
Folate, DFE.....µg	11		0	NC	4		22	56	
Choline, total.....mg	9.0		0	FLA	4		18.6	47.2	
Betaine.....mg									
Vitamin B-12.....µg	0.15	0.012	3	A	1		0.32	0.81	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	14		2	AS	1		29	74	
Retinol.....µg	0		2	A	1		0	0	
Carotene, beta.....µg	139		2	A	1		288	730	
Carotene, alpha.....µg	58		2	A	1		121	307	
Cryptoxanthin, beta.....µg	0		2	A	1		0	0	
Vitamin A, IU.....IU	279		2	AS	1		581	1472	
Lycopene.....µg	357		2	A	1		743	1883	
Lutein + zeaxanthin.....µg	56		2	A	1		117	296	
Vitamin E (alpha-tocopherol).....mg	0.12	0.030	3	A	1		0.24	0.61	
Vitamin E, added.....mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.12	0.076	3	A	1		0.25	0.62	
Tocopherol, delta.....mg	0.03	0.029	3	A	1		0.06	0.15	
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 27062
Soup, beef barley, 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
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLA	4		0	1	
Vitamin K (phylloquinone).....µg	0.4		0	FLA	4		0.9	2.2	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.329		0	NC	4		0.685	1.736	
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	
8:0.....g	0.002	0.002	6	A	1		0.004	0.010	
10:0.....g	0.005	0.001	6	A	1		0.010	0.027	
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.019	0.002	6	A	1		0.038	0.097	
15:0.....g	0.005	0.000	6	A	1		0.010	0.024	
16:0.....g	0.198	0.019	6	A	1		0.412	1.044	
17:0.....g	0.007	0.001	6	A	1		0.014	0.035	
18:0.....g	0.090	0.009	6	A	1		0.186	0.472	
20:0.....g	0.002	0.000	6	A	1		0.004	0.011	
22:0.....g	0.002	0.000	6	A	1		0.003	0.008	
24:0.....g	0.001	0.000	6	A	1		0.003	0.008	
Fatty acids, total monounsaturated.....g	0.349		0	NC	4		0.726	1.839	
14:1.....g	0.006	0.001	6	A	1		0.012	0.030	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.022	0.003	6	AS	1		0.046	0.116	
16:1 c.....g	0.020	0.003	6	A	1		0.042	0.107	
16:1 t.....g	0.002	0.000	6	A	1		0.004	0.010	
17:1.....g	0.006	0.001	6	A	1		0.012	0.029	
18:1 undifferentiated.....g	0.312	0.038	6	AS	1		0.649	1.643	
18:1 c.....g	0.285	0.035	6	A	1		0.593	1.503	
18:1 t.....g	0.027	0.004	6	A	1		0.055	0.140	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.004	0.001	6	A	1		0.008	0.020	
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.232		0	NC	4		0.483	1.225	
18:2 undifferentiated.....g	0.200	0.068	6	AS	1		0.417	1.056	
18:2 n-6 c,c.....g	0.191	0.067	6	A	1		0.398	1.008	
18:2 CLAs.....g	0.004	0.001	6	A	1		0.008	0.020	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005	0.000	6	A	1		0.011	0.028	
18:3 undifferentiated.....g	0.022	0.010	6	AS	1		0.047	0.119	
18:3 n-3 c,c,c (ALA).....g	0.022	0.009	6	A	1		0.045	0.115	
18:3 n-6 c,c,c.....g	0.001	0.001	6	A	1		0.001	0.004	
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000	0.001	
20:3 undifferentiated.....g	0.002	0.000	6	AS	1		0.003	0.008	
20:3 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6.....g	0.002	0.000	6	A	1		0.003	0.008	
20:4 undifferentiated.....g	0.004	0.000	6	A	1		0.008	0.021	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	6	A	1		0.003	0.008	
21:5.....g									
22:4.....g	0.001	0.000	6	A	1		0.002	0.005	
22:5 n-3 (DPA).....g	0.001	0.000	6	A	1		0.003	0.007	

NDB No. 27062

Soup, beef barley, ready to serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.034		0	NC	4	0.070	0.177	
Fatty acids, total trans-monoenoic.....g	0.028		0	NC	4	0.059	0.150	
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4	0.011	0.028	
Cholesterol.....mg	4	0.336	3	A	1	8	20	
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 = 208g: 1 cup

Measure 2 = 527g: 1 can

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

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Common Measures:

Measure 1 = 124g: .5 cup
 Measure 2 = 310g: 1 can (10.5 oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Code					
Lipids:									
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
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.000		0		1		0.000	0.000	
4:0.....g									
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									
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		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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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 Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
Lipids:								
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	
21:5.....g								
22:4.....g								
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06188

Soup, beef broth, less/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	98.01	0.096	9	A	1		214.64	398.90	904.64
Energy.....kcal	6		0	NC	4		13	24	56
Energy.....kJ	25		0	NC	4		55	102	231
Protein.....g	1.14	0.058	9	A	1		2.49	4.63	10.49
Total lipid (fat).....g	0.07	0.004	9	A	1		0.16	0.30	0.68
Ash.....g	0.58	0.073	9	A	1		1.26	2.35	5.32
Carbohydrate, by difference.....g	0.20		0	NC	4		0.44	0.82	1.86
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.20		1	A	1		0.44	0.81	1.85
Sucrose.....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.20		1	A	1		0.44	0.81	1.85
Fructose.....g	0.00		1	A	1		0.00	0.00	0.00
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.549	9	A	1		6	12	26
Iron, Fe.....mg	0.04	0.000	9	A	1		0.08	0.15	0.34
Magnesium, Mg.....mg	1	0.238	9	A	1		3	5	11
Phosphorus, P.....mg	9	1.013	9	A	1		19	36	81
Potassium, K.....mg	20	1.522	9	A	1		44	82	186
Sodium, Na.....mg	225	27.670	9	A	1		493	916	2077
Zinc, Zn.....mg	0.24	0.046	9	A	1		0.53	0.99	2.24
Copper, Cu.....mg	0.009	0.000	9	A	1		0.020	0.037	0.085
Manganese, Mn.....mg	0.005	0.000	9	A	1		0.012	0.022	0.050
Selenium, Se.....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.016	0.004	3	A	1		0.034	0.064	0.145
Riboflavin.....mg	0.073	0.023	3	A	1		0.161	0.298	0.677
Niacin.....mg	0.410	0.107	3	A	1		0.898	1.669	3.784
Pantothenic acid.....mg	0.065		2	A	1		0.142	0.264	0.599
Vitamin B-6.....mg	0.075	0.037	3	A	1		0.163	0.304	0.689
Folate, total.....µg	2		0	BFZN	4		4	8	18
Folic acid.....µg	0		0	BFZN	4		0	0	0
Folate, food.....µg	2		0	BFZN	4		4	8	18
Folate, DFE.....µg	2		0	NC	4		4	8	18
Choline, total.....mg	2.9		0	BFZN	4		6.3	11.7	26.5
Betaine.....mg									
Vitamin B-12.....µg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg	0		2	A	1		0	0	0
Carotene, beta.....µg	0		0	BFZN	4		0	0	0
Carotene, alpha.....µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta.....µg	0		0	BFZN	4		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00

Soup, beef broth, less/reduced sodium, 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
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4		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	BFZN	4		0.0	0.0	0.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.042		0	NC	4		0.092	0.171	0.387
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.004	0.000	4	A	1		0.009	0.016	0.037
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.003	0.000	4	A	1		0.006	0.012	0.026
15:0.....g	0.002	0.000	4	A	1		0.004	0.008	0.018
16:0.....g	0.023	0.012	4	A	1		0.050	0.092	0.209
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0.....g	0.010	0.001	4	A	1		0.022	0.041	0.092
20:0.....g	0.000	0.001	4	A	1		0.001	0.002	0.004
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.026		0	NC	4		0.056	0.105	0.238
14:1.....g	0.001	0.000	4	A	1		0.002	0.003	0.007
15:1.....g	0.000	0.000	4	A	1		0.001	0.001	0.002
16:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
16:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.023	0.014	4	AS	1		0.050	0.093	0.211
18:1 c.....g	0.020	0.012	4	A	1		0.043	0.080	0.182
18:1 t.....g	0.003	0.001	4	A	1		0.007	0.013	0.029
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.005		0	NC	4		0.011	0.020	0.046
18:2 undifferentiated.....g	0.004	0.003	4	AS	1		0.009	0.017	0.040
18:2 n-6 c,c.....g	0.004	0.003	4	A	1		0.009	0.017	0.040
18:2 CLAs.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
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	0.000	0.000
18:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.001	0.001	0.002
18:3 n-3 c,c,c (ALA).....g	0.000	0.000	4	A	1		0.001	0.001	0.002
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:3i.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 06188

Soup, beef broth, less/reduced sodium, ready to serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	4	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.003		0	NC	4	0.007	0.013	0.029
Fatty acids, total trans-monoenoic.....g	0.003		0	NC	4	0.007	0.013	0.029
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Cholesterol.....mg	0		2	A	1	0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	BFZN	4	0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4	0	0	0
Theobromine.....mg	0		0	BFZN	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 = 219g: 1 cup
- Measure 2 = 407g: 1 can (14.5 oz)
- Measure 3 = 923g: 1 carton (32 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	1.200		0		1		1.512	3.660	
4:0.....g									
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									
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	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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.610		0		1		1.488	3.617	
4:0.....g									
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									
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	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 28 (2015)

NDB No. 06009

Soup, beef noodle, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
Lipids:								
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
21:5.....g								
22:4.....g								
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

NDB No. 06009

Soup, beef noodle, canned, condensed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 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 28 (2015)

NDB No. 06409

Soup, beef 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
Lipids:									
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	
21:5.....g									
22:4.....g									
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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		107.44	263.95	
Energy.....kcal	61		0	NC	4		77	190	
Energy.....kJ	255				4		324	796	
Protein.....g	3.90		1	A	1		4.95	12.17	
Total lipid (fat).....g	1.40		1	A	1		1.78	4.37	
Ash.....g	1.90		1	A	1		2.41	5.93	
Carbohydrate, by difference.....g	8.20		0	NC	4		10.41	25.58	
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		898	2206	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.480		1	A	1		0.610	1.498	
Fatty acids, total monounsaturated.....g	0.567		1	A	1		0.720	1.769	
Fatty acids, total polyunsaturated.....g	0.098		1	A	1		0.124	0.306	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	A	1		8	19	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 127g: 1 serving

Measure 2 = 312g: 1 package yields

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

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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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

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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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

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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

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
Lipids:									
Fatty acids, total saturated.....g	1.600		0	MA	12		1.936	4.848	
4:0.....g	0.016		0	MA	12		0.019	0.048	
6:0.....g	0.007		0	MA	12		0.008	0.021	
8:0.....g	0.004		0	MA	12		0.005	0.012	
10:0.....g	0.008		0	MA	12		0.010	0.024	
12:0.....g	0.010		0	MA	12		0.012	0.030	
13:0.....g									
14:0.....g	0.060		0	MA	12		0.073	0.182	
15:0.....g									
16:0.....g	0.975		0	MA	12		1.180	2.954	
17:0.....g									
18:0.....g	0.510		0	MA	12		0.617	1.545	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.000		0	MA	12		2.420	6.060	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0	MA	12		0.021	0.052	
17:1.....g									
18:1 undifferentiated.....g	1.979		0	MA	12		2.395	5.996	
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		2.057	5.151	
18:2 undifferentiated.....g	1.535		0	MA	12		1.857	4.651	
18:3 undifferentiated.....g	0.165		0	MA	12		0.200	0.500	
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	
21:5.....g									
22:4.....g									
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		5	12	
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	

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Common Measures:

Measure 1 = 121g: 1 serving 1/2 cup

Measure 2 = 303g: 1 can 10.7 oz (10.75 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
Fatty acids, total saturated.....g	2.450		0	NC	4		3.038	
4:0.....g	0.128		0		1		0.159	
6:0.....g	0.064		0		1		0.080	
8:0.....g	0.035		0		1		0.043	
10:0.....g	0.074		0		1		0.092	
12:0.....g	0.064		0		1		0.080	
13:0.....g								
14:0.....g	0.405		0		1		0.502	
15:0.....g								
16:0.....g	1.191		0		1		1.476	
17:0.....g								
18:0.....g	0.489		0		1		0.606	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.082		0	NC	4		1.341	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.123		0		1		0.153	
17:1.....g								
18:1 undifferentiated.....g	0.958		0		1		1.188	
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	0.114		0	NC	4		0.141	
18:2 undifferentiated.....g	0.069		0		1		0.086	
18:3 undifferentiated.....g	0.044		0		1		0.055	
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	
21:5.....g								
22:4.....g								
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	3		0	MA	12		4	
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	

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Common Measures:

Measure 1 = 124g: .5 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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	3.630		0		1	9.111	22.107
4:0.....g	0.180		0		1	0.452	1.096
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
21:5.....g							
22:4.....g							
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							

NDB No. 06211

Soup, cheese, canned, prepared with equal volume milk

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 609g: 1 can (11 oz), prepared

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate3.9

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.700		0		1		6.669	16.200	
4:0.....g	0.130		0		1		0.321	0.780	
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									
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	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.

NDB No. 06411

Soup, cheese, canned, prepared with equal volume water

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

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 28 (2015)

NDB No. 06024

Soup, chicken and 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	91.68	0.393	10	A	1		233.79		
Energy.....kcal	33		0	NC	4		84		
Energy.....kJ	137		0	NC	4		349		
Protein (N x 6.25).....g	1.97	0.066	10	A	1		5.04		
Total lipid (fat).....g	0.73	0.049	10	A	1		1.87		
Ash.....g	0.93	0.025	10	A	1		2.37		
Carbohydrate, by difference.....g	4.68		0	NC	4		11.92		
Fiber, total dietary.....g	0.9	0.102	6	A	1		2.4		
Sugars, total.....g	1.01	0.114	7	A	1		2.58		
Sucrose.....g	0.59	0.091	7	A	1		1.49		
Glucose (dextrose).....g	0.15	0.022	7	A	1		0.39		
Fructose.....g	0.27	0.047	7	A	1		0.69		
Lactose.....g	0.00	0.000	7	A	1		0.00		
Maltose.....g	0.00	0.000	7	A	1		0.00		
Galactose.....g	0.00	0.000	7	A	1		0.00		
Starch.....g	2.70	0.277	7	A	1		6.88		
Minerals:									
Calcium, Ca.....mg	14	1.087	10	A	1		35		
Iron, Fe.....mg	0.25	0.009	10	A	1		0.65		
Magnesium, Mg.....mg	8	0.243	10	A	1		19		
Phosphorus, P.....mg	35	1.795	10	A	1		90		
Potassium, K.....mg	133	11.115	10	A	1		340		
Sodium, Na.....mg	229	10.959	10	A	1		585		
Zinc, Zn.....mg	0.22	0.022	10	A	1		0.56		
Copper, Cu.....mg	0.023	0.001	10	A	1		0.059		
Manganese, Mn.....mg	0.056	0.004	10	A	1		0.142		
Selenium, Se.....µg	3.0	0.168	7	A	1		7.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	5	A	1		0.0		
Thiamin.....mg	0.017	0.002	7	A	1		0.043		
Riboflavin.....mg	0.098	0.011	7	A	1		0.249		
Niacin.....mg	0.906	0.052	7	A	1		2.309		
Pantothenic acid.....mg	0.212	0.020	4	A	1		0.542		
Vitamin B-6.....mg	0.072	0.006	7	A	1		0.185		
Folate, total.....µg	13	1.380	4	A	1		33		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	13	1.380	4	A	1		33		
Folate, DFE.....µg	13		0	NC	4		33		
Choline, total.....mg	7.7		0	FLC	4		19.7		
Betaine.....mg									
Vitamin B-12.....µg	0.11	0.021	7	A	1		0.27		
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00		
Vitamin A, RAE.....µg	52		0	NC	4		133		
Retinol.....µg	0		0	FLC	4		0		
Carotene, beta.....µg	512	32.958	7	A	1		1306		
Carotene, alpha.....µg	224	18.033	7	A	1		571		
Cryptoxanthin, beta.....µg	3		0	FLC	4		8		
Vitamin A, IU.....IU	1044		0	NC	4		2661		
Lycopene.....µg	70	32.799	7	A	1		179		
Lutein + zeaxanthin.....µg	134	13.038	7	A	1		341		
Vitamin E (alpha-tocopherol).....mg	0.24	0.014	4	A	1		0.61		
Vitamin E, added.....mg	0.00		0	FLC	4		0.00		
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00		
Tocopherol, gamma.....mg	0.07	0.006	4	A	1		0.17		
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, alpha.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, beta.....mg	0.02	0.010	4	A	1		0.04		

Soup, chicken and 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
Tocotrienol, gamma.....mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	4	A	1		0.00		
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		5.7		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.121		0	NC	4		0.309		
4:0.....g	0.000	0.000	6	A	1		0.000		
6:0.....g	0.000	0.000	6	A	1		0.000		
8:0.....g	0.000	0.000	6	A	1		0.000		
10:0.....g	0.000	0.000	6	A	1		0.000		
12:0.....g	0.000	0.000	6	A	1		0.000		
13:0.....g									
14:0.....g	0.002	0.001	6	A	1		0.004		
15:0.....g	0.001	0.001	6	A	1		0.003		
16:0.....g	0.094	0.014	6	A	1		0.240		
17:0.....g	0.000	0.000	6	A	1		0.000		
18:0.....g	0.024	0.003	6	A	1		0.061		
20:0.....g	0.000	0.000	6	A	1		0.001		
22:0.....g	0.000	0.000	6	A	1		0.000		
24:0.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.158		0	NC	4		0.404		
14:1.....g	0.000	0.000	6	A	1		0.000		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.015	0.005	6	AS	1		0.039		
16:1 c.....g	0.015	0.005	6	A	1		0.039		
16:1 t.....g	0.000	0.000	6	A	1		0.000		
17:1.....g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated.....g	0.143	0.019	6	AS	1		0.365		
18:1 c.....g	0.143	0.019	6	A	1		0.364		
18:1 t.....g	0.000	0.000	6	A	1		0.000		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000	0.000	6	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
22:1 c.....g	0.000	0.000	6	A	1		0.000		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.134		0	NC	4		0.341		
18:2 undifferentiated.....g	0.120	0.015	6	AS	1		0.306		
18:2 n-6 c,c.....g	0.120	0.015	6	A	1		0.306		
18:2 CLAs.....g	0.000	0.000	6	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000	0.000	6	A	1		0.000		
18:3 undifferentiated.....g	0.010	0.001	6	AS	1		0.025		
18:3 n-3 c,c,c (ALA).....g	0.010	0.001	6	A	1		0.025		
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000		
18:3i.....g	0.000	0.000	6	A	1		0.000		
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.000	0.000	6	A	1		0.000		
20:4 undifferentiated.....g	0.004	0.000	6	A	1		0.010		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000		

NDB No. 06024

Soup, chicken and 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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.000	0.000	6	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	3	0.349	7	A	1		7			
Phytosterols.....mg										
Amino Acids:										
Tryptophan.....g	0.020		0	A	1		0.051			
Threonine.....g	0.057		0	A	1		0.145			
Isoleucine.....g	0.070		0	A	1		0.179			
Leucine.....g	0.127		0	A	1		0.324			
Lysine.....g	0.099		0	A	1		0.253			
Methionine.....g	0.037		0	A	1		0.094			
Cystine.....g	0.023		0	A	1		0.059			
Phenylalanine.....g	0.060		0	A	1		0.153			
Tyrosine.....g	0.050		0	A	1		0.128			
Valine.....g	0.080		0	A	1		0.205			
Arginine.....g	0.110		0	A	1		0.281			
Histidine.....g	0.050		0	A	1		0.128			
Alanine.....g	0.094		0	A	1		0.240			
Aspartic acid.....g	0.181		0	A	1		0.461			
Glutamic acid.....g	0.314		0	A	1		0.800			
Glycine.....g	0.077		0	A	1		0.197			
Proline.....g	0.083		0	A	1		0.213			
Serine.....g	0.073		0	A	1		0.187			
Hydroxyproline.....g	0.000	0.000	3	A	1		0.000			
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 = 255g: 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 28 (2015)

NDB No. 06081
Soup, chicken broth cubes, 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	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.....µg	32		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.30		0		4		0.01		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	FLA	4		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	1.200		0	NC	4		0.058		
4:0.....g									
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									
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	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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.030		0		1		0.073	0.055	
4:0.....g									
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									
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		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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
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	
21:5.....g								
22:4.....g								
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06183

Soup, chicken broth, less/reduced sodium, 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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

NDB No. 06194

Soup, chicken broth, 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	97.81	0.158	15	A	1		243.55		
Energy.....kcal	6		0	NC	4		16		
Energy.....kJ	26		0	NC	4		65		
Protein.....g	0.64	0.062	15	A	1		1.59		
Total lipid (fat).....g	0.21	0.019	15	A	1		0.53		
Ash.....g	0.90	0.024	15	A	1		2.23		
Carbohydrate, by difference.....g	0.44		0	NC	4		1.10		
Fiber, total dietary.....g	0.0	0.000	8	A	1		0.0		
Sugars, total.....g	0.43		1	FLA	4		1.06		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4	0.401	15	A	1		10		
Iron, Fe.....mg	0.07	0.007	15	A	1		0.19		
Magnesium, Mg.....mg	1	0.107	15	A	1		3		
Phosphorus, P.....mg	4	0.308	15	A	1		11		
Potassium, K.....mg	18	4.924	15	A	1		46		
Sodium, Na.....mg	371	6.054	15	A	1		924		
Zinc, Zn.....mg	0.07	0.012	15	A	1		0.18		
Copper, Cu.....mg	0.015	0.003	15	A	1		0.036		
Manganese, Mn.....mg	0.015	0.000	15	A	1		0.037		
Selenium, Se.....µg	0.4	0.000	3	A	1		1.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.021	0.001	8	A	1		0.053		
Riboflavin.....mg	0.059	0.003	8	A	1		0.148		
Niacin.....mg	0.219	0.014	8	A	1		0.545		
Pantothenic acid.....mg	0.000	0.000	6	A	1		0.000		
Vitamin B-6.....mg	0.000	0.000	8	A	1		0.000		
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.....µg	0		0	NC	4		1		
Choline, total.....mg	1.0		0	AS	1		2.5		
Betaine.....mg	1.2		1	A	1		3.0		
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.....µg	0		0	AS	1		0		
Retinol.....µg	0		3	A	1		0		
Carotene, beta.....µg	1		3	A	1		3		
Carotene, alpha.....µg	0		3	A	1		1		
Cryptoxanthin, beta.....µg	0		3	A	1		0		
Vitamin A, IU.....IU	2		0	AS	1		6		
Lycopene.....µg	0		3	A	1		1		
Lutein + zeaxanthin.....µg	0		3	A	1		1		
Vitamin E (alpha-tocopherol).....mg	0.04		1	A	1		0.11		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.00		1	A	1		0.00		
Tocopherol, delta.....mg	0.00		1	A	1		0.00		
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
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		

NDB No. 06194

Soup, chicken broth, 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
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.013		0	FLA	4		0.031		
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	0.000		0	FLA	4		0.000		
13:0.....g									
14:0.....g	0.000		0	FLA	4		0.001		
15:0.....g									
16:0.....g	0.009		0	FLA	4		0.023		
17:0.....g									
18:0.....g	0.003		0	FLA	4		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0	FLA	4		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.016		0	FLA	4		0.039		
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	0.009		0	FLA	4		0.022		
18:2 undifferentiated.....g	0.008		0	FLA	4		0.020		
18:3 undifferentiated.....g	0.000		0	FLA	4		0.001		
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		
21:5.....g									
22:4.....g									
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		1	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 = 249g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		197.04	442.52	
Energy.....kcal	99		0	NC	4		238	534	
Energy.....kJ	414		0		4		994	2233	
Protein.....g	3.10		1	A	1		7.44	16.71	
Total lipid (fat).....g	6.30		1	A	1		15.12	33.96	
Ash.....g	1.00		1	A	1		2.40	5.39	
Carbohydrate, by difference.....g	7.50		0	NC	4		18.00	40.43	
Fiber, total dietary.....g	0.9		1	A	1		2.2	4.9	
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		718	1612	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.750		1	A	1		4.200	9.433	
Fatty acids, total monounsaturated.....g	1.270		1	A	1		3.048	6.845	
Fatty acids, total polyunsaturated.....g	1.900		1	A	1		4.560	10.241	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	A	1		26	59	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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
 Measure 2 = 539g: 1 package yields

Calories Factors: Protein Fat Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	5.7		0	FLA	4		7.2	17.4	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 06017

Soup, chicken gumbo, canned, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

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
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 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06726

Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

Measure 2 = 539g: 1 package yields

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06149

Soup, chicken 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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	1.246		0	NC	4	1.545	
4:0.....g	0.007		0		1	0.008	
6:0.....g	0.007		0		1	0.008	
8:0.....g	0.000		0		1	0.000	
10:0.....g	0.007		0		1	0.008	
12:0.....g	0.007		0		1	0.008	
13:0.....g							
14:0.....g	0.047		0		1	0.058	
15:0.....g							
16:0.....g	0.839		0		1	1.041	
17:0.....g							
18:0.....g	0.333		0		1	0.413	
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.125		0	NC	4	2.635	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.140		0		1	0.173	
17:1.....g							
18:1 undifferentiated.....g	1.959		0		1	2.429	
20:1.....g	0.027		0		1	0.033	
22:1 undifferentiated.....g	0.000		0		1	0.000	
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.226		0	NC	4	1.520	
18:2 undifferentiated.....g	1.166		0		1	1.446	
18:3 undifferentiated.....g	0.060		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	
21:5.....g							
22:4.....g							
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	8		1	LC	8	10	
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 = 124g: .5 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate 4.2

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.980		0		1		2.391	5.811	
4:0.....g	0.010		0		1		0.024	0.059	
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									
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	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 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....µg	0.0		0	FLC	4		0.1		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.389		0	NC	4		0.483		
4:0.....g	0.000	0.000	6	A	1		0.000		
6:0.....g	0.000	0.000	6	A	1		0.000		
8:0.....g	0.000	0.000	6	A	1		0.000		
10:0.....g	0.000	0.000	6	A	1		0.000		
12:0.....g	0.000	0.000	6	A	1		0.000		
13:0.....g									
14:0.....g	0.008	0.000	6	A	1		0.010		
15:0.....g	0.002	0.000	6	A	1		0.002		
16:0.....g	0.303	0.008	6	A	1		0.376		
17:0.....g	0.001	0.001	6	A	1		0.002		
18:0.....g	0.074	0.002	6	A	1		0.092		
20:0.....g	0.000	0.000	6	A	1		0.001		
22:0.....g	0.000	0.000	6	A	1		0.000		
24:0.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.536		0	NC	4		0.664		
14:1.....g	0.002	0.000	6	A	1		0.002		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.059	0.002	6	AS	1		0.074		
16:1 c.....g	0.059	0.002	6	A	1		0.074		
16:1 t.....g	0.000	0.000	6	A	1		0.000		
17:1.....g	0.000	0.000	6	A	1		0.001		
18:1 undifferentiated.....g	0.466	0.013	6	AS	1		0.578		
18:1 c.....g	0.461	0.013	6	A	1		0.571		
18:1 t.....g	0.005	0.000	6	A	1		0.007		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.008	0.000	6	A	1		0.010		
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
22:1 c.....g	0.000	0.000	6	A	1		0.000		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.339		0	NC	4		0.420		
18:2 undifferentiated.....g	0.311	0.009	6	AS	1		0.386		
18:2 n-6 c,c.....g	0.309	0.008	6	A	1		0.384		
18:2 CLAs.....g	0.000	0.000	6	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.001	0.000	6	A	1		0.002		
18:3 undifferentiated.....g	0.014	0.000	6	AS	1		0.017		
18:3 n-3 c,c,c (ALA).....g	0.014	0.000	6	A	1		0.017		
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000		
18:3i.....g	0.000	0.000	6	A	1		0.000		
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.002	0.000	6	A	1		0.002		
20:3 undifferentiated.....g	0.002	0.000	6	AS	1		0.002		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.002	0.000	6	A	1		0.002		
20:4 undifferentiated.....g	0.008	0.001	6	A	1		0.010		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000		
21:5.....g									
22:4.....g	0.001	0.001	6	A	1		0.001		
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total trans.....g	0.007		0	NC	4		0.008		
Fatty acids, total trans-monoenoic.....g	0.005		0	NC	4		0.007		

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 trans-polyenoic.....g	0.001		0	NC	4		0.002		
Cholesterol.....mg	8	0.913	13	LC	8		10		
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 = 124g: .5 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06419

Soup, chicken 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.191		0	RPI	6		0.473		
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	0.004		0	RPI	6		0.009		
15:0.....g									
16:0.....g	0.149		0	RPI	6		0.368		
17:0.....g									
18:0.....g	0.036		0	RPI	6		0.090		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.262		0	RPI	6		0.650		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0	RPI	6		0.072		
17:1.....g									
18:1 undifferentiated.....g	0.228		0	RPI	6		0.566		
20:1.....g	0.004		0	RPI	6		0.010		
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.166		0	RPI	6		0.411		
18:2 undifferentiated.....g	0.152		0	RPI	6		0.378		
18:3 undifferentiated.....g	0.007		0	RPI	6		0.017		
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	0.004		0	RPI	6		0.010		
20:5 n-3 (EPA).....g	0.000		0	RPI	6		0.000		
21:5.....g									
22:4.....g									
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		0.008		
Cholesterol.....mg	4		0	RPI	6		10		
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 28 (2015)

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
Tocotrienol, gamma.....mg									
Tocotrienol, 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		0.1	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.969		0	NC	4		1.457	0.219	
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	2.268		0	NC	4		1.678	0.252	
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	1.398		0	NC	4		1.034	0.155	
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	
21:5.....g									
22:4.....g									
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									
<u>Amino Acids:</u>									
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	

NDB No. 06128
Soup, chicken noodle, dry, mix

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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								
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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		

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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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

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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 28 (2015)

NDB No. 27044

Soup, chicken noodle, 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			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	BFZN	4	0.0	0.0		
Vitamin D.....IU	0		0	NR	4	0	0		
Vitamin K (phylloquinone).....µg	2.3		2	A	1	5.6	11.8		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.394		0	NC	4	0.965	2.032		
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		2	A	1	0.000	0.000		
10:0.....g	0.000		2	A	1	0.000	0.000		
12:0.....g	0.000		2	A	1	0.000	0.000		
13:0.....g									
14:0.....g	0.007		2	A	1	0.018	0.039		
15:0.....g									
16:0.....g	0.303		2	A	1	0.742	1.563		
17:0.....g									
18:0.....g	0.082		2	A	1	0.201	0.424		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.594		0	NC	4	1.456	3.067		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		2	A	1	0.195	0.411		
17:1.....g									
18:1 undifferentiated.....g	0.510		2	A	1	1.249	2.630		
20:1.....g	0.004		2	A	1	0.009	0.019		
22:1 undifferentiated.....g	0.000		0	BFZN	4	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.325		0	NC	4	0.797	1.679		
18:2 undifferentiated.....g	0.293		2	A	1	0.718	1.511		
18:3 undifferentiated.....g	0.016		0	AS	1	0.040	0.084		
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	0.012		2	A	1	0.031	0.064		
20:5 n-3 (EPA).....g	0.001		0	BFZN	4	0.001	0.003		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.001		0	BFZN	4	0.003	0.006		
22:6 n-3 (DHA).....g	0.002		0	BFZN	4	0.004	0.009		
Fatty acids, total trans.....g									
Cholesterol.....mg	4		2	A	1	11	23		
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		

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Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 516g: 1 can

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 27044

Soup, chicken noodle, reduced sodium, canned, ready-to-serve

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

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Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can 19 oz

Calories Factors: Protein 3.8

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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		

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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 28 (2015)

NDB No. 06025

Soup, chicken vegetable, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
Lipids:								
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
21:5.....g								
22:4.....g								
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

NDB No. 06025

Soup, chicken vegetable, canned, condensed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Theobromine.....mg	0		0	FLA	4	0		0	

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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 28 (2015)

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		214.80	406.33	
Energy.....kcal	40		0	NC	4		96	182	
Energy.....kJ	167				4		402	760	
Protein.....g	2.70		1	A	1		6.48	12.26	
Total lipid (fat).....g	0.50		1	A	1		1.20	2.27	
Ash.....g	1.00		1	A	1		2.40	4.54	
Carbohydrate, by difference.....g	6.30		0	NC	4		15.12	28.60	
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		461	872	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.121		1	A	1		0.290	0.549	
Fatty acids, total monounsaturated.....g	0.168		1	A	1		0.403	0.763	
Fatty acids, total polyunsaturated.....g	0.107		1	A	1		0.257	0.486	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1	A	1		10	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 = 240g: 1 serving

Measure 2 = 454g: 1 package yields

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
Fatty acids, total saturated.....g	0.370		0		1		0.466		
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	0.002	3		1		0.013		
15:0.....g									
16:0.....g	0.290	0.039	3		1		0.365		
17:0.....g									
18:0.....g	0.070	0.009	3		1		0.088		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.740		0		1		0.932		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060	0.012	3		1		0.076		
17:1.....g									
18:1 undifferentiated.....g	0.680	0.086	3		1		0.857		
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	0.340		0		1		0.428		
18:2 undifferentiated.....g	0.320	0.043	3		1		0.403		
18:3 undifferentiated.....g	0.010		1		1		0.013		
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		
21:5.....g									
22:4.....g									
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	MA	12		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 = 126g: .5 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
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		
21:5.....g									
22:4.....g									
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		

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Common Measures:

Measure 1 = 243g: 1 serving 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		108.50	258.66	
Energy.....kcal	50		0	NC	4		63	149	
Energy.....kJ	209				4		262	623	
Protein.....g	2.30		1	A	1		2.88	6.85	
Total lipid (fat).....g	1.40		1	A	1		1.75	4.17	
Ash.....g	2.40		1	A	1		3.00	7.15	
Carbohydrate, by difference.....g	7.10		0	NC	4		8.88	21.16	
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		915	2181	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.342		1	A	1		0.428	1.019	
Fatty acids, total monounsaturated.....g	0.546		1	A	1		0.683	1.627	
Fatty acids, total polyunsaturated.....g	0.303		1	A	1		0.379	0.903	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1	A	1		5	12	
Phytosterols.....mg									

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Common Measures:

Measure 1 = 125g: 1 serving

Measure 2 = 298g: 1 package yields

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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

NDB No. 06015

Soup, chicken, canned, chunky, ready-to-serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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		

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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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

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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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.608		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	
21:5.....g									
22:4.....g									
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	

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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 28 (2015)

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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
Lipids:								
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
21:5.....g								
22:4.....g								
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

NDB No. 06070

Soup, chunky beef, canned, ready-to-serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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 = 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 28 (2015)

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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.7		0	FLC	4		9.2	4.2	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.627		0	FLC	4		3.323	1.523	
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		0	FLC	4		0.008	0.004	
13:0.....g									
14:0.....g	0.027		0	FLC	4		0.142	0.065	
15:0.....g									
16:0.....g	0.463		0	FLC	4		2.456	1.126	
17:0.....g									
18:0.....g	0.126		0	FLC	4		0.667	0.306	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.298		0	FLC	4		1.578	0.723	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0	FLC	4		0.189	0.087	
17:1.....g									
18:1 undifferentiated.....g	0.251		0	FLC	4		1.331	0.610	
20:1.....g	0.009		0	FLC	4		0.047	0.021	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.172		0	FLC	4		0.912	0.418	
18:2 undifferentiated.....g	0.153		0	FLC	4		0.813	0.373	
18:3 undifferentiated.....g	0.011		0	FLC	4		0.057	0.026	
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	0.003		0	FLC	4		0.017	0.008	
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.002	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.001		0	FLC	4		0.004	0.002	
22:6 n-3 (DHA).....g	0.001		0	FLC	4		0.006	0.003	
Fatty acids, total trans.....g	0.001		0	FLC	4		0.007	0.003	
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

NDB No. 06018

Soup, chunky chicken noodle, canned, ready-to-serve

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	89.53	0.283	14	A	1		205.93		
Energy.....kcal	39		0	NC	4		91		
Energy.....kJ	165		0	NC	4		380		
Protein (N x 6.25).....g	1.14	0.058	14	A	1		2.62		
Total lipid (fat).....g	0.36	0.038	14	A	1		0.82		
Ash.....g	1.07	0.010	14	A	1		2.46		
Carbohydrate, by difference.....g	7.90		0	NC	4		18.17		
Fiber, total dietary.....g	1.1	0.017	4	A	1		2.6		
Sugars, total.....g	1.56	0.015	3	A	1		3.58		
Sucrose.....g	0.50	0.000	3	A	1		1.14		
Glucose (dextrose).....g	0.60	0.004	3	A	1		1.39		
Fructose.....g	0.46	0.011	3	A	1		1.05		
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	5.45		2	A	1		12.55		
Minerals:									
Calcium, Ca.....mg	18	0.337	14	A	1		42		
Iron, Fe.....mg	0.51	0.014	14	A	1		1.17		
Magnesium, Mg.....mg	10	0.059	14	A	1		24		
Phosphorus, P.....mg	29	0.372	14	A	1		66		
Potassium, K.....mg	180	3.405	14	A	1		415		
Sodium, Na.....mg	267	2.357	14	A	1		614		
Zinc, Zn.....mg	0.23	0.005	14	A	1		0.52		
Copper, Cu.....mg	0.040	0.003	14	A	1		0.091		
Manganese, Mn.....mg	0.087	0.003	14	A	1		0.201		
Selenium, Se.....µg	2.9		1	A	1		6.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	5	A	1		1.7		
Thiamin.....mg	0.029	0.000	6	A	1		0.066		
Riboflavin.....mg	0.043	0.001	6	A	1		0.099		
Niacin.....mg	0.542	0.015	6	A	1		1.246		
Pantothenic acid.....mg	0.172	0.003	5	A	1		0.396		
Vitamin B-6.....mg	0.065	0.001	6	A	1		0.150		
Folate, total.....µg	7	1.182	3		1		16		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	7	1.182	3		1		16		
Folate, DFE.....µg	7		0	NC	4		16		
Choline, total.....mg	7.0		0	AS	1		16.2		
Betaine.....mg	0.3		1	A	1		0.6		
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.....µg	52		0	AS	1		121		
Retinol.....µg	0		0	FLA	4		0		
Carotene, beta.....µg	512	26.453	6	A	1		1177		
Carotene, alpha.....µg	236	22.278	6	A	1		542		
Cryptoxanthin, beta.....µg	0	0.000	6	A	1		0		
Vitamin A, IU.....IU	1049		0	AS	1		2413		
Lycopene.....µg	580	15.915	6	A	1		1334		
Lutein + zeaxanthin.....µg	132	2.601	6	A	1		304		
Vitamin E (alpha-tocopherol).....mg	0.17	0.015	6	A	1		0.40		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.02	0.008	6	A	1		0.04		
Tocopherol, gamma.....mg	0.09	0.005	6	A	1		0.21		
Tocopherol, delta.....mg	0.00	0.002	6	A	1		0.01		
Tocotrienol, alpha.....mg	0.02	0.005	6	A	1		0.05		
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00		

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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Tocotrienol, gamma.....mg	0.03	0.009	6	A	1			0.07		
Tocotrienol, delta.....mg	0.00	0.000	6	A	1			0.00		
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	8.1		0	FLA	4			18.7		
Dihydrophyloquinone.....µg										
Menaquinone-4.....µg										
Lipids:										
Fatty acids, total saturated.....g	0.045		0	NC	4			0.104		
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		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	0.001		0	FLA	4			0.002		
15:0.....g										
16:0.....g	0.035		0		1			0.080		
17:0.....g										
18:0.....g	0.010		0	FLA	4			0.023		
20:0.....g										
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	0.152		0	NC	4			0.350		
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.001		0	FLA	4			0.003		
17:1.....g										
18:1 undifferentiated.....g	0.151		0	FLA	4			0.347		
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	0.133		0	NC	4			0.305		
18:2 undifferentiated.....g	0.124		0		1			0.286		
18:3 undifferentiated.....g	0.008		0	FLA	4			0.019		
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	FLA	4			0.000		
21:5.....g										
22:4.....g										
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		1	LC	8			0.000		
Cholesterol.....mg	0		0		1			0		
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 = 230g: 1 cup

NDB No. 06067

Soup, chunky vegetable, canned, ready-to-serve

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 27060

Soup, chunky vegetable, 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	86.91		2	A	1		208.58		
Energy.....kcal	50		0	NC	4		121		
Energy.....kJ	211		0	NC	4		506		
Protein.....g	1.16		2	A	1		2.77		
Total lipid (fat).....g	0.51		2	A	1		1.24		
Ash.....g	1.14		2	A	1		2.74		
Carbohydrate, by difference.....g	10.28		0	NC	4		24.67		
Fiber, total dietary.....g	1.1		1	A	1		2.7		
Sugars, total.....g	2.78		1	A	1		6.67		
Sucrose.....g	1.18		1	A	1		2.83		
Glucose (dextrose).....g	0.85		1	A	1		2.04		
Fructose.....g	0.75		1	A	1		1.80		
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	7.00		1	A	1		16.80		
Minerals:									
Calcium, Ca.....mg	25		2	A	1		61		
Iron, Fe.....mg	0.40		2	A	1		0.95		
Magnesium, Mg.....mg	12		2	A	1		28		
Phosphorus, P.....mg	28		2	A	1		68		
Potassium, K.....mg	349		2	A	1		838		
Sodium, Na.....mg	138		2	A	1		330		
Zinc, Zn.....mg	0.24		2	A	1		0.57		
Copper, Cu.....mg	0.046		2	A	1		0.111		
Manganese, Mn.....mg	0.089		2	A	1		0.215		
Selenium, Se.....µg	0.8		0	FLA	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1		1.8		
Thiamin.....mg	0.050		1	A	1		0.120		
Riboflavin.....mg	0.100		1	A	1		0.240		
Niacin.....mg	0.610		1	A	1		1.464		
Pantothenic acid.....mg	0.220		1	A	1		0.528		
Vitamin B-6.....mg	0.070		1	A	1		0.168		
Folate, total.....µg	10		0	FLA	4		25		
Folic acid.....µg	0		0	FLA	4		0		
Folate, food.....µg	10		0	FLA	4		25		
Folate, DFE.....µg	10		0	NC	4		25		
Choline, total.....mg	10.6		0	FLA	4		25.4		
Betaine.....mg									
Vitamin B-12.....µg	0.02		0	FLA	4		0.04		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	58		0	NC	4		139		
Retinol.....µg	2		0	FLA	4		5		
Carotene, beta.....µg	572		1	A	1		1373		
Carotene, alpha.....µg	195		1	A	1		467		
Cryptoxanthin, beta.....µg	0		1	A	1		0		
Vitamin A, IU.....IU	1122		0	NC	4		2694		
Lycopene.....µg	659		1	A	1		1581		
Lutein + zeaxanthin.....µg	116		1	A	1		278		
Vitamin E (alpha-tocopherol).....mg	0.18		1	A	1		0.44		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg	0.04		1	A	1		0.09		
Tocopherol, gamma.....mg	0.07		1	A	1		0.17		
Tocopherol, delta.....mg	0.01		1	A	1		0.03		
Tocotrienol, alpha.....mg	0.02		1	A	1		0.05		
Tocotrienol, beta.....mg	0.00		1	A	1		0.00		

NDB No. 27060

Soup, chunky vegetable, 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
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00		
Tocotrienol, delta.....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLA	4		0		
Vitamin K (phylloquinone).....µg	6.2		0	FLA	4		14.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.217		0	NC	4		0.521		
4:0.....g	0.010		0	FLA	4		0.024		
6:0.....g	0.005		0	FLA	4		0.013		
8:0.....g	0.003		0	FLA	4		0.008		
10:0.....g	0.008		0	FLA	4		0.020		
12:0.....g	0.010		0	FLA	4		0.025		
13:0.....g									
14:0.....g	0.032		0	FLA	4		0.076		
15:0.....g									
16:0.....g	0.113		0	FLA	4		0.271		
17:0.....g									
18:0.....g	0.035		0	FLA	4		0.084		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.111		0	NC	4		0.268		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.013		
17:1.....g									
18:1 undifferentiated.....g	0.106		0	FLA	4		0.254		
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	0.097		0	NC	4		0.233		
18:2 undifferentiated.....g	0.084		0	FLA	4		0.201		
18:3 undifferentiated.....g	0.013		0	FLA	4		0.031		
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		0.001		
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000		
21:5.....g									
22:4.....g									
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	1		0	FLA	4		2		
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 = 240g: 1 cup

NDB No. 27060

Soup, chunky vegetable, reduced sodium, canned, ready-to-serve

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	698		0	LC	8		879	2129	
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	5.5		0	FLA	4		7.0	16.9	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.305		0		1		0.384	0.930	
4:0.....g									
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									
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		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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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 28 (2015)

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
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	
21:5.....g								
22:4.....g								
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 28 (2015)

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.....µg									
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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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.

NDB No. 27042

Soup, clam chowder, new england, canned, ready-to-serve

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

Number of Data Points of zero indicates the 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 = 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 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	FLC	4		0.0	0.0	
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	
21:5.....g									
22:4.....g									
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	

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Common Measures:

Measure 1 = 519g: 1 can

Measure 2 = 256g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate4

NDB No. 27043

Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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

NDB No. 06001

Soup, cream of asparagus, canned, condensed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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	

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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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 06201

Soup, cream of asparagus, canned, prepared with equal volume milk

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 06401

Soup, cream of asparagus, canned, prepared with equal volume water

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

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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

Carbohydrate3.9

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

NDB No. 06010

Soup, cream of celery, canned, condensed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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 28 (2015)

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.....µg	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.....µg									
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	1.590		0		1	3.943	9.572
4:0.....g	0.080		0		1	0.198	0.482
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
21:5.....g							
22:4.....g							
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							

NDB No. 06210

Soup, cream of celery, canned, prepared with equal volume milk

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

Carbohydrate3.9

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg									
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.580		0	1	1.438	3.439	
4:0.....g	0.030		0	1	0.074	0.178	
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	
21:5.....g							
22:4.....g							
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							

NDB No. 06410

Soup, cream of celery, canned, prepared with equal volume water

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate3.9

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.1		0	FLA	4		5.1	12.4	
Dihydrophyloquinone.....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	
21:5.....g									
22:4.....g									
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	

NDB No. 06016

Soup, cream of chicken, canned, condensed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Proline.....g	0.205		0		1	0.258	0.625	
Serine.....g	0.120		0		1	0.151	0.366	
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. Number of Data Points of zero indicates the 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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

NDB No. 06736

Soup, cream of chicken, 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	81.40		1	A	1		102.56	248.27	
Energy.....kcal	99		0	NC	4		125	302	
Energy.....kJ	414						522	1263	
Protein.....g	2.40		1	A	1		3.02	7.32	
Total lipid (fat).....g	6.50		1	A	1		8.19	19.83	
Ash.....g	2.00		1	A	1		2.52	6.10	
Carbohydrate, by difference.....g	7.70		0	NC	4		9.70	23.49	
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		993	2403	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.610		1	A	1		2.029	4.911	
Fatty acids, total monounsaturated.....g	1.640		1	A	1		2.066	5.002	
Fatty acids, total polyunsaturated.....g	2.050		1	A	1		2.583	6.253	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	A	1		9	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 = 126g: 1 serving

Measure 2 = 305g: 1 package yields

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg									
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 06216

Soup, cream of chicken, canned, prepared with equal volume milk

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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
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
21:5.....g							
22:4.....g							
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							

NDB No. 06416

Soup, cream of chicken, canned, prepared with equal volume water

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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 28 (2015)

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	84.70	0.248	12	A	1		106.72		
Energy.....kcal	79		0	NC	4		100		
Energy.....kJ	331		0	NC	4		417		
Protein (N x 6.25).....g	1.35	0.065	12	A	1		1.71		
Total lipid (fat).....g	5.30	0.212	12	A	1		6.67		
Ash.....g	1.85	0.038	12	A	1		2.33		
Carbohydrate, by difference.....g	6.80		0	NC	4		8.57		
Fiber, total dietary.....g	0.7	0.122	4	A	1		0.9		
Sugars, total.....g	0.40	0.026	6	A	1		0.50		
Sucrose.....g	0.00	0.000	6	A	1		0.00		
Glucose (dextrose).....g	0.00	0.000	6	A	1		0.00		
Fructose.....g	0.00	0.000	6	A	1		0.00		
Lactose.....g	0.40	0.026	6	A	1		0.50		
Maltose.....g	0.00	0.000	6	A	1		0.00		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g	4.62	0.054	6	A	1		5.82		
Minerals:									
Calcium, Ca.....mg	12	1.046	12	A	1		15		
Iron, Fe.....mg	0.18	0.012	12	A	1		0.23		
Magnesium, Mg.....mg	3	0.233	12	A	1		4		
Phosphorus, P.....mg	24	1.528	12	A	1		30		
Potassium, K.....mg	64	1.402	12	A	1		80		
Sodium, Na.....mg	691	17.124	12	A	1		870		
Zinc, Zn.....mg	0.11	0.004	12	A	1		0.14		
Copper, Cu.....mg	0.022	0.001	12	A	1		0.027		
Manganese, Mn.....mg	0.037	0.004	12	A	1		0.047		
Selenium, Se.....µg	2.9		2	A	1		3.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.012	0.002	6	A	1		0.015		
Riboflavin.....mg	0.016	0.001	4	A	1		0.020		
Niacin.....mg	0.345	0.014	6	A	1		0.435		
Pantothenic acid.....mg	0.148	0.000	4	A	1		0.186		
Vitamin B-6.....mg	0.015	0.001	6	A	1		0.019		
Folate, total.....µg	2		1	A	1		2		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	2		1	A	1		2		
Folate, DFE.....µg	2		0	NC	4		2		
Choline, total.....mg	9.7		0	O	4		12.2		
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	A	1		0.00		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	2		0	AS	1		3		
Retinol.....µg	2		2	A	1		3		
Carotene, beta.....µg	0		2	A	1		1		
Carotene, alpha.....µg	0		2	A	1		0		
Cryptoxanthin, beta.....µg	0		2	A	1		0		
Vitamin A, IU.....IU	8		0	AS	1		10		
Lycopene.....µg	0		2	A	1		0		
Lutein + zeaxanthin.....µg	4		2	A	1		5		
Vitamin E (alpha-tocopherol).....mg	0.50	0.049	6	A	1		0.63		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.09	0.011	6	A	1		0.11		
Tocopherol, gamma.....mg	4.38	0.258	6	A	1		5.53		
Tocopherol, delta.....mg	1.19	0.087	6	A	1		1.50		
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00		

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
Tocotrienol, gamma.....mg	0.02	0.012	6	A	1		0.02		
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.2		1	AS	1		0.3		
Vitamin D2 (ergocalciferol).....µg	0.2		1	A	1		0.3		
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	9		1	A	1		11		
Vitamin K (phylloquinone).....µg	19.6	1.885	4	A	1		24.7		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.964		0	NC	4		1.215		
4:0.....g	0.007	0.004	6	A	1		0.009		
6:0.....g	0.004	0.003	6	A	1		0.005		
8:0.....g	0.003	0.002	6	A	1		0.004		
10:0.....g	0.008	0.005	6	A	1		0.009		
12:0.....g	0.007	0.005	6	A	1		0.009		
13:0.....g									
14:0.....g	0.036	0.012	6	A	1		0.046		
15:0.....g	0.006	0.001	6	A	1		0.007		
16:0.....g	0.609	0.035	6	A	1		0.767		
17:0.....g	0.006	0.001	6	A	1		0.008		
18:0.....g	0.238	0.012	6	A	1		0.300		
20:0.....g	0.017	0.001	6	A	1		0.021		
22:0.....g	0.017	0.001	6	A	1		0.021		
24:0.....g	0.006	0.001	6	A	1		0.008		
Fatty acids, total monounsaturated.....g	1.219		0	NC	4		1.536		
14:1.....g	0.003	0.001	6	A	1		0.004		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.010	0.002	6	AS	1		0.013		
16:1 c.....g	0.010	0.002	6	A	1		0.013		
16:1 t.....g	0.001	0.001	6	A	1		0.001		
17:1.....g	0.003	0.000	6	A	1		0.004		
18:1 undifferentiated.....g	1.175	0.054	6	AS	1		1.480		
18:1 c.....g	1.165	0.054	6	A	1		1.468		
18:1 t.....g	0.010	0.003	6	A	1		0.012		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.028	0.005	6	A	1		0.035		
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
22:1 c.....g	0.000	0.000	6	A	1		0.000		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated.....g	2.901		0	NC	4		3.655		
18:2 undifferentiated.....g	2.558	0.145	6	AS	1		3.223		
18:2 n-6 c,c.....g	2.542	0.145	6	A	1		3.203		
18:2 CLAs.....g	0.004	0.001	6	A	1		0.005		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.012	0.001	6	A	1		0.015		
18:3 undifferentiated.....g	0.340	0.020	6	AS	1		0.429		
18:3 n-3 c,c,c (ALA).....g	0.329	0.019	6	A	1		0.414		
18:3 n-6 c,c,c.....g	0.011	0.003	6	A	1		0.014		
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.002	0.000	6	A	1		0.003		
20:3 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.000	0.000	6	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000		
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000		
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000		

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000		
Fatty acids, total trans.....g	0.023		0	NC	4	0.028		
Fatty acids, total trans-monoenoic.....g	0.010		0	NC	4	0.013		
Fatty acids, total trans-polyenoic.....g	0.012		0	NC	4	0.015		
Cholesterol.....mg	0		2	A	1	0		
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.010		0	A	1	0.012		
Threonine.....g	0.029		0	A	1	0.037		
Isoleucine.....g	0.019		0	A	1	0.024		
Leucine.....g	0.058		0	A	1	0.074		
Lysine.....g	0.029		0	A	1	0.037		
Methionine.....g	0.019		0	A	1	0.024		
Cystine.....g	0.010		0	A	1	0.012		
Phenylalanine.....g	0.039		0	A	1	0.049		
Tyrosine.....g	0.029		0	A	1	0.037		
Valine.....g	0.029		0	A	1	0.037		
Arginine.....g	0.049		0	A	1	0.061		
Histidine.....g	0.019		0	A	1	0.024		
Alanine.....g	0.039		0	A	1	0.049		
Aspartic acid.....g	0.078		0	A	1	0.098		
Glutamic acid.....g	0.516		0	A	1	0.651		
Glycine.....g	0.029		0	A	1	0.037		
Proline.....g	0.058		0	A	1	0.074		
Serine.....g	0.049		0	A	1	0.061		
Hydroxyproline.....g	0.000		2	A	1	0.000		
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 = 126g: .5 cup

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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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	87.04		0	RPA	1		219.33	27.42	
Energy.....kcal	65		0	NC	4		163	20	
Energy.....kJ	271		0	NC	4		683	85	
Protein.....g	2.36		0	RPA	1		5.96	0.74	
Total lipid (fat).....g	3.58		0	RPI	6		9.01	1.13	
Ash.....g	1.26		0	RPA	1		3.17	0.40	
Carbohydrate, by difference.....g	5.76		0	RPI	6		14.53	1.82	
Fiber, total dietary.....g	0.3		0	RPI	6		0.8	0.1	
Sugars, total.....g	2.82		0	RPA	1		7.10	0.89	
Sucrose.....g	0.00		0	RPA	1		0.01	0.00	
Glucose (dextrose).....g	0.00		0	RPA	1		0.01	0.00	
Fructose.....g	0.00		0	RPA	1		0.01	0.00	
Lactose.....g	2.79		0	RPA	1		7.03	0.88	
Maltose.....g	0.00		0	RPA	1		0.01	0.00	
Galactose.....g	0.01		0	RPA	1		0.02	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	68		0	RPA	1		171	21	
Iron, Fe.....mg	0.10		0	RPA	1		0.25	0.03	
Magnesium, Mg.....mg	7		0	RPA	1		19	2	
Phosphorus, P.....mg	59		0	RPA	1		148	19	
Potassium, K.....mg	103		0	RPA	1		260	32	
Sodium, Na.....mg	357		0	RPA	1		899	112	
Zinc, Zn.....mg	0.31		0	RPA	1		0.77	0.10	
Copper, Cu.....mg	0.013		0	RPA	1		0.034	0.004	
Manganese, Mn.....mg	0.025		0	RPA	1		0.063	0.008	
Selenium, Se.....µg	2.7		0	RPA	1		6.8	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	RPA	1		0.2	0.0	
Thiamin.....mg	0.026		0	RPA	1		0.066	0.008	
Riboflavin.....mg	0.104		0	RPA	1		0.261	0.033	
Niacin.....mg	0.214		0	RPA	1		0.539	0.067	
Pantothenic acid.....mg	0.255		0	RPA	1		0.643	0.080	
Vitamin B-6.....mg	0.027		0	RPA	1		0.068	0.009	
Folate, total.....µg	3		0	RPA	1		8	1	
Folic acid.....µg	0		0	RPI	6		0	0	
Folate, food.....µg	3		0	RPA	1		8	1	
Folate, DFE.....µg	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.....µg	30		0	NC	4		75	9	
Retinol.....µg	30		0	RPI	6		74	9	
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	102		0	NC	4		257	32	
Lycopene.....µg	0		0	RPI	6		0	0	
Lutein + zeaxanthin.....µg	2		0	RPI	6		4	1	
Vitamin E (alpha-tocopherol).....mg	0.26		0	RPA	1		0.64	0.08	
Vitamin E, added.....mg	0.00		0	RPI	6		0.00	0.00	
Tocopherol, beta.....mg	0.04		0	RPA	1		0.11	0.01	
Tocopherol, gamma.....mg	2.11		0	RPA	1		5.32	0.67	
Tocopherol, delta.....mg	0.57		0	RPA	1		1.45	0.18	
Tocotrienol, alpha.....mg	0.00		0	RPA	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	RPA	1		0.00	0.00	

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Tocotrienol, gamma.....mg	0.01		0	RPA	1	0.02	0.00	
Tocotrienol, delta.....mg	0.00		0	RPA	1	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.7		0	RPA	1	1.9	0.2	
Vitamin D2 (ergocalciferol).....µg								
Vitamin D3 (cholecalciferol).....µg								
Vitamin D.....IU	29		0	RPA	1	74	9	
Vitamin K (phylloquinone).....µg	9.6		0	RPA	1	24.1	3.0	
Dihydrophyloquinone.....µg								
Menaquinone-4.....µg								
Lipids:								
Fatty acids, total saturated.....g	1.116		0	RPI	6	2.813	0.352	
4:0.....g	0.043		0	RPA	1	0.109	0.014	
6:0.....g	0.023		0	RPA	1	0.057	0.007	
8:0.....g	0.012		0	RPA	1	0.030	0.004	
10:0.....g	0.029		0	RPA	1	0.073	0.009	
12:0.....g	0.032		0	RPA	1	0.080	0.010	
13:0.....g								
14:0.....g	0.108		0	RPA	1	0.273	0.034	
15:0.....g	0.013		0	RPA	1	0.033	0.004	
16:0.....g	0.583		0	RPA	1	1.468	0.183	
17:0.....g	0.009		0	RPA	1	0.022	0.003	
18:0.....g	0.241		0	RPA	1	0.607	0.076	
20:0.....g	0.010		0	RPA	1	0.026	0.003	
22:0.....g	0.009		0	RPA	1	0.023	0.003	
24:0.....g								
Fatty acids, total monounsaturated.....g	0.877		0	RPI	6	2.211	0.276	
14:1.....g	0.009		0	RPA	1	0.022	0.003	
15:1.....g	0.002		0	RPA	1	0.005	0.001	
16:1 undifferentiated.....g	0.019		0	RPA	1	0.047	0.006	
17:1.....g	0.004		0	RPA	1	0.010	0.001	
18:1 undifferentiated.....g	0.829		0	RPA	1	2.089	0.261	
20:1.....g	0.014		0	RPA	1	0.036	0.005	
22:1 undifferentiated.....g	0.000		0	RPA	1	0.001	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.435		0	RPI	6	3.617	0.452	
18:2 undifferentiated.....g	1.264		0	RPA	1	3.186	0.398	
18:3 undifferentiated.....g	0.168		0	RPA	1	0.424	0.053	
18:4.....g	0.000		0	RPA	1	0.000	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	0.000		0	RPA	1	0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	RPA	1	0.000	0.000	
21:5.....g								
22:4.....g								
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	0.055		0	RPI	6	0.138	0.017	
Cholesterol.....mg	4		0	RPA	1	11	1	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.027		0	RPA	1	0.067	0.008	
Threonine.....g	0.087		0	RPA	1	0.219	0.027	
Isoleucine.....g	0.098		0	RPA	1	0.247	0.031	
Leucine.....g	0.190		0	RPA	1	0.479	0.060	
Lysine.....g	0.157		0	RPA	1	0.396	0.050	
Methionine.....g	0.054		0	RPA	1	0.137	0.017	
Cystine.....g	0.015		0	RPA	1	0.038	0.005	
Phenylalanine.....g	0.107		0	RPA	1	0.271	0.034	
Tyrosine.....g	0.101		0	RPA	1	0.253	0.032	
Valine.....g	0.126		0	RPA	1	0.318	0.040	
Arginine.....g	0.072		0	RPA	1	0.182	0.023	
Histidine.....g	0.061		0	RPA	1	0.154	0.019	
Alanine.....g	0.077		0	RPA	1	0.193	0.024	

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Aspartic acid.....g	0.184		0	RPA	1		0.464	0.058	
Glutamic acid.....g	0.633		0	RPA	1		1.596	0.200	
Glycine.....g	0.048		0	RPA	1		0.121	0.015	
Proline.....g	0.197		0	RPA	1		0.497	0.062	
Serine.....g	0.127		0	RPA	1		0.319	0.040	
Hydroxyproline.....g	0.000		0	RPA	1		0.000	0.000	
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 28 (2015)

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
Lipids:									
Fatty acids, total saturated.....g	0.472		0	RPI	6		1.170	0.146	
4:0.....g	0.004		0	RPI	6		0.009	0.001	
6:0.....g	0.002		0	RPI	6		0.005	0.001	
8:0.....g	0.001		0	RPI	6		0.004	0.000	
10:0.....g	0.004		0	RPI	6		0.009	0.001	
12:0.....g	0.003		0	RPI	6		0.009	0.001	
13:0.....g									
14:0.....g	0.018		0	RPI	6		0.044	0.005	
15:0.....g									
16:0.....g	0.298		0	RPI	6		0.739	0.092	
17:0.....g									
18:0.....g	0.117		0	RPI	6		0.289	0.036	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.597		0	RPI	6		1.480	0.185	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	RPI	6		0.013	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.575		0	RPI	6		1.426	0.178	
20:1.....g	0.014		0	RPI	6		0.034	0.004	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g	0.000		0	RPA	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.420		0	RPI	6		3.521	0.440	
18:2 undifferentiated.....g	1.252		0	RPI	6		3.105	0.388	
18:3 undifferentiated.....g	0.167		0	RPI	6		0.413	0.052	
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
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	
21:5.....g									
22:4.....g									
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 28 (2015)

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				Amount in edible portion of common measures 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		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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	1.630		0		1		4.042	9.813	
4:0.....g	0.070		0		1		0.174	0.421	
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	
21:5.....g									
22:4.....g									
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 28 (2015)

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
Lipids:									
Fatty acids, total saturated.....g	0.600		0		1		1.464	3.558	
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									
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	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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
Lipids:									
Fatty acids, total saturated.....g	0.970		0		1		1.203		
4:0.....g	0.090		1		1		0.112		
6:0.....g	0.040		1		1		0.050		
8:0.....g	0.020		1		1		0.025		
10:0.....g	0.040		1		1		0.050		
12:0.....g	0.040		1		1		0.050		
13:0.....g									
14:0.....g	0.140		1		1		0.174		
15:0.....g									
16:0.....g	0.420		1		1		0.521		
17:0.....g									
18:0.....g	0.150		1		1		0.186		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.440		0		1		0.546		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.025		
17:1.....g									
18:1 undifferentiated.....g	0.390		1		1		0.484		
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	0.330		0		1		0.409		
18:2 undifferentiated.....g	0.300		1		1		0.372		
18:3 undifferentiated.....g	0.030		1		1		0.037		
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		
21:5.....g									
22:4.....g									
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	MA	12		1		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.025		
Threonine.....g	0.049		0		1		0.061		
Isoleucine.....g	0.061		0		1		0.076		
Leucine.....g	0.094		0		1		0.117		
Lysine.....g	0.066		0		1		0.082		
Methionine.....g	0.024		0		1		0.030		
Cystine.....g	0.022		0		1		0.027		
Phenylalanine.....g	0.066		0		1		0.082		
Tyrosine.....g	0.049		0		1		0.061		
Valine.....g	0.074		0		1		0.092		
Arginine.....g	0.060		0		1		0.074		
Histidine.....g	0.031		0		1		0.038		
Alanine.....g	0.043		0		1		0.053		
Aspartic acid.....g	0.203		0		1		0.252		
Glutamic acid.....g	0.330		0		1		0.409		
Glycine.....g	0.043		0		1		0.053		
Proline.....g	0.103		0		1		0.128		
Serine.....g	0.067		0		1		0.083		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		

NDB No. 06053

Soup, cream of potato, canned, condensed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 3.9

Fat 8.8

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.67		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.....µg	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.....µg									
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 06253

Soup, cream of potato, canned, prepared with equal volume milk

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.500		0		1	1.220	2.965
4:0.....g	0.050		0		1	0.122	0.297
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
21:5.....g							
22:4.....g							
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							

NDB No. 06453

Soup, cream of potato, canned, prepared with equal volume water

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 4

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	2.580		0		1		3.251	7.869	
4:0.....g	0.130		0		1		0.164	0.397	
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									
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	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

Measure 2 = 305g: 1 can

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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

NDB No. 06256

Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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
Lipids:									
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 t.....g	0.001	0.002	4	A	1		0.002		
18:1-11 t (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 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-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		
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		

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
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 28 (2015)

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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	RC	4		0.3		
Vitamin D.....µg	5		0	RC	4		11		
Vitamin K (phylloquinone).....µg	1.1	0.137	4	A	1		2.6		
Dihydrophyloquinone.....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 t.....g	0.000	0.000	4	A	1		0.000		
18:1-11 t (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 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-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	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		

NDB No. 27001

Soup, hot and sour, Chinese restaurant

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.450		0		1		1.116	2.552	
4:0.....g									
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									
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	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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

NDB No. 06040

Soup, minestrone, canned, condensed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.230		0		1	0.554	1.348
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	0.130		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
21:5.....g							
22:4.....g							
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							

NDB No. 06440

Soup, minestrone, canned, prepared with equal volume water

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06177

Soup, minestrone, canned, reduced sodium, 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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.350		0		1		0.441	1.068	
4:0.....g									
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									
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		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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.180		0		1		0.439	1.067	
4:0.....g									
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									
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		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 28 (2015)

NDB No. 06044

Soup, mushroom with beef stock, 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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.08		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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.640		0		1		1.562	3.795	
4:0.....g									
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									
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	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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.79	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.....µg	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.....µg	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	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, 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	1.4		0	FLA	4		0.1	0.5	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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 28 (2015)

NDB No. 06048

Soup, oyster stew, 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	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	722		0	LC	8		888	2152	
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	2.040		0		1		2.509	6.079	
4:0.....g	0.120		1		1		0.148	0.358	
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									
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	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 28 (2015)

NDB No. 06248

Soup, oyster stew, 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	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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	2.060		0		1		5.047	12.257	
4:0.....g	0.120		0		1		0.294	0.714	
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									
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	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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	1.040		0		1		2.506	6.094	
4:0.....g	0.060		0		1		0.145	0.352	
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									
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	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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

NDB No. 06049

Soup, pea, green, canned, condensed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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.....µg	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.....µg									
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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	1.580		0		1	4.013	9.733
4:0.....g	0.080		0		1	0.203	0.493
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
21:5.....g							
22:4.....g							
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							

NDB No. 06249

Soup, pea, green, canned, prepared with equal volume milk

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 = 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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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 28 (2015)

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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
Lipids:								
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
21:5.....g								
22:4.....g								
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

NDB No. 06050

Soup, pea, split with ham, canned, chunky, ready-to-serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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

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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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	1.310		0		1		1.769	4.271
4:0.....g	0.030		0		1		0.041	0.098
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								
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	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.

NDB No. 06051

Soup, pea, split with ham, canned, condensed

Common Measures:

Measure 1 = 135g: .5 cup (4 fl oz)

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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.700		0		1		1.771	4.298	
4:0.....g	0.010		0		1		0.025	0.061	
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									
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	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.

NDB No. 06451

Soup, pea, split with ham, canned, prepared with equal volume water

Common Measures:

Measure 1 = 253g: 1 cup (8 fl oz)

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 28 (2015)

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		204.72	459.77	
Energy.....kcal	80		0	NC	4		192	431	
Energy.....kJ	335				4		803	1804	
Protein.....g	2.70		1	A	1		6.48	14.55	
Total lipid (fat).....g	5.20		1	A	1		12.48	28.03	
Ash.....g	1.20		1	A	1		2.88	6.47	
Carbohydrate, by difference.....g	5.60		0	NC	4		13.44	30.18	
Fiber, total dietary.....g	0.6		1	A	1		1.4	3.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.70		1	A	1		1.68	3.77	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	364		1	A	1		874	1962	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.620		1	A	1		3.888	8.732	
Fatty acids, total monounsaturated.....g	2.460		1	A	1		5.904	13.259	
Fatty acids, total polyunsaturated.....g	0.320		1	A	1		0.768	1.725	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	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 = 240g: 1 serving

Measure 2 = 539g: 1 package yields

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06583

Soup, ramen noodle, any 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	6.52	0.132	24	A	1		5.29	0.38	
Energy.....kcal	440		0	NC	4		356	26	
Energy.....kJ	1841		0	NC	4		1491	107	
Protein.....g	10.17	0.113	24	A	1		8.24	0.59	
Total lipid (fat).....g	17.59	0.225	24	A	1		14.25	1.02	
Ash.....g	5.45	0.123	24	A	1		4.42	0.32	
Carbohydrate, by difference.....g	60.26		0	NC	4		48.81	3.50	
Fiber, total dietary.....g	2.9	0.200	12	A	1		2.3	0.2	
Sugars, total.....g	1.98	0.058	12	A	1		1.61	0.11	
Sucrose.....g	1.43	0.021	12	A	1		1.16	0.08	
Glucose (dextrose).....g	0.00	0.000	12	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	12	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	12	A	1		0.00	0.00	
Maltose.....g	0.56	0.046	12	A	1		0.45	0.03	
Galactose.....g	0.00	0.000	12	A	1		0.00	0.00	
Starch.....g	55.97	0.332	12	A	1		45.33	3.25	
Minerals:									
Calcium, Ca.....mg	21	0.329	24	A	1		17	1	
Iron, Fe.....mg	4.11	0.097	24	A	1		3.33	0.24	
Magnesium, Mg.....mg	25	0.617	24	A	1		20	1	
Phosphorus, P.....mg	115	1.595	24	A	1		93	7	
Potassium, K.....mg	181	2.277	24	A	1		147	10	
Sodium, Na.....mg	1855	9.983	24	A	1		1503	108	
Zinc, Zn.....mg	0.60	0.022	24	A	1		0.48	0.03	
Copper, Cu.....mg	0.126	0.004	24	A	1		0.102	0.007	
Manganese, Mn.....mg	0.630	0.021	24	A	1		0.511	0.037	
Selenium, Se.....µg	23.1	1.597	12	A	1		18.7	1.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		4	A	1		0.2	0.0	
Thiamin.....mg	0.448	0.037	12	A	1		0.363	0.026	
Riboflavin.....mg	0.255	0.014	12	A	1		0.207	0.015	
Niacin.....mg	5.401	0.337	12	A	1		4.375	0.313	
Pantothenic acid.....mg	0.438	0.014	8	A	1		0.355	0.025	
Vitamin B-6.....mg	0.038	0.001	12	A	1		0.031	0.002	
Folate, total.....µg	116	12.464	8	A	1		94	7	
Folic acid.....µg	70		0	FLC	4		57	4	
Folate, food.....µg	45		0	NC	4		37	3	
Folate, DFE.....µg	165		0	NC	4		134	10	
Choline, total.....mg	5.5		0	AS	1		4.4	0.3	
Betaine.....mg	17.0		2	A	1		13.8	1.0	
Vitamin B-12.....µg	0.25		2	A	1		0.20	0.01	
Vitamin B-12, added.....µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE.....µg	1		0	NC	4		0	0	
Retinol.....µg	0		0	FLC	4		0	0	
Carotene, beta.....µg	6		0	NR	4		5	0	
Carotene, alpha.....µg	2		0	NR	4		2	0	
Cryptoxanthin, beta.....µg	0		0	NR	4		0	0	
Vitamin A, IU.....IU	12		0	NC	4		9	1	
Lycopene.....µg	0		0	NR	4		0	0	
Lutein + zeaxanthin.....µg	20		0	NR	4		16	1	
Vitamin E (alpha-tocopherol).....mg	2.44	0.144	12	A	1		1.98	0.14	
Vitamin E, added.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta.....mg	0.21	0.011	12	A	1		0.17	0.01	
Tocopherol, gamma.....mg	0.10	0.005	12	A	1		0.08	0.01	
Tocopherol, delta.....mg	0.00	0.002	12	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	1.93	0.089	12	A	1		1.57	0.11	
Tocotrienol, beta.....mg	1.46	0.106	12	A	1		1.18	0.08	

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
Tocotrienol, gamma.....mg	3.29	0.101	12	A	1		2.67	0.19	
Tocotrienol, delta.....mg	0.95	0.015	12	A	1		0.77	0.06	
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	8.9		0	BFFN	4		7.2	0.5	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	8.117		0	NC	4		6.575	0.471	
4:0.....g	0.000	0.000	12	A	1		0.000	0.000	
6:0.....g	0.000	0.000	12	A	1		0.000	0.000	
8:0.....g	0.004	0.000	12	A	1		0.003	0.000	
10:0.....g	0.010	0.001	12	A	1		0.008	0.001	
12:0.....g	0.050	0.003	12	A	1		0.041	0.003	
13:0.....g									
14:0.....g	0.175	0.004	12	A	1		0.142	0.010	
15:0.....g	0.010	0.000	12	A	1		0.008	0.001	
16:0.....g	7.053	0.145	12	A	1		5.713	0.409	
17:0.....g	0.017	0.001	12	A	1		0.014	0.001	
18:0.....g	0.711	0.014	12	A	1		0.576	0.041	
20:0.....g	0.059	0.001	12	A	1		0.048	0.003	
22:0.....g	0.013	0.000	12	A	1		0.010	0.001	
24:0.....g	0.015	0.000	12	A	1		0.012	0.001	
Fatty acids, total monounsaturated.....g	6.156		0	NC	4		4.987	0.357	
14:1.....g	0.001	0.000	12	A	1		0.001	0.000	
15:1.....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.027	0.001	12	AS	1		0.022	0.002	
16:1 c.....g	0.027	0.001	12	A	1		0.022	0.002	
16:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	
17:1.....g	0.005	0.000	12	A	1		0.004	0.000	
18:1 undifferentiated.....g	6.091	0.146	12	AS	1		4.934	0.353	
18:1 c.....g	6.072	0.145	12	A	1		4.918	0.352	
18:1 t.....g	0.020	0.001	12	A	1		0.016	0.001	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.031	0.001	12	A	1		0.025	0.002	
22:1 undifferentiated.....g	0.001	0.000	12	AS	1		0.001	0.000	
22:1 c.....g	0.001	0.000	12	A	1		0.001	0.000	
22:1 t.....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	12	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.198		0	NC	4		1.780	0.127	
18:2 undifferentiated.....g	2.128	0.028	12	AS	1		1.723	0.123	
18:2 n-6 c,c.....g	2.076	0.028	12	A	1		1.682	0.120	
18:2 CLAs.....g	0.006	0.000	12	A	1		0.005	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.045	0.005	12	A	1		0.036	0.003	
18:3 undifferentiated.....g	0.062	0.001	12	AS	1		0.050	0.004	
18:3 n-3 c,c,c (ALA).....g	0.056	0.001	12	A	1		0.045	0.003	
18:3 n-6 c,c,c.....g	0.006	0.000	12	A	1		0.005	0.000	
18:3i.....g	0.000	0.000	12	A	1		0.000	0.000	
18:4.....g	0.000	0.000	12	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	12	A	1		0.001	0.000	
20:3 undifferentiated.....g	0.002	0.000	12	AS	1		0.002	0.000	
20:3 n-3.....g	0.002	0.000	12	A	1		0.001	0.000	
20:3 n-6.....g	0.000	0.000	12	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.004	0.000	12	A	1		0.003	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	12	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	12	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	12	A	1		0.000	0.000	

NDB No. 06583

Soup, ramen noodle, any flavor, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	12	A	1	0.000	0.000	
Fatty acids, total trans.....g	0.065		0	NC	4	0.052	0.004	
Fatty acids, total trans-monoenoic.....g	0.020		0	NC	4	0.016	0.001	
Fatty acids, total trans-polyenoic.....g	0.045		0	NC	4	0.036	0.003	
Cholesterol.....mg	0		0	FLA	4	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 = 81g: 1 package without flavor packet

Measure 2 = 5.8g: 1 packet

Calories Factors: Protein 4

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

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Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	8.158		0	NC	4		6.689	0.457	
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	
8:0.....g	0.005	0.001	6	A	1		0.004	0.000	
10:0.....g	0.012	0.001	6	A	1		0.009	0.001	
12:0.....g	0.055	0.007	6	A	1		0.045	0.003	
13:0.....g									
14:0.....g	0.178	0.005	6	A	1		0.146	0.010	
15:0.....g	0.010	0.000	6	A	1		0.008	0.001	
16:0.....g	7.071	0.094	6	A	1		5.798	0.396	
17:0.....g	0.018	0.000	6	A	1		0.015	0.001	
18:0.....g	0.721	0.014	6	A	1		0.591	0.040	
20:0.....g	0.059	0.001	6	A	1		0.049	0.003	
22:0.....g	0.013	0.001	6	A	1		0.011	0.001	
24:0.....g	0.016	0.000	6	A	1		0.013	0.001	
Fatty acids, total monounsaturated.....g	6.189		0	NC	4		5.075	0.347	
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.027	0.000	6	AS	1		0.022	0.002	
16:1 c.....g	0.027	0.000	6	A	1		0.022	0.002	
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.006	0.000	6	A	1		0.005	0.000	
18:1 undifferentiated.....g	6.124	0.106	6	AS	1		5.021	0.343	
18:1 c.....g	6.100	0.104	6	A	1		5.002	0.342	
18:1 t.....g	0.023	0.002	6	A	1		0.019	0.001	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.032	0.001	6	A	1		0.026	0.002	
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.191		0	NC	4		1.797	0.123	
18:2 undifferentiated.....g	2.121	0.030	6	AS	1		1.740	0.119	
18:2 n-6 c,c.....g	2.070	0.026	6	A	1		1.697	0.116	
18:2 CLAs.....g	0.006	0.000	6	A	1		0.005	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.046	0.006	6	A	1		0.037	0.003	
18:3 undifferentiated.....g	0.062	0.001	6	AS	1		0.051	0.003	
18:3 n-3 c,c,c (ALA).....g	0.055	0.001	6	A	1		0.045	0.003	
18:3 n-6 c,c,c.....g	0.007	0.000	6	A	1		0.005	0.000	
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.001	6	A	1		0.001	0.000	
20:3 undifferentiated.....g	0.002	0.001	6	AS	1		0.001	0.000	
20:3 n-3.....g	0.001	0.001	6	A	1		0.001	0.000	
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.004	0.000	6	A	1		0.003	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.001	0.001	6	A	1		0.001	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.069		0	NC	4		0.056	0.004	
Fatty acids, total trans-monoenoic.....g	0.023		0	NC	4		0.019	0.001	
Fatty acids, total trans-polyenoic.....g	0.046		0	NC	4		0.037	0.003	
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

NDB No. 06982

Soup, ramen noodle, beef flavor, dry

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

food, or similar food.

Common Measures:

Measure 1 = 82g: 1 package without flavor packet

Measure 2 = 5.6g: 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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	8.095		0	NC	4		6.557	0.486	
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	
8:0.....g	0.004	0.000	6	A	1		0.003	0.000	
10:0.....g	0.009	0.001	6	A	1		0.007	0.001	
12:0.....g	0.047	0.003	6	A	1		0.038	0.003	
13:0.....g									
14:0.....g	0.174	0.006	6	A	1		0.141	0.010	
15:0.....g	0.010	0.000	6	A	1		0.008	0.001	
16:0.....g	7.042	0.212	6	A	1		5.704	0.423	
17:0.....g	0.017	0.001	6	A	1		0.014	0.001	
18:0.....g	0.705	0.020	6	A	1		0.571	0.042	
20:0.....g	0.058	0.002	6	A	1		0.047	0.003	
22:0.....g	0.013	0.000	6	A	1		0.010	0.001	
24:0.....g	0.015	0.000	6	A	1		0.012	0.001	
Fatty acids, total monounsaturated.....g	6.138		0	NC	4		4.972	0.368	
14:1.....g	0.001	0.001	6	A	1		0.001	0.000	
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.028	0.001	6	AS	1		0.022	0.002	
16:1 c.....g	0.028	0.001	6	A	1		0.022	0.002	
16:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
17:1.....g	0.005	0.000	6	A	1		0.004	0.000	
18:1 undifferentiated.....g	6.074	0.211	6	AS	1		4.920	0.364	
18:1 c.....g	6.056	0.211	6	A	1		4.905	0.363	
18:1 t.....g	0.018	0.001	6	A	1		0.015	0.001	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.030	0.001	6	A	1		0.025	0.002	
22:1 undifferentiated.....g	0.001	0.001	6	AS	1		0.001	0.000	
22:1 c.....g	0.001	0.001	6	A	1		0.001	0.000	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.201		0	NC	4		1.783	0.132	
18:2 undifferentiated.....g	2.130	0.039	6	AS	1		1.726	0.128	
18:2 n-6 c,c.....g	2.079	0.039	6	A	1		1.684	0.125	
18:2 CLAs.....g	0.006	0.000	6	A	1		0.005	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.045	0.007	6	A	1		0.036	0.003	
18:3 undifferentiated.....g	0.062	0.002	6	AS	1		0.051	0.004	
18:3 n-3 c,c,c (ALA).....g	0.056	0.001	6	A	1		0.046	0.003	
18:3 n-6 c,c,c.....g	0.006	0.001	6	A	1		0.005	0.000	
18:3i.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	6	A	1		0.001	0.000	
20:3 undifferentiated.....g	0.002	0.000	6	AS	1		0.002	0.000	
20:3 n-3.....g	0.002	0.000	6	A	1		0.001	0.000	
20:3 n-6.....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.004	0.000	6	A	1		0.003	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	6	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000	0.000	6	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.063		0	NC	4		0.051	0.004	
Fatty acids, total trans-monoenoic.....g	0.018		0	NC	4		0.015	0.001	
Fatty acids, total trans-polyenoic.....g	0.045		0	NC	4		0.036	0.003	
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

NDB No. 06983

Soup, ramen noodle, chicken flavor, dry

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

food, or similar food.

Common Measures:

Measure 1 = 81g: 1 package without flavor packet

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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

NDB No. 06180

Soup, shark fin, restaurant-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	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.....µg	9		0	NC	4		19		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.19		2	A	1		0.41		
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.501		0	BFFN	4		1.082		
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	0.037		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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		201.84	453.30	
Energy.....kcal	77		0	NC	4		185	415	
Energy.....kJ	322				4		773	1736	
Protein.....g	4.20		1	A	1		10.08	22.64	
Total lipid (fat).....g	3.70		1	A	1		8.88	19.94	
Ash.....g	1.20		1	A	1		2.88	6.47	
Carbohydrate, by difference.....g	6.80		0	NC	4		16.32	36.65	
Fiber, total dietary.....g	2.3		1	A	1		5.5	12.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.87		1	A	1		2.09	4.69	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	361		1	A	1		866	1946	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.330		1	A	1		3.192	7.169	
Fatty acids, total monounsaturated.....g	1.320		1	A	1		3.168	7.115	
Fatty acids, total polyunsaturated.....g	0.523		1	A	1		1.255	2.819	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	A	1		26	59	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

Measure 2 = 539g: 1 package yields

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		88.29	213.20	
Energy.....kcal	140		0	NC	4		189	456	
Energy.....kJ	586				4		791	1910	
Protein.....g	8.60		1	A	1		11.61	28.04	
Total lipid (fat).....g	2.30		1	A	1		3.11	7.50	
Ash.....g	2.50		1	A	1		3.38	8.15	
Carbohydrate, by difference.....g	21.20		0	NC	4		28.62	69.11	
Fiber, total dietary.....g	3.0		1	A	1		4.1	9.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.59		1	A	1		2.15	5.18	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	729		1	A	1		984	2377	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.676		1	A	1		0.913	2.204	
Fatty acids, total monounsaturated.....g	0.892		1	A	1		1.204	2.908	
Fatty acids, total polyunsaturated.....g	0.439		1	A	1		0.593	1.431	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		1	A	1		4	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 = 135g: 1 serving

Measure 2 = 326g: 1 package yields

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06730

Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

Measure 2 = 539g: 1 package yields

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06170
 Soup, stock, beef, 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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
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	
21:5.....g								
22:4.....g								
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 28 (2015)

NDB No. 06172

Soup, stock, chicken, 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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
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		
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06061

Soup, tomato beef with 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	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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	1.270		0		1	3.188	3.874
4:0.....g							
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							
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	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							

NDB No. 06061

Soup, tomato beef with noodle, canned, condensed

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8

Fat 9

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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	698		0	LC	8		900	2178	
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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.420		0		1	0.542	1.310
4:0.....g							
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							
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	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.

NDB No. 06158

Soup, tomato bisque, canned, condensed

Common Measures:

Measure 1 = 129g: .5 cup (4 fl oz)

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 28 (2015)

NDB No. 06358

Soup, tomato bisque, 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	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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	1.250		0		1		3.138	7.613	
4:0.....g	0.060		0		1		0.151	0.365	
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									
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	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.

NDB No. 06358

Soup, tomato bisque, canned, prepared with equal volume milk

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.220		0		1		0.543	1.320	
4:0.....g									
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									
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		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.

NDB No. 06558

Soup, tomato bisque, canned, prepared with equal volume water

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

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 28 (2015)

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
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
21:5.....g							
22:4.....g							
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
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	
21:5.....g								
22:4.....g								
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	3.2		0	FLA	4		4.7	9.3	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.115		0	NC	4		0.170	0.337	
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		0.017	0.034	
15:0.....g									
16:0.....g	0.080		2	A	1		0.119	0.236	
17:0.....g									
18:0.....g	0.023		2	A	1		0.034	0.067	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.136		0	NC	4		0.201	0.400	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		1	A	1		0.020	0.040	
17:1.....g									
18:1 undifferentiated.....g	0.079		2	A	1		0.117	0.231	
20:1.....g	0.028		2	A	1		0.041	0.081	
22:1 undifferentiated.....g	0.016		2	A	1		0.024	0.047	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.157		0	NC	4		0.232	0.461	
18:2 undifferentiated.....g	0.132		2	A	1		0.195	0.387	
18:3 undifferentiated.....g	0.025		2	A	1		0.037	0.074	
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	
21:5.....g									
22:4.....g									
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 = 148g: 1 cup

Measure 2 = 294g: 1 can

Calories Factors: Protein 2.8

Fat 8.7

Carbohydrate 3.8

NDB No. 06159
Soup, tomato, canned, condensed

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06956

Soup, tomato, 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
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.155		0	BFZN	4		0.187	0.469	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.005		0	BFZN	4		0.006	0.015	
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		0.015	0.039	
15:0.....g									
16:0.....g	0.089		0	BFZN	4		0.108	0.270	
17:0.....g									
18:0.....g	0.025		0	BFZN	4		0.031	0.077	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.179		0	BFZN	4		0.217	0.543	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	BFZN	4		0.019	0.046	
17:1.....g									
18:1 undifferentiated.....g	0.087		0	BFZN	4		0.106	0.265	
20:1.....g	0.031		0	BFZN	4		0.037	0.093	
22:1 undifferentiated.....g	0.018		0	BFZN	4		0.022	0.054	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.189		0	BFZN	4		0.229	0.574	
18:2 undifferentiated.....g	0.146		0	BFZN	4		0.177	0.442	
18:3 undifferentiated.....g	0.028		0	BFZN	4		0.034	0.085	
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	
21:5.....g									
22:4.....g									
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 = 121g: 1 serving 1/2 cup

Measure 2 = 303g: 1 can 10.7 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.6		0	RPI	6		1.6	0.2	
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:									
Fatty acids, total saturated.....g	0.707		0	RPI	6		1.782	0.223	
4:0.....g	0.040		0	RPI	6		0.100	0.013	
6:0.....g	0.021		0	RPI	6		0.052	0.007	
8:0.....g	0.011		0	RPI	6		0.027	0.003	
10:0.....g	0.025		0	RPI	6		0.064	0.008	
12:0.....g	0.028		0	RPA	1		0.071	0.009	
13:0.....g									
14:0.....g	0.096		0	RPA	1		0.243	0.030	
15:0.....g									
16:0.....g	0.328		0	RPA	1		0.827	0.103	
17:0.....g									
18:0.....g	0.137		0	RPA	1		0.345	0.043	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.356		0	RPI	6		0.897	0.112	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0	RPA	1		0.051	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.301		0	RPA	1		0.758	0.095	
20:1.....g	0.014		0	RPA	1		0.036	0.005	
22:1 undifferentiated.....g	0.008		0	RPA	1		0.020	0.003	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.113		0	RPI	6		0.286	0.036	
18:2 undifferentiated.....g	0.095		0	RPA	1		0.240	0.030	
18:3 undifferentiated.....g	0.016		0	RPA	1		0.041	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	
21:5.....g									
22:4.....g									
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	RPA	1		11	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0	RPA	1		0.075	0.009	
Threonine.....g	0.093		0	RPA	1		0.234	0.029	
Isoleucine.....g	0.111		0	RPA	1		0.280	0.035	
Leucine.....g	0.200		0	RPA	1		0.504	0.063	
Lysine.....g	0.162		0	RPA	1		0.409	0.051	
Methionine.....g	0.054		0	RPA	1		0.135	0.017	
Cystine.....g	0.021		0	RPA	1		0.053	0.007	
Phenylalanine.....g	0.116		0	RPA	1		0.291	0.036	
Tyrosine.....g	0.103		0	RPA	1		0.259	0.032	
Valine.....g	0.138		0	RPA	1		0.347	0.043	
Arginine.....g	0.072		0	RPA	1		0.181	0.023	
Histidine.....g	0.066		0	RPA	1		0.165	0.021	
Alanine.....g	0.079		0	RPA	1		0.199	0.025	
Aspartic acid.....g	0.208		0	RPA	1		0.525	0.066	
Glutamic acid.....g	0.682		0	RPA	1		1.718	0.215	
Glycine.....g	0.054		0	RPA	1		0.136	0.017	

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
Proline.....g	0.220		0	RPA	1		0.556	0.069	
Serine.....g	0.134		0	RPA	1		0.337	0.042	
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	

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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 28 (2015)

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Lipids:								
Fatty acids, total saturated.....g	0.056		0	RPI	6	0.139	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	0.006		0	RPI	6	0.014	0.002	
15:0.....g								
16:0.....g	0.039		0	RPI	6	0.098	0.012	
17:0.....g								
18:0.....g	0.011		0	RPI	6	0.028	0.003	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.067		0	RPI	6	0.165	0.021	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.007		0	RPI	6	0.017	0.002	
17:1.....g								
18:1 undifferentiated.....g	0.039		0	RPI	6	0.096	0.012	
20:1.....g	0.013		0	RPI	6	0.033	0.004	
22:1 undifferentiated.....g	0.008		0	RPI	6	0.020	0.002	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.077		0	RPI	6	0.190	0.024	
18:2 undifferentiated.....g	0.064		0	RPI	6	0.160	0.020	
18:3 undifferentiated.....g	0.012		0	RPI	6	0.031	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	
21:5.....g								
22:4.....g								
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								
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	

NDB No. 06559

Soup, tomato, canned, prepared with equal volume water, commercial

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	RPI	6		0	0	

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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 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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 28 (2015)

NDB No. 06465

Soup, turkey 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	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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 06465

Soup, turkey noodle, canned, prepared with equal volume water

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

Measure 3 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 06466

Soup, turkey vegetable, canned, prepared with equal volume water

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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

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 28 (2015)

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.....µg	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.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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
Fatty acids, total saturated.....g	0.520		0		1		1.227	2.766	
4:0.....g									
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									
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	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.

NDB No. 06064

Soup, turkey, chunky, canned, ready-to-serve

Common Measures:

Measure 1 = 236g: 1 cup (8 fl oz)

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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

NDB No. 06071

Soup, vegetable beef, canned, condensed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		116.96	256.28	
Energy.....kcal	53		0	NC	4		72	158	
Energy.....kJ	222				4		302	661	
Protein.....g	3.80		1	A	1		5.17	11.32	
Total lipid (fat).....g	0.80		1	A	1		1.09	2.38	
Ash.....g	1.70		1	A	1		2.31	5.07	
Carbohydrate, by difference.....g	7.70		0	NC	4		10.47	22.95	
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		755	1654	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.231		1	A	1		0.314	0.688	
Fatty acids, total monounsaturated.....g	0.176		1	A	1		0.239	0.524	
Fatty acids, total polyunsaturated.....g	0.237		1	A	1		0.322	0.706	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	A	1		7	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 = 136g: 1 serving

Measure 2 = 298g: 1 package yields

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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 serving

Measure 2 = 292g: 1 package yields

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06700

Soup, vegetable broth, 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	98.05	0.122	10	A	1		216.69	382.39	907.94
Energy.....kcal	5		0	NC	4		12	21	49
Energy.....kJ	22		0	NC	4		49	86	204
Protein.....g	0.24	0.018	10	A	1		0.52	0.92	2.18
Total lipid (fat).....g	0.07	0.000	10	A	1		0.16	0.29	0.68
Ash.....g	0.71	0.041	10	A	1		1.57	2.76	6.57
Carbohydrate, by difference.....g	0.93		0	NC	4		2.06	3.63	8.63
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total.....g	0.55	0.134	6	A	1		1.22	2.14	5.09
Sucrose.....g	0.38	0.130	6	A	1		0.85	1.49	3.55
Glucose (dextrose).....g	0.13	0.056	6	A	1		0.29	0.52	1.23
Fructose.....g	0.03	0.021	6	A	1		0.07	0.13	0.31
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch.....g	0.00		2	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	3	0.459	10	A	1		7	12	29
Iron, Fe.....mg	0.06	0.017	10	A	1		0.13	0.23	0.55
Magnesium, Mg.....mg	1	0.176	10	A	1		3	5	11
Phosphorus, P.....mg	3	0.276	10	A	1		7	12	29
Potassium, K.....mg	19	0.877	10	A	1		42	74	176
Sodium, Na.....mg	296	12.708	10	A	1		654	1154	2740
Zinc, Zn.....mg	0.03	0.003	10	A	1		0.06	0.10	0.25
Copper, Cu.....mg	0.009	0.000	10	A	1		0.020	0.036	0.085
Manganese, Mn.....mg	0.006	0.001	10	A	1		0.013	0.024	0.056
Selenium, Se.....µg	0.0		0	FLA	4		0.1	0.1	0.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		2	A	1		0.8	1.4	3.4
Thiamin.....mg	0.023	0.003	6	A	1		0.051	0.091	0.215
Riboflavin.....mg	0.022	0.004	6	A	1		0.048	0.084	0.199
Niacin.....mg	0.110	0.010	6	A	1		0.243	0.429	1.018
Pantothenic acid.....mg	0.060	0.017	4	A	1		0.132	0.233	0.553
Vitamin B-6.....mg	0.007	0.000	3	A	1		0.016	0.029	0.069
Folate, total.....µg	0	0.000	3	A	1		0	0	0
Folic acid.....µg	0		0	FLA	4		0	0	0
Folate, food.....µg	0	0.000	3	A	1		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	0.3		0	FLA	4		0.7	1.2	2.8
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.....µg	12		0	NC	4		26	46	110
Retinol.....µg	0		0	FLA	4		0	0	0
Carotene, beta.....µg	111	27.044	3	A	1		244	431	1024
Carotene, alpha.....µg	64	11.664	3	A	1		142	251	596
Cryptoxanthin, beta.....µg	0	0.000	3	A	1		0	0	0
Vitamin A, IU.....IU	238		0	NC	4		526	928	2204
Lycopene.....µg	7	7.147	3	A	1		16	28	66
Lutein + zeaxanthin.....µg	1	0.880	3	A	1		3	5	13
Vitamin E (alpha-tocopherol).....mg	0.00		2	A	1		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		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 06700

Soup, vegetable broth, 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
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	FLA	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLA	4		0	0	0
Vitamin K (phylloquinone).....µg	0.7		0	FLA	4		1.4	2.5	6.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.028		0	NC	4		0.062	0.109	0.258
4:0.....g	0.000		2	A	1		0.000	0.000	0.000
6:0.....g	0.000		2	A	1		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.003		2	A	1		0.006	0.010	0.023
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.002		2	A	1		0.004	0.008	0.019
15:0.....g	0.001		2	A	1		0.002	0.004	0.009
16:0.....g	0.012		2	A	1		0.028	0.049	0.115
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.010		2	A	1		0.022	0.039	0.092
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.005		0	NC	4		0.012	0.021	0.050
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
16:1 c.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 t.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.005		0	AS	1		0.012	0.021	0.050
18:1 c.....g	0.005		2	A	1		0.012	0.021	0.050
18:1 t.....g	0.000		2	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 t.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.004		0	NC	4		0.008	0.014	0.032
18:2 undifferentiated.....g	0.004		0	AS	1		0.008	0.014	0.032
18:2 n-6 c,c.....g	0.004		2	A	1		0.008	0.014	0.032
18:2 CLAs.....g	0.000		2	A	1		0.000	0.000	0.000
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.000		2	A	1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:3 n-3 c,c,c (ALA).....g	0.000		2	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g	0.000		2	A	1		0.000	0.000	0.000
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
20:3 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-6.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 06700

Soup, vegetable broth, ready to serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000		2	A	1	0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4	0.000	0.000	0.000
Cholesterol.....mg	0		0	FLA	4	0	0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0	FLA	4	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 = 221g: 1 cup
- Measure 2 = 390g: 1 can
- Measure 3 = 926g: 1 carton (32 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 06974

Soup, vegetable chicken, canned, prepared with water, 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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
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		
21:5.....g								
22:4.....g								
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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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	

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
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

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 28 (2015)

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lipids:								
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	
21:5.....g								
22:4.....g								
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Lipids:								
Fatty acids, total saturated.....g	0.240		0		1		0.302	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		0.202	0.477
17:0.....g								
18:0.....g	0.080		0		1		0.101	0.238
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.680		0		1		0.857	2.026
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.010		0		1		0.013	0.030
17:1.....g								
18:1 undifferentiated.....g	0.670		0		1		0.844	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		0.743	1.758
18:2 undifferentiated.....g	0.550		0		1		0.693	1.639
18:3 undifferentiated.....g	0.040		0		1		0.050	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
21:5.....g								
22:4.....g								
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		0.077	0.182
Isoleucine.....g	0.081		0		1		0.102	0.241
Leucine.....g	0.121		0		1		0.152	0.361
Lysine.....g	0.081		0		1		0.102	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		0.102	0.241
Tyrosine.....g	0.040		0		1		0.050	0.119
Valine.....g	0.081		0		1		0.102	0.241
Arginine.....g	0.081		0		1		0.102	0.241
Histidine.....g	0.040		0		1		0.050	0.119
Alanine.....g	0.081		0		1		0.102	0.241
Aspartic acid.....g	0.162		0		1		0.204	0.483
Glutamic acid.....g	0.364		0		1		0.459	1.085
Glycine.....g	0.061		0		1		0.077	0.182
Proline.....g	0.121		0		1		0.152	0.361
Serine.....g	0.061		0		1		0.077	0.182
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0

NDB No. 06068

Soup, vegetarian vegetable, canned, condensed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	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 = 126g: .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 28 (2015)

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
Lipids:									
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	
21:5.....g									
22:4.....g									
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

Carbohydrate4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	RA	4		0.0		
Vitamin D.....IU	0		0	RA	4		0		
Vitamin K (phylloquinone).....µg	0.9		2	A	1		2.0		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menquinone-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 t.....g	0.001	0.001	4	A	1		0.002		
18:1-11 t (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 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-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	0.000	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		

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
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000		
Cholesterol.....mg	4	1.563	4	A	1		9		
Phytosterols.....mg									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

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
Lipids:									
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		
21:5.....g									
22:4.....g									
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 28 (2015)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
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.....µg	19		0	NC					4
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00								7
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	0.029						4
4:0.....g	0.000						4
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
21:5.....g							
22:4.....g							
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 28 (2015)

NDB No. 06143

USDA Commodity, spaghetti sauce, meatless, 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	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.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		1	A	1				
Vitamin A, RAE.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Fatty acids, total saturated.....g	0.162		1	A	1			
4:0.....g								
6:0.....g								
8:0.....g								
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								
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			
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....									
Vitamin D (D2 + D3).....	0.0		0	FLA	4		0.0	0.0	
Vitamin D.....	0		0	FLA	4		0	0	
Vitamin K (phylloquinone).....	3.1		0	FLA	4		0.6	0.2	
Dihydrophylloquinone.....									
Menaquinone-4.....									
Lipids:									
Fatty acids, total saturated.....	2.031		0	NC	4		0.406	0.132	
4:0.....	0.000		1	A	1		0.000	0.000	
6:0.....	0.000		1	A	1		0.000	0.000	
8:0.....	0.000		1	A	1		0.000	0.000	
10:0.....	0.000		1	A	1		0.000	0.000	
12:0.....	0.000		1	A	1		0.000	0.000	
13:0.....									
14:0.....	0.036		1	A	1		0.007	0.002	
15:0.....	0.005		1	A	1		0.001	0.000	
16:0.....	1.662		1	A	1		0.332	0.108	
17:0.....	0.005		1	A	1		0.001	0.000	
18:0.....	0.196		1	A	1		0.039	0.013	
20:0.....	0.071		1	A	1		0.014	0.005	
22:0.....	0.021		1	A	1		0.004	0.001	
24:0.....	0.036		1	A	1		0.007	0.002	
Fatty acids, total monounsaturated.....	4.410		0	NC	4		0.882	0.287	
14:1.....	0.000		1	A	1		0.000	0.000	
15:1.....	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....	0.020		0	AS	1		0.004	0.001	
16:1 c.....	0.020		1	A	1		0.004	0.001	
16:1 t.....	0.000		1	A	1		0.000	0.000	
17:1.....	0.003		1	A	1		0.001	0.000	
18:1 undifferentiated.....	4.309		0	AS	1		0.862	0.280	
18:1 c.....	4.295		1	A	1		0.859	0.279	
18:1 t.....	0.014		1	A	1		0.003	0.001	
18:1-11 t (18:1t n-7).....									
20:1.....	0.071		1	A	1		0.014	0.005	
22:1 undifferentiated.....	0.004		0	AS	1		0.001	0.000	
22:1 c.....	0.004		1	A	1		0.001	0.000	
22:1 t.....	0.000		1	A	1		0.000	0.000	
24:1 c.....	0.003		1	A	1		0.001	0.000	
Fatty acids, total polyunsaturated.....	3.627		0	NC	4		0.725	0.236	
18:2 undifferentiated.....	3.458		0	AS	1		0.692	0.225	
18:2 n-6 c,c.....	3.426		1	A	1		0.685	0.223	
18:2 CLAs.....	0.009		1	A	1		0.002	0.001	
18:2 t,t.....									
18:2 i.....									
18:2 t not further defined.....	0.023		1	A	1		0.005	0.001	
18:3 undifferentiated.....	0.159		0	AS	1		0.032	0.010	
18:3 n-3 c,c,c (ALA).....	0.151		1	A	1		0.030	0.010	
18:3 n-6 c,c,c.....	0.008		1	A	1		0.002	0.001	
18:3i.....	0.000		1	A	1		0.000	0.000	
18:4.....	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....	0.003		1	A	1		0.001	0.000	
20:3 undifferentiated.....	0.000		0	AS	1		0.000	0.000	
20:3 n-3.....	0.000		1	A	1		0.000	0.000	
20:3 n-6.....	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....	0.002		1	A	1		0.000	0.000	
20:4 n-6.....									
20:5 n-3 (EPA).....	0.003		1	A	1		0.001	0.000	
21:5.....									
22:4.....	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA).....	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....	0.001		1	A	1		0.000	0.000	
Fatty acids, total trans.....	0.037		0	NC	4		0.007	0.002	
Fatty acids, total trans-monoenoic.....	0.014		0	NC	4		0.003	0.001	

NDB No. 27064

Wasabi

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total trans-polyenoic.....g	0.023		0	NC	4	0.005	0.001
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 = 20g: 1 tablespoon

Measure 2 = 6.5g: 1 teaspoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 28 (2015)