NDB No. 06001 Soup, cream of asparagus, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	84.05	0.168	10	210.97	256.35	
Energy	kcal	69		0	173	210	
Energy	kj	289		0	725	881	
Protein (N x 5.95)	g	1.82	0.053	10	4.57	5.55	
Total lipid (fat)	g	3.26	0.052	10	8.18	9.94	
Carbohydrate, by difference	g	8.52		0	21.39	25.99	
Fiber, total dietary	g	0.4		0	1.0	1.2	
Ash	g	2.35	0.022	10	5.90	7.17	
Sugars, total	g						
Minerals:							
Calcium	mg	23	1.333	10	58	70	
Iron	mg	0.64	0.037	10	1.61	1.95	
Magnesium	mg	3		1	8	9	
Phosphorus	mg	31		1	78	95	
Potassium	mg	138		1	346	421	
Sodium	mg	782	14.370	5	1963	2385	
Zinc	mg	0.70		1	1.76	2.13	
Copper	mg	0.100		1	0.251	0.305	
Manganese	mg	0.300		1	0.753	0.915	
Selenium	µg	1.9		0	4.8	5.8	
Vitamins:							
Ascorbic acid	mg	2.2	0.133	10	5.5	6.7	
Thiamin	mg	0.043	0.001	10	0.108	0.131	
Riboflavin	mg	0.062	0.003	10	0.156	0.189	
Niacin	mg	0.620	0.033	10	1.556	1.891	
Pantothenic acid	mg	0.110		0	0.276	0.335	
Vitamin B-6	mg	0.010		1	0.025	0.031	
Folate	µg	19		0	48	58	
Vitamin B-12	µg	0.04		0	0.10	0.12	
Vitamin A	IU	355	42.195	10	891	1083	
Vitamin A, RE	µg	36		0	90	110	
Vitamin E, α-TE	mg	0.500		0	1.255	1.525	
Lipids:							
Saturated, total	g	0.820		0	2.058	2.501	
4:0	g	0.040		0	0.100	0.122	
6.0	g	0.030		0	0.075	0.092	
8:0	g	0.020		0	0.050	0.061	
10:0	g	0.040		0	0.100	0.122	
12:0	g	0.030		0	0.075	0.092	
14:0	g	0.120		0	0.301	0.366	
15.0	g						
16:0	g	0.340		0	0.853	1.037	
17:0	g						
18:0	g	0.170		0	0.427	0.518	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.750	0	1.883	2.288
14:1	g				
16:1	g	0.040	0	0.100	0.122
18:1	g	0.690	0	1.732	2.104
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.460	0	3.665	4.453
18:2	g	1.420	0	3.564	4.331
18:3	g	0.040	0	0.100	0.122
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	4	0	10	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.023	0	0.058	0.070
Threonine	g	0.062	0	0.156	0.189
Isoleucine	g	0.077	0	0.193	0.235
Leucine	g	0.130	0	0.326	0.397
Lysine	g	0.089	0	0.223	0.271
Methionine	g	0.033	0	0.083	0.101
Cystine	g	0.024	0	0.060	0.073
Phenylalanine	g	0.076	0	0.191	0.232
Tyrosine	g	0.060	0	0.151	0.183
Valine	g	0.091	0	0.228	0.278
Arginine	g	0.068	0	0.171	0.207
Histidine	g	0.039	0	0.098	0.119
Alanine	g	0.074	0	0.186	0.226
Aspartic acid	g	0.137	0	0.344	0.418
Glutamic acid	g	0.466	0	1.170	1.421
Glycine	g	0.054	0	0.136	0.165
Proline	g	0.164	0	0.412	0.500
Serine	g	0.084	0	0.211	0.256
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz)

NDB No. 06002 Soup, black bean, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 257g	Measure 2* 312g	Measure 3*
Proximates:							
Water	g	75.33	0.486	10	193.60	235.03	
Energy	kcal	91		0	234	284	
Energy	kj	381		0	979	1189	
Protein (N x 5.95)	g	4.83	0.125	10	12.41	15.07	
Total lipid (fat)	g	1.32	0.033	10	3.39	4.12	
Carbohydrate, by difference	g	15.42		0	39.63	48.11	
Fiber, total dietary	g	6.8		0	17.5	21.2	
Ash	g	3.10	0.047	10	7.97	9.67	
Sugars, total	g						
Minerals:							
Calcium	mg	35	2.579	10	90	109	
Iron	mg	1.50	0.097	10	3.86	4.68	
Magnesium	mg	33		1	85	103	
Phosphorus	mg	75		1	193	234	
Potassium	mg	250		1	643	780	
Sodium	mg	970	40.000	3	2493	3026	
Zinc	mg	1.10		1	2.83	3.43	
Copper	mg	0.300		1	0.771	0.936	
Manganese	mg	0.500		1	1.285	1.560	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2	0.133	10	0.5	0.6	
Thiamin	mg	0.042	0.002	10	0.108	0.131	
Riboflavin	mg	0.039	0.003	10	0.100	0.122	
Niacin	mg	0.410	0.023	10	1.054	1.279	
Pantothenic acid	mg	0.160		0	0.411	0.499	
Vitamin B-6	mg	0.070		1	0.180	0.218	
Folate	µg	20		0	51	62	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	445	37.700	10	1144	1388	
Vitamin A, RE	µg	45		0	116	140	
Vitamin E, α-TE	mg	0.058		0	0.149	0.181	
Lipids:							
Saturated, total	g	0.340		0	0.874	1.061	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.010		0	0.026	0.031	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.051	0.062	
15.0	g						
16:0	g	0.210		0	0.540	0.655	
17:0	g						
18:0	g	0.080		0	0.206	0.250	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.480	0	1.234	1.498
14:1	g				
16:1	g	0.020	0	0.051	0.062
18:1	g	0.450	0	1.157	1.404
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.410	0	1.054	1.279
18:2	g	0.310	0	0.797	0.967
18:3	g	0.100	0	0.257	0.312
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.055	0	0.141	0.172
Threonine	g	0.213	0	0.547	0.665
Isoleucine	g	0.246	0	0.632	0.768
Leucine	g	0.361	0	0.928	1.126
Lysine	g	0.355	0	0.912	1.108
Methionine	g	0.054	0	0.139	0.168
Cystine	g	0.050	0	0.129	0.156
Phenylalanine	g	0.267	0	0.686	0.833
Tyrosine	g	0.148	0	0.380	0.462
Valine	g	0.244	0	0.627	0.761
Arginine	g	0.283	0	0.727	0.883
Histidine	g	0.141	0	0.362	0.440
Alanine	g	0.198	0	0.509	0.618
Aspartic acid	g	0.560	0	1.439	1.747
Glutamic acid	g	0.966	0	2.483	3.014
Glycine	g	0.188	0	0.483	0.587
Proline	g	0.187	0	0.481	0.583
Serine	g	0.266	0	0.684	0.830
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11 oz), undiluted

NDB No. 06004 Soup, bean with pork, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 326g	Measure 3*
Proximates:							
Water	g	70.17	0.447	16	188.76	228.75	
Energy	kcal	129		0	347	421	
Energy	kj	540		0	1453	1760	
Protein (N x 5.95)	g	5.88	0.104	13	15.82	19.17	
Total lipid (fat)	g	4.42	0.124	13	11.89	14.41	
Carbohydrate, by difference	g	16.97		0	45.65	55.32	
Fiber, total dietary	g	5.9		0	15.9	19.2	
Ash	g	2.57	0.040	13	6.91	8.38	
Sugars, total	g						
Minerals:							
Calcium	mg	60	2.051	13	161	196	
Iron	mg	1.53	0.059	13	4.12	4.99	
Magnesium	mg	33		1	89	108	
Phosphorus	mg	98		1	264	319	
Potassium	mg	300		1	807	978	
Sodium	mg	709	22.959	13	1907	2311	
Zinc	mg	0.77		4	2.07	2.51	
Copper	mg	0.300		1	0.807	0.978	
Manganese	mg	0.500		1	1.345	1.630	
Selenium	µg	6.4	0.552	2	17.2	20.9	
Vitamins:							
Ascorbic acid	mg	1.2	0.134	13	3.2	3.9	
Thiamin	mg	0.065	0.004	13	0.175	0.212	
Riboflavin	mg	0.025	0.002	13	0.067	0.082	
Niacin	mg	0.421	0.012	13	1.132	1.372	
Pantothenic acid	mg	0.070		0	0.188	0.228	
Vitamin B-6	mg	0.031	0.000	2	0.083	0.101	
Folate	µg	24	1.200	3	64	77	
Vitamin B-12	µg	0.03		0	0.08	0.10	
Vitamin A	IU	662	40.555	3	1781	2158	
Vitamin A, RE	µg	66		0	178	215	
Vitamin E, α-TE	mg	0.285		0	0.767	0.929	
Lipids:							
Saturated, total	g	1.140		0	3.067	3.716	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		1	0.054	0.065	
12:0	g	0.010		1	0.027	0.033	
14:0	g	0.050		1	0.135	0.163	
15.0	g						
16:0	g	0.700		1	1.883	2.282	
17:0	g						
18:0	g	0.280		1	0.753	0.913	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.620	0	4.358	5.281
14:1	g				
16:1	g	0.070	1	0.188	0.228
18:1	g	1.520	1	4.089	4.955
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.360	0	3.658	4.434
18:2	g	1.020	1	2.744	3.325
18:3	g	0.330	1	0.888	1.076
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	2	0	5	7
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.062	0	0.167	0.202
Threonine	g	0.243	0	0.654	0.792
Isoleucine	g	0.287	0	0.772	0.936
Leucine	g	0.484	0	1.302	1.578
Lysine	g	0.400	0	1.076	1.304
Methionine	g	0.074	0	0.199	0.241
Cystine	g	0.065	0	0.175	0.212
Phenylalanine	g	0.328	0	0.882	1.069
Tyrosine	g	0.176	0	0.473	0.574
Valine	g	0.323	0	0.869	1.053
Arginine	g	0.308	0	0.829	1.004
Histidine	g	0.153	0	0.412	0.499
Alanine	g	0.293	0	0.788	0.955
Aspartic acid	g	0.658	0	1.770	2.145
Glutamic acid	g	1.083	0	2.913	3.531
Glycine	g	0.284	0	0.764	0.926
Proline	g	0.265	0	0.713	0.864
Serine	g	0.290	0	0.780	0.945
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11.5 oz)

NDB No. 06006 Soup, bean with frankfurters, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 263g	Measure 2* 319g	Measure 3*
Proximates:							
Water	g	67.70	0.516	10	178.05	215.96	
Energy	kcal	142		0	373	453	
Energy	kj	594		0	1562	1895	
Protein (N x 5.95)	g	7.60	0.132	10	19.99	24.24	
Total lipid (fat)	g	5.31	0.198	10	13.97	16.94	
Carbohydrate, by difference	g	16.75		0	44.05	53.43	
Fiber, total dietary	g	4.6		0	12.1	14.7	
Ash	g	2.64	0.086	10	6.94	8.42	
Sugars, total	g						
Minerals:							
Calcium	mg	66	3.678	10	174	211	
Iron	mg	1.78	0.080	10	4.68	5.68	
Magnesium	mg	37		1	97	118	
Phosphorus	mg	126		1	331	402	
Potassium	mg	363		1	955	1158	
Sodium	mg	831	8.124	5	2186	2651	
Zinc	mg	0.90		1	2.37	2.87	
Copper	mg	0.300		1	0.789	0.957	
Manganese	mg	0.600		1	1.578	1.914	
Selenium	µg	6.9		0	18.1	22.0	
Vitamins:							
Ascorbic acid	mg	0.7	0.167	9	1.8	2.2	
Thiamin	mg	0.083	0.004	10	0.218	0.265	
Riboflavin	mg	0.049	0.002	10	0.129	0.156	
Niacin	mg	0.780	0.020	10	2.051	2.488	
Pantothenic acid	mg	0.070		0	0.184	0.223	
Vitamin B-6	mg	0.100		1	0.263	0.319	
Folate	µg	24		0	63	77	
Vitamin B-12	µg	0.06		0	0.16	0.19	
Vitamin A	IU	662	47.898	10	1741	2112	
Vitamin A, RE	µg	66		0	174	211	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.610		0	4.234	5.136	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.050		1	0.132	0.160	
15.0	g						
16:0	g	1.070		1	2.814	3.413	
17:0	g						
18:0	g	0.450		1	1.184	1.436	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.080	0	5.470	6.635
14:1	g				
16:1	g	0.110	1	0.289	0.351
18:1	g	1.930	1	5.076	6.157
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.250	0	3.288	3.987
18:2	g	0.950	1	2.498	3.030
18:3	g	0.270	1	0.710	0.861
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	0	24	29
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.080	0	0.210	0.255
Threonine	g	0.314	0	0.826	1.002
Isoleucine	g	0.371	0	0.976	1.183
Leucine	g	0.626	0	1.646	1.997
Lysine	g	0.518	0	1.362	1.652
Methionine	g	0.096	0	0.252	0.306
Cystine	g	0.084	0	0.221	0.268
Phenylalanine	g	0.424	0	1.115	1.353
Tyrosine	g	0.227	0	0.597	0.724
Valine	g	0.418	0	1.099	1.333
Arginine	g	0.399	0	1.049	1.273
Histidine	g	0.198	0	0.521	0.632
Alanine	g	0.379	0	0.997	1.209
Aspartic acid	g	0.851	0	2.238	2.715
Glutamic acid	g	1.401	0	3.685	4.469
Glycine	g	0.367	0	0.965	1.171
Proline	g	0.343	0	0.902	1.094
Serine	g	0.376	0	0.989	1.199
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11.25 oz)

NDB No. 06007 Soup, bean with ham, canned, chunky, ready-to-serve, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 243g	Measure 2* 546g	Measure 3*
Proximates:							
Water	g	78.63	0.209	10	191.07	429.32	
Energy	kcal	95		0	231	519	
Energy	kj	397		0	965	2168	
Protein (N x 5.95)	g	5.19	0.116	10	12.61	28.34	
Total lipid (fat)	g	3.50	0.070	10	8.51	19.11	
Carbohydrate, by difference	g	11.16		0	27.12	60.93	
Fiber, total dietary	g	4.6		0	11.2	25.1	
Ash	g	1.52	0.033	10	3.69	8.30	
Sugars, total	g						
Minerals:							
Calcium	mg	32	0.897	10	78	175	
Iron	mg	1.33	0.068	10	3.23	7.26	
Magnesium	mg	19		0	46	104	
Phosphorus	mg	59		0	143	322	
Potassium	mg	175		0	425	956	
Sodium	mg	400		10	972	2184	
Zinc	mg	0.44		0	1.07	2.40	
Copper	mg	0.160		0	0.389	0.874	
Manganese	mg	0.290		0	0.705	1.583	
Selenium	µg	6.9		0	16.8	37.7	
Vitamins:							
Ascorbic acid	mg	1.8	0.200	10	4.4	9.8	
Thiamin	mg	0.060	0.002	10	0.146	0.328	
Riboflavin	mg	0.060	0.003	10	0.146	0.328	
Niacin	mg	0.700	0.042	10	1.701	3.822	
Pantothenic acid	mg	0.040		0	0.097	0.218	
Vitamin B-6	mg	0.050		0	0.122	0.273	
Folate	µg	12		0	29	66	
Vitamin B-12	µg	0.03		0	0.07	0.16	
Vitamin A	IU	1626	168.364	10	3951	8878	
Vitamin A, RE	µg	163		0	396	890	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.370		0	3.329	7.480	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.024	0.055	
14:0	g	0.050		0	0.122	0.273	
15.0	g						
16:0	g	0.830		0	2.017	4.532	
17:0	g						
18:0	g	0.470		0	1.142	2.566	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.580	0	3.839	8.627
14:1	g				
16:1	g	0.090	0	0.219	0.491
18:1	g	1.440	0	3.499	7.862
20:1	g	0.040	0	0.097	0.218
22.1	g				
Polyunsaturated, total	g	0.390	0	0.948	2.129
18:2	g	0.360	0	0.875	1.966
18:3	g	0.040	0	0.097	0.218
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	0	22	49
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (19.25 oz), ready-to-serve

NDB No. 06008 Soup, beef broth or bouillon 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	Samples	Measure 1* 240g	Measure 2* 586g	Measure 3* 397g
Proximates:							
Water	g	97.55	0.064	10	234.12	571.64	387.27
Energy	kcal	7		0	17	41	28
Energy	kj	29		0	70	170	115
Protein (N x 5.95)	g	1.14	0.016	10	2.74	6.68	4.53
Total lipid (fat)	g	0.22	0.059	10	0.53	1.29	0.87
Carbohydrate, by difference	g	0.04		0	0.10	0.23	0.16
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.05	0.017	10	2.52	6.15	4.17
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.327	10	14	35	24
Iron	mg	0.17	0.015	10	0.41	1.00	0.67
Magnesium	mg	2		0	5	12	8
Phosphorus	mg	13		1	31	76	52
Potassium	mg	54		1	130	316	214
Sodium	mg	326		1	782	1910	1294
Zinc	mg	0.00		0	0.00	0.00	0.00
Copper	mg	0.000		0	0.000	0.000	0.000
Manganese	mg	0.010		0	0.024	0.059	0.040
Selenium	µg	0.7	0.257	12	1.7	4.1	2.8
Vitamins:							
Ascorbic acid	mg	0.0	0.000	10	0.0	0.0	0.0
Thiamin	mg	0.002	0.001	10	0.005	0.012	0.008
Riboflavin	mg	0.021	0.000	10	0.050	0.123	0.083
Niacin	mg	0.780	0.020	10	1.872	4.571	3.097
Pantothenic acid	mg	0.020		0	0.048	0.117	0.079
Vitamin B-6	mg	0.010		0	0.024	0.059	0.040
Folate	µg	2		0	5	12	8
Vitamin B-12	µg	0.07		0	0.17	0.41	0.28
Vitamin A	IU	0	0.000	10	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.110		0	0.264	0.645	0.437
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.010		0	0.024	0.059	0.040
15.0	g						
16:0	g	0.060		0	0.144	0.352	0.238
17:0	g						
18:0	g	0.040		0	0.096	0.234	0.159
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.090	0	0.216	0.527	0.357
14:1	g					
16:1	g	0.010	0	0.024	0.059	0.040
18:1	g	0.080	0	0.192	0.469	0.318
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.010	0	0.024	0.059	0.040
18:2	g	0.010	0	0.024	0.059	0.040
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (10.5 oz), prepared
Measure 3: 1 can (14 oz), ready-to-serve

NDB No. 06009 Soup, beef noodle, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 251g	Measure 3* 305g
Proximates:							
Water	g	84.42	0.127	31	211.89	211.89	257.48
Energy	kcal	67		0	168	168	204
Energy	kj	280		0	703	703	854
Protein (N x 5.95)	g	3.85	0.050	28	9.66	9.66	11.74
Total lipid (fat)	g	2.46	0.052	28	6.17	6.17	7.50
Carbohydrate, by difference	g	7.16		0	17.97	17.97	21.84
Fiber, total dietary	g	0.6		0	1.5	1.5	1.8
Ash	g	2.12	0.063	28	5.32	5.32	6.47
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.560	28	30	30	37
Iron	mg	0.88	0.039	28	2.21	2.21	2.68
Magnesium	mg	5		2	13	13	15
Phosphorus	mg	37		2	93	93	113
Potassium	mg	79		2	198	198	241
Sodium	mg	759		6	1905	1905	2315
Zinc	mg	1.23		6	3.08	3.08	3.74
Copper	mg	0.110		4	0.276	0.276	0.335
Manganese	mg	0.218		2	0.547	0.547	0.665
Selenium	µg	5.9	0.297	2	14.8	14.8	18.0
Vitamins:							
Ascorbic acid	mg	0.3	0.099	28	0.8	0.8	0.9
Thiamin	mg	0.055	0.002	28	0.138	0.138	0.168
Riboflavin	mg	0.047	0.001	28	0.118	0.118	0.143
Niacin	mg	0.849	0.011	28	2.131	2.131	2.589
Pantothenic acid	mg	0.160		0	0.402	0.402	0.488
Vitamin B-6	mg	0.030	0.000	4	0.075	0.075	0.092
Folate	µg	15		0	38	38	46
Vitamin B-12	µg	0.16		1	0.40	0.40	0.49
Vitamin A	IU	502	30.833	28	1260	1260	1531
Vitamin A, RE	µg	50		0	126	126	153
Vitamin E, α-TE	mg	0.001		0	0.003	0.003	0.003
Lipids:							
Saturated, total	g	0.910		0	2.284	2.284	2.776
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.050	0.026	2	0.126	0.126	0.153
15.0	g						
16:0	g	0.500	0.086	2	1.255	1.255	1.525
17:0	g						
18:0	g	0.310	0.043	2	0.778	0.778	0.946
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.990		0	2.485	2.485	3.019
14:1	g						
16:1	g	0.070	0.032	2	0.176	0.176	0.214
18:1	g	0.870	0.126	2	2.184	2.184	2.654
20:1	g	0.000		0	0.000	0.000	0.000
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	0.390		0	0.979	0.979	1.190
18:2	g	0.330	0.212	2	0.828	0.828	1.006
18:3	g	0.050	0.041	2	0.126	0.126	0.153
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.000		0	0.000	0.000	0.000
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000		0	0.000	0.000	0.000
22:6	g	0.000		0	0.000	0.000	0.000
Cholesterol	mg	4		0	10	10	12
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.037		0	0.093	0.093	0.113
Threonine	g	0.123		0	0.309	0.309	0.375
Isoleucine	g	0.149		0	0.374	0.374	0.454
Leucine	g	0.251		0	0.630	0.630	0.766
Lysine	g	0.209		0	0.525	0.525	0.637
Methionine	g	0.072		0	0.181	0.181	0.220
Cystine	g	0.046		0	0.115	0.115	0.140
Phenylalanine	g	0.155		0	0.389	0.389	0.473
Tyrosine	g	0.100		0	0.251	0.251	0.305
Valine	g	0.166		0	0.417	0.417	0.506
Arginine	g	0.158		0	0.397	0.397	0.482
Histidine	g	0.089		0	0.223	0.223	0.271
Alanine	g	0.177		0	0.444	0.444	0.540
Aspartic acid	g	0.282		0	0.708	0.708	0.860
Glutamic acid	g	1.063		0	2.668	2.668	3.242
Glycine	g	0.180		0	0.452	0.452	0.549
Proline	g	0.248		0	0.622	0.622	0.756
Serine	g	0.138		0	0.346	0.346	0.421
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup (8 fl oz)
Measure 3: 1 can (10.75 oz)

NDB No. 06010 Soup, cream of celery, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	84.96	0.296	17	213.25	259.13	
Energy	kcal	72		0	181	220	
Energy	kj	301		0	756	918	
Protein (N x 5.95)	g	1.32	0.035	14	3.31	4.03	
Total lipid (fat)	g	4.46	0.182	14	11.19	13.60	
Carbohydrate, by difference	g	7.03		0	17.65	21.44	
Fiber, total dietary	g	0.6		0	1.5	1.8	
Ash	g	2.23	0.025	14	5.60	6.80	
Sugars, total	g						
Minerals:							
Calcium	mg	32	2.102	14	80	98	
Iron	mg	0.50		11	1.25	1.52	
Magnesium	mg	5		5	13	15	
Phosphorus	mg	30		2	75	92	
Potassium	mg	98		2	246	299	
Sodium	mg	757		6	1900	2309	
Zinc	mg	0.12		4	0.30	0.37	
Copper	mg	0.113		2	0.284	0.345	
Manganese	mg	0.200		1	0.502	0.610	
Selenium	µg	1.8		0	4.5	5.5	
Vitamins:							
Ascorbic acid	mg	0.2	0.018	13	0.5	0.6	
Thiamin	mg	0.023	0.002	14	0.058	0.070	
Riboflavin	mg	0.039	0.002	14	0.098	0.119	
Niacin	mg	0.265	0.012	14	0.665	0.808	
Pantothenic acid	mg	0.920		0	2.309	2.806	
Vitamin B-6	mg	0.010		1	0.025	0.031	
Folate	µg	2	0.131	4	5	6	
Vitamin B-12	µg	0.04		0	0.10	0.12	
Vitamin A	IU	244	115.868	4	612	744	
Vitamin A, RE	µg	24		0	60	73	
Vitamin E, α-TE	mg	0.150		0	0.377	0.458	
Lipids:							
Saturated, total	g	1.120		0	2.811	3.416	
4:0	g	0.050		1	0.126	0.153	
6.0	g	0.040		1	0.100	0.122	
8:0	g	0.020		1	0.050	0.061	
10:0	g	0.050		1	0.126	0.153	
12:0	g	0.040		1	0.100	0.122	
14:0	g	0.160		1	0.402	0.488	
15.0	g						
16:0	g	0.460		1	1.155	1.403	
17:0	g						
18:0	g	0.230		0	0.577	0.702	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.030	0	2.585	3.142
14:1	g				
16:1	g	0.050	1	0.126	0.153
18:1	g	0.950	1	2.385	2.898
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.000	0	5.020	6.100
18:2	g	1.940	1	4.869	5.917
18:3	g	0.060	1	0.151	0.183
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	11	0	28	34
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.015	0	0.038	0.046
Threonine	g	0.047	0	0.118	0.143
Isoleucine	g	0.062	0	0.156	0.189
Leucine	g	0.099	0	0.248	0.302
Lysine	g	0.059	0	0.148	0.180
Methionine	g	0.024	0	0.060	0.073
Cystine	g	0.015	0	0.038	0.046
Phenylalanine	g	0.062	0	0.156	0.189
Tyrosine	g	0.043	0	0.108	0.131
Valine	g	0.071	0	0.178	0.217
Arginine	g	0.047	0	0.118	0.143
Histidine	g	0.031	0	0.078	0.095
Alanine	g	0.048	0	0.120	0.146
Aspartic acid	g	0.092	0	0.231	0.281
Glutamic acid	g	0.306	0	0.768	0.933
Glycine	g	0.041	0	0.103	0.125
Proline	g	0.110	0	0.276	0.335
Serine	g	0.060	0	0.151	0.183
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (10.75 oz)

NDB No. 06011 Soup, cheese, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 257g	Measure 2* 312g	Measure 3*
Proximates:							
Water	g	77.15	0.477	10	198.28	240.71	
Energy	kcal	121		0	311	378	
Energy	kj	506		0	1300	1579	
Protein (N x 5.95)	g	4.22	0.197	10	10.85	13.17	
Total lipid (fat)	g	8.15	0.154	10	20.95	25.43	
Carbohydrate, by difference	g	8.19		0	21.05	25.55	
Fiber, total dietary	g	0.8		0	2.1	2.5	
Ash	g	2.29	0.041	10	5.89	7.14	
Sugars, total	g						
Minerals:							
Calcium	mg	111	8.256	10	285	346	
Iron	mg	0.58	0.095	10	1.49	1.81	
Magnesium	mg	3		1	8	9	
Phosphorus	mg	106		1	272	331	
Potassium	mg	120		1	308	374	
Sodium	mg	747	31.843	5	1920	2331	
Zinc	mg	0.50		1	1.28	1.56	
Copper	mg	0.100		1	0.257	0.312	
Manganese	mg	0.200		1	0.514	0.624	
Selenium	µg	3.6		0	9.3	11.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.013	0.001	10	0.033	0.041	
Riboflavin	mg	0.105	0.008	10	0.270	0.328	
Niacin	mg	0.310	0.023	10	0.797	0.967	
Pantothenic acid	mg	0.070		0	0.180	0.218	
Vitamin B-6	mg	0.020		1	0.051	0.062	
Folate	µg	3		0	8	9	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	847	64.030	1	2177	2643	
Vitamin A, RE	µg	85		0	218	265	
Vitamin E, α-TE	mg	0.160		0	0.411	0.499	
Lipids:							
Saturated, total	g	5.190		0	13.338	16.193	
4:0	g	0.260		0	0.668	0.811	
6.0	g	0.130		0	0.334	0.406	
8:0	g	0.070		0	0.180	0.218	
10:0	g	0.150		0	0.385	0.468	
12:0	g	0.130		0	0.334	0.406	
14:0	g	0.820		0	2.107	2.558	
15.0	g						
16:0	g	2.410		0	6.194	7.519	
17:0	g						
18:0	g	0.990		0	2.544	3.089	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.310	0	5.937	7.207
14:1	g				
16:1	g	0.250	0	0.642	0.780
18:1	g	1.940	0	4.986	6.053
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.230	0	0.591	0.718
18:2	g	0.140	0	0.360	0.437
18:3	g	0.090	0	0.231	0.281
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	23	0	59	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.056	0	0.144	0.175
Threonine	g	0.148	0	0.380	0.462
Isoleucine	g	0.251	0	0.645	0.783
Leucine	g	0.399	0	1.025	1.245
Lysine	g	0.296	0	0.761	0.924
Methionine	g	0.091	0	0.234	0.284
Cystine	g	0.035	0	0.090	0.109
Phenylalanine	g	0.217	0	0.558	0.677
Tyrosine	g	0.194	0	0.499	0.605
Valine	g	0.296	0	0.761	0.924
Arginine	g	0.126	0	0.324	0.393
Histidine	g	0.114	0	0.293	0.356
Alanine	g	0.137	0	0.352	0.427
Aspartic acid	g	0.296	0	0.761	0.924
Glutamic acid	g	1.300	0	3.341	4.056
Glycine	g	0.091	0	0.234	0.284
Proline	g	0.445	0	1.144	1.388
Serine	g	0.194	0	0.499	0.605
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (11 oz), undiluted

NDB No. 06012 Soup, chicken with dumplings, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	83.82	0.242	10	206.20	249.78	
Energy	kcal	79		0	194	235	
Energy	kj	331		0	814	986	
Protein (N x 5.95)	g	4.58	0.083	10	11.27	13.65	
Total lipid (fat)	g	4.51	0.105	10	11.09	13.44	
Carbohydrate, by difference	g	4.93		0	12.13	14.69	
Fiber, total dietary	g	0.4		0	1.0	1.2	
Ash	g	2.16	0.034	10	5.31	6.44	
Sugars, total	g						
Minerals:							
Calcium	mg	12	1.269	10	30	36	
Iron	mg	0.51	0.048	10	1.25	1.52	
Magnesium	mg	3		1	7	9	
Phosphorus	mg	50		1	123	149	
Potassium	mg	95		1	234	283	
Sodium	mg	703	17.500	2	1729	2095	
Zinc	mg	0.30		1	0.74	0.89	
Copper	mg	0.100		1	0.246	0.298	
Manganese	mg	0.400		1	0.984	1.192	
Selenium	µg	9.8		0	24.1	29.2	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	10	0.0	0.0	
Thiamin	mg	0.013	0.001	10	0.032	0.039	
Riboflavin	mg	0.059	0.002	10	0.145	0.176	
Niacin	mg	1.430	0.042	10	3.518	4.261	
Pantothenic acid	mg	0.120		0	0.295	0.358	
Vitamin B-6	mg	0.030		1	0.074	0.089	
Folate	µg	2		0	5	6	
Vitamin B-12	µg	0.13		1	0.32	0.39	
Vitamin A	IU	423	32.090	10	1041	1261	
Vitamin A, RE	µg	42		0	103	125	
Vitamin E, α-TE	mg	0.119		0	0.293	0.355	
Lipids:							
Saturated, total	g	1.070		0	2.632	3.189	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		1	0.074	0.089	
15.0	g						
16:0	g	0.800		1	1.968	2.384	
17:0	g						
18:0	g	0.210		1	0.517	0.626	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.060	0	5.068	6.139
14:1	g				
16:1	g	0.200	1	0.492	0.596
18:1	g	1.850	1	4.551	5.513
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.060	0	2.608	3.159
18:2	g	1.000	1	2.460	2.980
18:3	g	0.030	1	0.074	0.089
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	27	0	66	80
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.044	0	0.108	0.131
Threonine	g	0.158	0	0.389	0.471
Isoleucine	g	0.199	0	0.490	0.593
Leucine	g	0.333	0	0.819	0.992
Lysine	g	0.308	0	0.758	0.918
Methionine	g	0.088	0	0.216	0.262
Cystine	g	0.059	0	0.145	0.176
Phenylalanine	g	0.182	0	0.448	0.542
Tyrosine	g	0.117	0	0.288	0.349
Valine	g	0.226	0	0.556	0.673
Arginine	g	0.238	0	0.585	0.709
Histidine	g	0.112	0	0.276	0.334
Alanine	g	0.281	0	0.691	0.837
Aspartic acid	g	0.392	0	0.964	1.168
Glutamic acid	g	1.242	0	3.055	3.701
Glycine	g	0.336	0	0.827	1.001
Proline	g	0.301	0	0.740	0.897
Serine	g	0.155	0	0.381	0.462
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz)

NDB No. 06013 Soup, chicken broth, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 31g	Measure 3* 305g
Proximates:							
Water	g	91.96	0.293	10	230.82	28.88	280.48
Energy	kcal	31		0	78	10	95
Energy	kj	130		0	326	41	397
Protein (N x 5.95)	g	4.42	0.085	10	11.09	1.39	13.48
Total lipid (fat)	g	1.04	0.175	10	2.61	0.33	3.17
Carbohydrate, by difference	g	0.75		0	1.88	0.24	2.29
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.83	0.030	10	4.59	0.57	5.58
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.804	10	15	2	18
Iron	mg	0.41	0.078	10	1.03	0.13	1.25
Magnesium	mg	2		1	5	1	6
Phosphorus	mg	60		1	151	19	183
Potassium	mg	170		1	427	53	519
Sodium	mg	626	13.267	5	1571	197	1909
Zinc	mg	0.20		1	0.50	0.06	0.61
Copper	mg	0.100		1	0.251	0.031	0.305
Manganese	mg	0.200		1	0.502	0.063	0.610
Selenium	µg	2.3		0	5.8	0.7	7.0
Vitamins:							
Ascorbic acid	mg	0.0	0.000	10	0.0	0.0	0.0
Thiamin	mg	0.006	0.001	10	0.015	0.002	0.018
Riboflavin	mg	0.046	0.002	10	0.115	0.014	0.140
Niacin	mg	2.230	0.117	10	5.597	0.700	6.801
Pantothenic acid	mg	0.040		0	0.100	0.013	0.122
Vitamin B-6	mg	0.020		1	0.050	0.006	0.061
Folate	µg	4		0	10	1	12
Vitamin B-12	µg	0.20		1	0.50	0.06	0.61
Vitamin A	IU	0	0.000	10	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.028		0	0.070	0.009	0.085
Lipids:							
Saturated, total	g	0.310		0	0.778	0.097	0.946
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.010		0	0.025	0.003	0.031
15.0	g						
16:0	g	0.230		0	0.577	0.072	0.702
17:0	g						
18:0	g	0.060		0	0.151	0.019	0.183
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.470	0	1.180	0.148	1.434
14:1	g					
16:1	g	0.060	0	0.151	0.019	0.183
18:1	g	0.390	0	0.979	0.122	1.190
20:1	g	0.010	0	0.025	0.003	0.031
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.220	0	0.552	0.069	0.671
18:2	g	0.200	0	0.502	0.063	0.610
18:3	g	0.010	0	0.025	0.003	0.031
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (10.75 oz)

NDB No. 06015 Soup, chicken, canned, chunky, ready-to-serve, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 251g	Measure 3* 305g
Proximates:							
Water	g	84.12	0.244	13	201.89	211.14	256.57
Energy	kcal	71		0	170	178	217
Energy	kj	297		0	713	745	906
Protein (N x 5.95)	g	5.06	0.109	10	12.14	12.70	15.43
Total lipid (fat)	g	2.64	0.045	10	6.34	6.63	8.05
Carbohydrate, by difference	g	6.88		0	16.51	17.27	20.98
Fiber, total dietary	g	0.6		0	1.4	1.5	1.8
Ash	g	1.31	0.051	10	3.14	3.29	4.00
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.702	10	24	25	31
Iron	mg	0.69	0.028	10	1.66	1.73	2.10
Magnesium	mg	3		0	7	8	9
Phosphorus	mg	45		1	108	113	137
Potassium	mg	70		1	168	176	214
Sodium	mg	354	6.011	10	850	889	1080
Zinc	mg	0.40		1	0.96	1.00	1.22
Copper	mg	0.100		1	0.240	0.251	0.305
Manganese	mg	0.100		1	0.240	0.251	0.305
Selenium	µg	2.5		0	6.0	6.3	7.6
Vitamins:							
Ascorbic acid	mg	0.5	0.167	10	1.2	1.3	1.5
Thiamin	mg	0.034	0.002	10	0.082	0.085	0.104
Riboflavin	mg	0.069	0.003	10	0.166	0.173	0.210
Niacin	mg	1.760	0.072	10	4.224	4.418	5.368
Pantothenic acid	mg	0.160		0	0.384	0.402	0.488
Vitamin B-6	mg	0.020		1	0.048	0.050	0.061
Folate	µg	2	0.386	3	4	5	5
Vitamin B-12	µg	0.10		1	0.24	0.25	0.31
Vitamin A	IU	518	41.555	10	1243	1300	1580
Vitamin A, RE	µg	52		0	125	131	159
Vitamin E, α-TE	mg	0.070		0	0.168	0.176	0.214
Lipids:							
Saturated, total	g	0.790		0	1.896	1.983	2.410
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.020		0	0.048	0.050	0.061
15.0	g						
16:0	g	0.570		0	1.368	1.431	1.739
17:0	g						
18:0	g	0.160		0	0.384	0.402	0.488
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.180	0	2.832	2.962	3.599
14:1	g					
16:1	g	0.150	0	0.360	0.377	0.458
18:1	g	0.990	0	2.376	2.485	3.019
20:1	g	0.030	0	0.072	0.075	0.092
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.550	0	1.320	1.381	1.678
18:2	g	0.520	0	1.248	1.305	1.586
18:3	g	0.030	0	0.072	0.075	0.092
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	12	0	29	30	37
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.049	0	0.118	0.123	0.149
Threonine	g	0.174	0	0.418	0.437	0.531
Isoleucine	g	0.220	0	0.528	0.552	0.671
Leucine	g	0.368	0	0.883	0.924	1.122
Lysine	g	0.340	0	0.816	0.853	1.037
Methionine	g	0.097	0	0.233	0.243	0.296
Cystine	g	0.065	0	0.156	0.163	0.198
Phenylalanine	g	0.201	0	0.482	0.505	0.613
Tyrosine	g	0.130	0	0.312	0.326	0.397
Valine	g	0.250	0	0.600	0.627	0.763
Arginine	g	0.263	0	0.631	0.660	0.802
Histidine	g	0.124	0	0.298	0.311	0.378
Alanine	g	0.311	0	0.746	0.781	0.949
Aspartic acid	g	0.433	0	1.039	1.087	1.321
Glutamic acid	g	1.372	0	3.293	3.444	4.185
Glycine	g	0.372	0	0.893	0.934	1.135
Proline	g	0.333	0	0.799	0.836	1.016
Serine	g	0.171	0	0.410	0.429	0.522
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup (8 fl oz)
Measure 3: 1 can (10.75 oz)

NDB No. 06016 Soup, cream of chicken, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	81.75	0.304	17	205.19	249.34	
Energy	kcal	93		0	233	284	
Energy	kj	389		0	976	1186	
Protein (N x 5.95)	g	2.73	0.084	14	6.85	8.33	
Total lipid (fat)	g	5.86	0.177	14	14.71	17.87	
Carbohydrate, by difference	g	7.38		0	18.52	22.51	
Fiber, total dietary	g	0.2		0	0.5	0.6	
Ash	g	2.27	0.025	14	5.70	6.92	
Sugars, total	g						
Minerals:							
Calcium	mg	27		11	68	82	
Iron	mg	0.48	0.048	14	1.20	1.46	
Magnesium	mg	2		1	5	6	
Phosphorus	mg	30		2	75	92	
Potassium	mg	70		2	176	214	
Sodium	mg	786		2	1973	2397	
Zinc	mg	0.50		1	1.25	1.52	
Copper	mg	0.100		1	0.251	0.305	
Manganese	mg	0.300		1	0.753	0.915	
Selenium	µg	6.3		0	15.8	19.2	
Vitamins:							
Ascorbic acid	mg	0.1	0.014	13	0.3	0.3	
Thiamin	mg	0.023	0.002	13	0.058	0.070	
Riboflavin	mg	0.048	0.003	13	0.120	0.146	
Niacin	mg	0.653	0.027	13	1.639	1.992	
Pantothenic acid	mg	0.170		0	0.427	0.518	
Vitamin B-6	mg	0.013	0.000	2	0.033	0.040	
Folate	µg	1	0.197	3	3	4	
Vitamin B-12	µg	0.07		0	0.18	0.21	
Vitamin A	IU	446	31.912	13	1119	1360	
Vitamin A, RE	µg	45		0	113	137	
Vitamin E, α-TE	mg	0.130		0	0.326	0.397	
Lipids:							
Saturated, total	g	1.660		0	4.167	5.063	
4:0	g	0.030		1	0.075	0.092	
6.0	g	0.040		1	0.100	0.122	
8:0	g	0.010		1	0.025	0.031	
10:0	g	0.020		1	0.050	0.061	
12:0	g	0.020		1	0.050	0.061	
14:0	g	0.110		1	0.276	0.335	
15.0	g						
16:0	g	1.040		1	2.610	3.172	
17:0	g						
18:0	g	0.330		1	0.828	1.006	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.610	0	6.551	7.960
14:1	g				
16:1	g	0.230	1	0.577	0.702
18:1	g	2.350	1	5.899	7.168
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.190	0	2.987	3.629
18:2	g	1.120	1	2.811	3.416
18:3	g	0.050	1	0.126	0.153
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	8	0	20	24
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.034	0	0.085	0.104
Threonine	g	0.104	0	0.261	0.317
Isoleucine	g	0.136	0	0.341	0.415
Leucine	g	0.210	0	0.527	0.640
Lysine	g	0.171	0	0.429	0.522
Methionine	g	0.064	0	0.161	0.195
Cystine	g	0.040	0	0.100	0.122
Phenylalanine	g	0.122	0	0.306	0.372
Tyrosine	g	0.094	0	0.236	0.287
Valine	g	0.138	0	0.346	0.421
Arginine	g	0.133	0	0.334	0.406
Histidine	g	0.073	0	0.183	0.223
Alanine	g	0.118	0	0.296	0.360
Aspartic acid	g	0.193	0	0.484	0.589
Glutamic acid	g	0.621	0	1.559	1.894
Glycine	g	0.108	0	0.271	0.329
Proline	g	0.205	0	0.515	0.625
Serine	g	0.120	0	0.301	0.366
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (10.75 oz)

NDB No. 06017 Soup, chicken gumbo, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	88.02	0.269	10	220.93	268.46	
Energy	kcal	45		0	113	137	
Energy	kj	188		0	472	573	
Protein (N x 5.95)	g	2.10	0.060	10	5.27	6.41	
Total lipid (fat)	g	1.14	0.040	10	2.86	3.48	
Carbohydrate, by difference	g	6.67		0	16.74	20.34	
Fiber, total dietary	g	1.6		0	4.0	4.9	
Ash	g	2.07	0.070	10	5.20	6.31	
Sugars, total	g						
Minerals:							
Calcium	mg	19	1.668	10	48	58	
Iron	mg	0.71	0.102	10	1.78	2.17	
Magnesium	mg	3		1	8	9	
Phosphorus	mg	20		1	50	61	
Potassium	mg	60		1	151	183	
Sodium	mg	761	24.259	5	1910	2321	
Zinc	mg	0.30		1	0.75	0.92	
Copper	mg	0.100		1	0.251	0.305	
Manganese	mg	0.200		1	0.502	0.610	
Selenium	µg	6.7		0	16.8	20.4	
Vitamins:							
Ascorbic acid	mg	4.0		1	10.0	12.2	
Thiamin	mg	0.200		1	0.502	0.610	
Riboflavin	mg	0.300		1	0.753	0.915	
Niacin	mg	0.530	0.021	10	1.330	1.617	
Pantothenic acid	mg	0.160		0	0.402	0.488	
Vitamin B-6	mg	0.050		1	0.126	0.153	
Folate	µg	5		0	13	15	
Vitamin B-12	µg	0.02		0	0.05	0.06	
Vitamin A	IU	108	4.833	10	271	329	
Vitamin A, RE	µg	11		0	28	34	
Vitamin E, α-TE	mg	0.031		0	0.078	0.095	
Lipids:							
Saturated, total	g	0.260		0	0.653	0.793	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010		1	0.025	0.031	
15.0	g						
16:0	g	0.200		1	0.502	0.610	
17:0	g						
18:0	g	0.050		1	0.126	0.153	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.520	0	1.305	1.586
14:1	g				
16:1	g	0.050	1	0.126	0.153
18:1	g	0.460	1	1.155	1.403
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.280	0	0.703	0.854
18:2	g	0.250	1	0.627	0.763
18:3	g	0.010	1	0.025	0.031
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	0	8	9
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.045	0.055
Threonine	g	0.066	0	0.166	0.201
Isoleucine	g	0.079	0	0.198	0.241
Leucine	g	0.134	0	0.336	0.409
Lysine	g	0.129	0	0.324	0.393
Methionine	g	0.036	0	0.090	0.110
Cystine	g	0.014	0	0.035	0.043
Phenylalanine	g	0.077	0	0.193	0.235
Tyrosine	g	0.055	0	0.138	0.168
Valine	g	0.093	0	0.233	0.284
Arginine	g	0.098	0	0.246	0.299
Histidine	g	0.046	0	0.115	0.140
Alanine	g	0.120	0	0.301	0.366
Aspartic acid	g	0.177	0	0.444	0.540
Glutamic acid	g	0.529	0	1.328	1.613
Glycine	g	0.132	0	0.331	0.403
Proline	g	0.120	0	0.301	0.366
Serine	g	0.072	0	0.181	0.220
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz)

NDB No. 06018 Soup, chicken noodle, 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	Samples	Measure 1* 240g	Measure 2* 539g	Measure 3*
Proximates:							
Water	g	84.00		0	201.60	452.76	
Energy	kcal	73		0	175	393	
Energy	kj	305		0	732	1644	
Protein (N x 5.95)	g	5.30	0.094	24	12.72	28.57	
Total lipid (fat)	g	2.50	0.042	24	6.00	13.47	
Carbohydrate, by difference	g	7.10		0	17.04	38.27	
Fiber, total dietary	g	1.6		0	3.8	8.6	
Ash	g	1.10		0	2.64	5.93	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.486	24	24	54	
Iron	mg	0.60	0.027	24	1.44	3.23	
Magnesium	mg	4		0	10	22	
Phosphorus	mg	30		0	72	162	
Potassium	mg	45		0	108	243	
Sodium	mg	354		0	850	1908	
Zinc	mg	0.40		0	0.96	2.16	
Copper	mg	0.100		0	0.240	0.539	
Manganese	mg	0.100		0	0.240	0.539	
Selenium	µg	10.5		0	25.2	56.6	
Vitamins:							
Ascorbic acid	mg	0.0	0.098	24	0.0	0.0	
Thiamin	mg	0.030	0.001	24	0.072	0.162	
Riboflavin	mg	0.070	0.002	24	0.168	0.377	
Niacin	mg	1.800	0.038	24	4.320	9.702	
Pantothenic acid	mg	0.150		0	0.360	0.809	
Vitamin B-6	mg	0.020		0	0.048	0.108	
Folate	µg	16		0	38	86	
Vitamin B-12	µg	0.13		0	0.31	0.70	
Vitamin A	IU	509	26.822	24	1222	2744	
Vitamin A, RE	µg	51		0	122	275	
Vitamin E, α-TE	mg	0.330		0	0.792	1.779	
Lipids:							
Saturated, total	g	0.580		0	1.392	3.126	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.480		1	1.152	2.587	
17:0	g						
18:0	g	0.110		1	0.264	0.593	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.110	0	2.664	5.983
14:1	g				
16:1	g	0.110	1	0.264	0.593
18:1	g	1.000	1	2.400	5.390
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.630	0	1.512	3.396
18:2	g	0.630	1	1.512	3.396
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	8	1	19	43
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.051	0	0.122	0.275
Threonine	g	0.182	0	0.437	0.981
Isoleucine	g	0.230	0	0.552	1.240
Leucine	g	0.385	0	0.924	2.075
Lysine	g	0.356	0	0.854	1.919
Methionine	g	0.102	0	0.245	0.550
Cystine	g	0.068	0	0.163	0.367
Phenylalanine	g	0.210	0	0.504	1.132
Tyrosine	g	0.136	0	0.326	0.733
Valine	g	0.262	0	0.629	1.412
Arginine	g	0.276	0	0.662	1.488
Histidine	g	0.130	0	0.312	0.701
Alanine	g	0.326	0	0.782	1.757
Aspartic acid	g	0.454	0	1.090	2.447
Glutamic acid	g	1.437	0	3.449	7.745
Glycine	g	0.389	0	0.934	2.097
Proline	g	0.349	0	0.838	1.881
Serine	g	0.179	0	0.430	0.965
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (19 oz), ready-to-serve

NDB No. 06019 Soup, chicken noodle, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 246g	Measure 3* 298g
Proximates:							
Water	g	85.07	0.143	56	209.27	209.27	253.51
Energy	kcal	61		0	150	150	182
Energy	kj	255		0	627	627	760
Protein (N x 5.95)	g	3.23	0.031	53	7.95	7.95	9.63
Total lipid (fat)	g	1.85	0.021	53	4.55	4.55	5.51
Carbohydrate, by difference	g	7.62		0	18.75	18.75	22.71
Fiber, total dietary	g	0.6		0	1.5	1.5	1.8
Ash	g	2.23	0.019	53	5.49	5.49	6.65
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.346	51	27	27	33
Iron	mg	0.62	0.032	51	1.53	1.53	1.85
Magnesium	mg	4		5	10	10	12
Phosphorus	mg	30		3	74	74	89
Potassium	mg	45		3	111	111	134
Sodium	mg	757		32	1862	1862	2256
Zinc	mg	0.23		8	0.57	0.57	0.69
Copper	mg	0.159		3	0.391	0.391	0.474
Manganese	mg	0.235		3	0.578	0.578	0.700
Selenium	µg	9.8	0.247	2	24.1	24.1	29.2
Vitamins:							
Ascorbic acid	mg	0.0	0.017	51	0.0	0.0	0.0
Thiamin	mg	0.052	0.001	53	0.128	0.128	0.155
Riboflavin	mg	0.054	0.001	53	0.133	0.133	0.161
Niacin	mg	1.228	0.021	53	3.021	3.021	3.659
Pantothenic acid	mg	0.140		0	0.344	0.344	0.417
Vitamin B-6	mg	0.021		3	0.052	0.052	0.063
Folate	µg	16		0	39	39	48
Vitamin B-12	µg	0.13		0	0.32	0.32	0.39
Vitamin A	IU	532	0.000	12	1309	1309	1585
Vitamin A, RE	µg	53		0	130	130	158
Vitamin E, α-TE	mg	0.051		0	0.125	0.125	0.152
Lipids:							
Saturated, total	g	0.490		0	1.205	1.205	1.460
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.010		1	0.025	0.025	0.030
15.0	g						
16:0	g	0.380		1	0.935	0.935	1.132
17:0	g						
18:0	g	0.090		1	0.221	0.221	0.268
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.830	0	2.042	2.042	2.473
14:1	g					
16:1	g	0.050	1	0.123	0.123	0.149
18:1	g	0.770	1	1.894	1.894	2.295
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.410	0	1.009	1.009	1.222
18:2	g	0.360	1	0.886	0.886	1.073
18:3	g	0.020	1	0.049	0.049	0.060
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	5	0	12	12	15
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.031	0	0.076	0.076	0.092
Threonine	g	0.103	0	0.253	0.253	0.307
Isoleucine	g	0.125	0	0.308	0.308	0.373
Leucine	g	0.210	0	0.517	0.517	0.626
Lysine	g	0.175	0	0.431	0.431	0.522
Methionine	g	0.060	0	0.148	0.148	0.179
Cystine	g	0.038	0	0.093	0.093	0.113
Phenylalanine	g	0.130	0	0.320	0.320	0.387
Tyrosine	g	0.084	0	0.207	0.207	0.250
Valine	g	0.139	0	0.342	0.342	0.414
Arginine	g	0.132	0	0.325	0.325	0.393
Histidine	g	0.075	0	0.185	0.185	0.223
Alanine	g	0.149	0	0.367	0.367	0.444
Aspartic acid	g	0.236	0	0.581	0.581	0.703
Glutamic acid	g	0.890	0	2.189	2.189	2.652
Glycine	g	0.151	0	0.371	0.371	0.450
Proline	g	0.208	0	0.512	0.512	0.620
Serine	g	0.116	0	0.285	0.285	0.346
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup (8 fl oz)
Measure 3: 1 can (10.5 oz)

NDB No. 06021 Soup, chicken noodle, with meatballs, 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	Samples	Measure 1* 248g	Measure 2* 567g	Measure 3*
Proximates:							
Water	g	90.72		1	224.99	514.38	
Energy	kcal	40		0	99	227	
Energy	kj	167		0	414	947	
Protein (N x 5.95)	g	3.27		1	8.11	18.54	
Total lipid (fat)	g	1.44		1	3.57	8.16	
Carbohydrate, by difference	g	3.37		0	8.36	19.11	
Fiber, total dietary	g						
Ash	g	1.20		1	2.98	6.80	
Sugars, total	g						
Minerals:							
Calcium	mg	12		1	30	68	
Iron	mg	0.70		1	1.74	3.97	
Magnesium	mg	4		0	10	23	
Phosphorus	mg	34		0	84	193	
Potassium	mg	62		0	154	352	
Sodium	mg	419		1	1039	2376	
Zinc	mg	0.20		0	0.50	1.13	
Copper	mg	0.100		0	0.248	0.567	
Manganese	mg	0.200		0	0.496	1.134	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.1		1	7.7	17.6	
Thiamin	mg	0.050		1	0.124	0.284	
Riboflavin	mg	0.050		1	0.124	0.284	
Niacin	mg	1.010		1	2.505	5.727	
Pantothenic acid	mg	0.150		0	0.372	0.850	
Vitamin B-6	mg	0.020		0	0.050	0.113	
Folate	µg	9		0	22	51	
Vitamin B-12	µg	0.10		0	0.25	0.57	
Vitamin A	IU	938		1	2326	5318	
Vitamin A, RE	µg	94		0	233	533	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.430		0	1.066	2.438	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.025	0.057	
15.0	g						
16:0	g	0.310		0	0.769	1.758	
17:0	g						
18:0	g	0.090		0	0.223	0.510	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.650	0	1.612	3.686
14:1	g				
16:1	g	0.080	0	0.198	0.454
18:1	g	0.540	0	1.339	3.062
20:1	g	0.020	0	0.050	0.113
22.1	g				
Polyunsaturated, total	g	0.300	0	0.744	1.701
18:2	g	0.280	0	0.694	1.588
18:3	g	0.010	0	0.025	0.057
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	0	10	23
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (20 oz)

NDB No. 06022 Soup, chicken rice, 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	Samples	Measure 1* 240g	Measure 2* 539g	Measure 3*
Proximates:							
Water	g	86.78	0.220	13	208.27	467.74	
Energy	kcal	53		0	127	286	
Energy	kj	222		0	533	1197	
Protein (N x 5.95)	g	5.11	0.116	10	12.26	27.54	
Total lipid (fat)	g	1.33	0.047	10	3.19	7.17	
Carbohydrate, by difference	g	5.41		0	12.98	29.16	
Fiber, total dietary	g	0.4		0	1.0	2.2	
Ash	g	1.37	0.068	10	3.29	7.38	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.991	10	34	75	
Iron	mg	0.78	0.057	10	1.87	4.20	
Magnesium	mg	4		0	10	22	
Phosphorus	mg	30		0	72	162	
Potassium	mg	45		0	108	243	
Sodium	mg	370	7.341	10	888	1994	
Zinc	mg	0.40		0	0.96	2.16	
Copper	mg	0.100		0	0.240	0.539	
Manganese	mg	0.100		0	0.240	0.539	
Selenium	µg	4.5		0	10.8	24.3	
Vitamins:							
Ascorbic acid	mg	1.6	0.267	10	3.8	8.6	
Thiamin	mg	0.010	0.000	10	0.024	0.054	
Riboflavin	mg	0.041	0.002	10	0.098	0.221	
Niacin	mg	1.710	0.051	10	4.104	9.217	
Pantothenic acid	mg	0.150		0	0.360	0.809	
Vitamin B-6	mg	0.020		0	0.048	0.108	
Folate	µg	2	0.244	3	4	9	
Vitamin B-12	µg	0.13		0	0.31	0.70	
Vitamin A	IU	2441	226.105	10	5858	13157	
Vitamin A, RE	µg	244		0	586	1315	
Vitamin E, α-TE	mg	0.036		0	0.086	0.194	
Lipids:							
Saturated, total	g	0.400		0	0.960	2.156	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.024	0.054	
15.0	g						
16:0	g	0.290		0	0.696	1.563	
17:0	g						
18:0	g	0.080		0	0.192	0.431	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.600	0	1.440	3.234
14:1	g				
16:1	g	0.080	0	0.192	0.431
18:1	g	0.500	0	1.200	2.695
20:1	g	0.020	0	0.048	0.108
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.280	0	0.672	1.509
18:2	g	0.260	0	0.624	1.401
18:3	g	0.010	0	0.024	0.054
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	5	0	12	27
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (19 oz), ready-to-serve

NDB No. 06023 Soup, chicken with rice, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	87.84	0.309	16	216.09	261.76	
Energy	kcal	49		0	121	146	
Energy	kj	205		0	504	611	
Protein (N x 5.95)	g	2.89	0.101	13	7.11	8.61	
Total lipid (fat)	g	1.56	0.054	13	3.84	4.65	
Carbohydrate, by difference	g	5.84		0	14.37	17.40	
Fiber, total dietary	g	0.5		0	1.2	1.5	
Ash	g	1.88	0.053	13	4.62	5.60	
Sugars, total	g						
Minerals:							
Calcium	mg	14	2.737	10	34	42	
Iron	mg	0.61	0.064	10	1.50	1.82	
Magnesium	mg	0		4	0	0	
Phosphorus	mg	17		1	42	51	
Potassium	mg	82		1	202	244	
Sodium	mg	665	24.226	10	1636	1982	
Zinc	mg	0.21		5	0.53	0.64	
Copper	mg	0.096		2	0.236	0.286	
Manganese	mg	0.300		1	0.738	0.894	
Selenium	µg	4.1		0	10.1	12.2	
Vitamins:							
Ascorbic acid	mg	0.1	0.004	13	0.2	0.3	
Thiamin	mg	0.014	0.001	13	0.034	0.042	
Riboflavin	mg	0.020	0.002	13	0.049	0.060	
Niacin	mg	0.918	0.093	13	2.258	2.736	
Pantothenic acid	mg	0.140		0	0.344	0.417	
Vitamin B-6	mg	0.020		13	0.049	0.060	
Folate	µg	1	0.140	13	2	3	
Vitamin B-12	µg	0.13		0	0.32	0.39	
Vitamin A	IU	539	66.052	13	1326	1606	
Vitamin A, RE	µg	54		0	133	161	
Vitamin E, α-TE	mg	0.043		0	0.106	0.128	
Lipids:							
Saturated, total	g	0.370		0	0.910	1.103	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010	0.002	3	0.025	0.030	
15.0	g						
16:0	g	0.290	0.039	3	0.713	0.864	
17:0	g						
18:0	g	0.070	0.009	3	0.172	0.209	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.740		0	1.820	2.205
14:1	g					
16:1	g	0.060	0.012	3	0.148	0.179
18:1	g	0.680	0.086	3	1.673	2.026
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.340		0	0.836	1.013
18:2	g	0.320	0.043	3	0.787	0.954
18:3	g	0.010		1	0.025	0.030
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	5		0	12	15
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.034		0	0.084	0.101
Threonine	g	0.116		0	0.285	0.346
Isoleucine	g	0.145		0	0.357	0.432
Leucine	g	0.221		0	0.544	0.659
Lysine	g	0.204		0	0.502	0.608
Methionine	g	0.075		0	0.185	0.223
Cystine	g	0.041		0	0.101	0.122
Phenylalanine	g	0.123		0	0.303	0.367
Tyrosine	g	0.101		0	0.248	0.301
Valine	g	0.154		0	0.379	0.459
Arginine	g	0.191		0	0.470	0.569
Histidine	g	0.082		0	0.202	0.244
Alanine	g	0.158		0	0.389	0.471
Aspartic acid	g	0.259		0	0.637	0.772
Glutamic acid	g	0.456		0	1.122	1.359
Glycine	g	0.140		0	0.344	0.417
Proline	g	0.122		0	0.300	0.364
Serine	g	0.113		0	0.278	0.337
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (10.5 oz)

NDB No. 06024 Soup, chicken vegetable, 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	Samples	Measure 1* 240g	Measure 2* 539g	Measure 3*
Proximates:							
Water	g	83.44	0.215	7	200.26	449.74	
Energy	kcal	69		0	166	372	
Energy	kj	289		0	694	1558	
Protein (N x 5.95)	g	5.13	0.123	7	12.31	27.65	
Total lipid (fat)	g	2.01	0.026	7	4.82	10.83	
Carbohydrate, by difference	g	7.87		0	18.89	42.42	
Fiber, total dietary	g						
Ash	g	1.54	0.092	7	3.70	8.30	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.369	7	26	59	
Iron	mg	0.61	0.040	7	1.46	3.29	
Magnesium	mg	4		0	10	22	
Phosphorus	mg	44		0	106	237	
Potassium	mg	153		0	367	825	
Sodium	mg	445		1	1068	2399	
Zinc	mg	0.90		0	2.16	4.85	
Copper	mg	0.100		0	0.240	0.539	
Manganese	mg	0.100		0	0.240	0.539	
Selenium	µg	5.1		0	12.2	27.5	
Vitamins:							
Ascorbic acid	mg	2.3	0.184	7	5.5	12.4	
Thiamin	mg	0.017	0.003	7	0.041	0.092	
Riboflavin	mg	0.069	0.003	7	0.166	0.372	
Niacin	mg	1.371	0.036	7	3.290	7.390	
Pantothenic acid	mg	0.140		0	0.336	0.755	
Vitamin B-6	mg	0.040		0	0.096	0.216	
Folate	µg	5		0	12	27	
Vitamin B-12	µg	0.10		0	0.24	0.54	
Vitamin A	IU	2496	176.840	7	5990	13453	
Vitamin A, RE	µg	250		0	600	1348	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.600		0	1.440	3.234	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.048	0.108	
15.0	g						
16:0	g	0.440		0	1.056	2.372	
17:0	g						
18:0	g	0.120		0	0.288	0.647	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.900	0	2.160	4.851
14:1	g				
16:1	g	0.120	0	0.288	0.647
18:1	g	0.750	0	1.800	4.043
20:1	g	0.020	0	0.048	0.108
22.1	g				
Polyunsaturated, total	g	0.420	0	1.008	2.264
18:2	g	0.390	0	0.936	2.102
18:3	g	0.020	0	0.048	0.108
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	7	0	17	38
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (19 oz), ready-to-serve

NDB No. 06025 Soup, chicken vegetable, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 31g	Measure 3* 298g
Proximates:							
Water	g	85.52	0.065	14	210.38	26.34	254.85
Energy	kcal	61		0	150	19	182
Energy	kj	255		0	627	79	760
Protein (N x 5.95)	g	2.94	0.042	14	7.23	0.91	8.76
Total lipid (fat)	g	2.32	0.048	14	5.71	0.71	6.91
Carbohydrate, by difference	g	7.01		0	17.24	2.16	20.89
Fiber, total dietary	g	0.7		0	1.7	0.2	2.1
Ash	g	2.22	0.010	14	5.46	0.68	6.62
Sugars, total	g						
Minerals:							
Calcium	mg	14		11	34	4	42
Iron	mg	0.71	0.051	14	1.75	0.22	2.12
Magnesium	mg	5		1	12	2	15
Phosphorus	mg	33		2	81	10	98
Potassium	mg	126		2	310	39	375
Sodium	mg	771		11	1897	237	2298
Zinc	mg	0.30		1	0.74	0.09	0.89
Copper	mg	0.099		5	0.244	0.030	0.295
Manganese	mg	0.300		1	0.738	0.092	0.894
Selenium	µg	4.5		0	11.1	1.4	13.4
Vitamins:							
Ascorbic acid	mg	0.8	0.286	13	2.0	0.2	2.4
Thiamin	mg	0.036	0.002	14	0.089	0.011	0.107
Riboflavin	mg	0.046	0.001	14	0.113	0.014	0.137
Niacin	mg	1.004	0.023	14	2.470	0.309	2.992
Pantothenic acid	mg	0.140		0	0.344	0.043	0.417
Vitamin B-6	mg	0.039	0.000	14	0.096	0.012	0.116
Folate	µg	4		0	10	1	12
Vitamin B-12	µg	0.10		0	0.25	0.03	0.30
Vitamin A	IU	2168	183.793	14	5333	668	6461
Vitamin A, RE	µg	217		0	534	67	647
Vitamin E, α-TE	mg	0.063		0	0.155	0.019	0.188
Lipids:							
Saturated, total	g	0.690		0	1.697	0.213	2.056
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.020		0	0.049	0.006	0.060
15.0	g						
16:0	g	0.500		0	1.230	0.154	1.490
17:0	g						
18:0	g	0.140		0	0.344	0.043	0.417
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.040	0	2.558	0.320	3.099
14:1	g					
16:1	g	0.130	0	0.320	0.040	0.387
18:1	g	0.870	0	2.140	0.268	2.593
20:1	g	0.030	0	0.074	0.009	0.089
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.490	0	1.205	0.151	1.460
18:2	g	0.450	0	1.107	0.139	1.341
18:3	g	0.020	0	0.049	0.006	0.060
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	7	0	17	2	21
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.025	0	0.062	0.008	0.075
Threonine	g	0.092	0	0.226	0.028	0.274
Isoleucine	g	0.111	0	0.273	0.034	0.331
Leucine	g	0.188	0	0.462	0.058	0.560
Lysine	g	0.181	0	0.445	0.056	0.539
Methionine	g	0.050	0	0.123	0.015	0.149
Cystine	g	0.020	0	0.049	0.006	0.060
Phenylalanine	g	0.108	0	0.266	0.033	0.322
Tyrosine	g	0.077	0	0.189	0.024	0.229
Valine	g	0.130	0	0.320	0.040	0.387
Arginine	g	0.138	0	0.339	0.043	0.411
Histidine	g	0.065	0	0.160	0.020	0.194
Alanine	g	0.168	0	0.413	0.052	0.501
Aspartic acid	g	0.248	0	0.610	0.076	0.739
Glutamic acid	g	0.741	0	1.823	0.228	2.208
Glycine	g	0.185	0	0.455	0.057	0.551
Proline	g	0.169	0	0.416	0.052	0.504
Serine	g	0.101	0	0.248	0.031	0.301
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (10.5 oz)

NDB No. 06026 Soup, chili beef, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 263g	Measure 2* 319g	Measure 3*
Proximates:							
Water	g	70.86	0.440	14	186.36	226.04	
Energy	kcal	129		0	339	412	
Energy	kj	540		0	1420	1723	
Protein (N x 5.95)	g	5.09	0.076	14	13.39	16.24	
Total lipid (fat)	g	5.03	0.242	14	13.23	16.05	
Carbohydrate, by difference	g	16.33		0	42.95	52.09	
Fiber, total dietary	g	7.3		0	19.2	23.3	
Ash	g	2.69	0.024	14	7.07	8.58	
Sugars, total	g						
Minerals:							
Calcium	mg	33	1.279	14	87	105	
Iron	mg	1.62	0.107	14	4.26	5.17	
Magnesium	mg	23		4	60	73	
Phosphorus	mg	113		2	297	360	
Potassium	mg	400		2	1052	1276	
Sodium	mg	788		6	2072	2514	
Zinc	mg	1.06		4	2.80	3.39	
Copper	mg	0.300		2	0.789	0.957	
Manganese	mg	0.800		1	2.104	2.552	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.1	0.203	12	8.2	9.9	
Thiamin	mg	0.045	0.002	14	0.118	0.144	
Riboflavin	mg	0.058	0.002	14	0.153	0.185	
Niacin	mg	0.813	0.027	14	2.138	2.593	
Pantothenic acid	mg	0.500		0	1.315	1.595	
Vitamin B-6	mg	0.120		1	0.316	0.383	
Folate	µg	14		0	37	45	
Vitamin B-12	µg	0.24		1	0.63	0.77	
Vitamin A	IU	1149	51.738	14	3022	3665	
Vitamin A, RE	µg	115		0	302	367	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.510		0	6.601	8.007	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.050		0	0.132	0.160	
14:0	g	0.190		0	0.500	0.606	
15.0	g						
16:0	g	1.250		0	3.288	3.987	
17:0	g						
18:0	g	0.950		0	2.498	3.030	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.100	0	5.523	6.699
14:1	g				
16:1	g	0.210	0	0.552	0.670
18:1	g	1.810	0	4.760	5.774
20:1	g	0.020	0	0.053	0.064
22.1	g				
Polyunsaturated, total	g	0.200	0	0.526	0.638
18:2	g	0.160	0	0.421	0.510
18:3	g	0.030	0	0.079	0.096
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	10	0	26	32
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.054	0	0.142	0.172
Threonine	g	0.210	0	0.552	0.670
Isoleucine	g	0.249	0	0.655	0.794
Leucine	g	0.420	0	1.105	1.340
Lysine	g	0.347	0	0.913	1.107
Methionine	g	0.064	0	0.168	0.204
Cystine	g	0.056	0	0.147	0.179
Phenylalanine	g	0.284	0	0.747	0.906
Tyrosine	g	0.152	0	0.400	0.485
Valine	g	0.280	0	0.736	0.893
Arginine	g	0.267	0	0.702	0.852
Histidine	g	0.133	0	0.350	0.424
Alanine	g	0.254	0	0.668	0.810
Aspartic acid	g	0.570	0	1.499	1.818
Glutamic acid	g	0.939	0	2.470	2.995
Glycine	g	0.246	0	0.647	0.785
Proline	g	0.230	0	0.605	0.734
Serine	g	0.252	0	0.663	0.804
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11.25 oz)

NDB No. 06027 Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 30g	Measure 3* 539g
Proximates:							
Water	g	86.04	0.308	13	206.50	25.81	463.76
Energy	kcal	56		0	134	17	302
Energy	kj	234		0	562	70	1261
Protein (N x 5.95)	g	3.02	0.047	10	7.25	0.91	16.28
Total lipid (fat)	g	1.41	0.031	10	3.38	0.42	7.60
Carbohydrate, by difference	g	7.84		0	18.82	2.35	42.26
Fiber, total dietary	g	1.2		0	2.9	0.4	6.5
Ash	g	1.69	0.031	10	4.06	0.51	9.11
Sugars, total	g						
Minerals:							
Calcium	mg	28	1.329	10	67	8	151
Iron	mg	1.10	0.060	10	2.64	0.33	5.93
Magnesium	mg	8		0	19	2	43
Phosphorus	mg	35		1	84	11	189
Potassium	mg	160		1	384	48	862
Sodium	mg	417	14.005	10	1001	125	2248
Zinc	mg	0.70		1	1.68	0.21	3.77
Copper	mg	0.100		1	0.240	0.030	0.539
Manganese	mg	0.100		1	0.240	0.030	0.539
Selenium	µg	6.7		0	16.1	2.0	36.1
Vitamins:							
Ascorbic acid	mg	5.1	0.458	10	12.2	1.5	27.5
Thiamin	mg	0.024	0.001	10	0.058	0.007	0.129
Riboflavin	mg	0.026	0.001	10	0.062	0.008	0.140
Niacin	mg	0.770	0.015	10	1.848	0.231	4.150
Pantothenic acid	mg	0.100		0	0.240	0.030	0.539
Vitamin B-6	mg	0.110		1	0.264	0.033	0.593
Folate	µg	4	0.841	3	9	1	21
Vitamin B-12	µg	3.30		1	7.92	0.99	17.79
Vitamin A	IU	1372	81.728	10	3293	412	7395
Vitamin A, RE	µg	137		0	329	41	738
Vitamin E, α-TE	mg	0.040		0	0.096	0.012	0.216
Lipids:							
Saturated, total	g	0.880		0	2.112	0.264	4.743
4:0	g	0.050		0	0.120	0.015	0.270
6.0	g	0.030		0	0.072	0.009	0.162
8:0	g	0.020		0	0.048	0.006	0.108
10:0	g	0.040		0	0.096	0.012	0.216
12:0	g	0.040		0	0.096	0.012	0.216
14:0	g	0.140		0	0.336	0.042	0.755
15.0	g						
16:0	g	0.370		0	0.888	0.111	1.994
17:0	g						
18:0	g	0.170		0	0.408	0.051	0.916
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.410	0	0.984	0.123	2.210
14:1	g					
16:1	g	0.030	0	0.072	0.009	0.162
18:1	g	0.350	0	0.840	0.105	1.886
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.050	0	0.120	0.015	0.270
18:2	g	0.030	0	0.072	0.009	0.162
18:3	g	0.020	0	0.048	0.006	0.108
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	6	0	14	2	32
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (19 oz), ready-to-serve

NDB No. 06028 Soup, clam chowder, manhattan, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	84.30	0.274	13	211.59	257.12	
Energy	kcal	61		0	153	186	
Energy	kj	255		0	640	778	
Protein (N x 5.95)	g	1.74	0.040	10	4.37	5.31	
Total lipid (fat)	g	1.76	0.034	10	4.42	5.37	
Carbohydrate, by difference	g	9.74		0	24.45	29.71	
Fiber, total dietary	g	1.2		0	3.0	3.7	
Ash	g	2.46	0.045	10	6.17	7.50	
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.637	10	48	58	
Iron	mg	1.30	0.137	10	3.26	3.96	
Magnesium	mg	8		1	20	24	
Phosphorus	mg	33		1	83	101	
Potassium	mg	150		1	377	458	
Sodium	mg	457	10.400	3	1147	1394	
Zinc	mg	0.74		2	1.86	2.26	
Copper	mg	0.100		1	0.251	0.305	
Manganese	mg	0.300		1	0.753	0.915	
Selenium	µg	7.5		0	18.8	22.9	
Vitamins:							
Ascorbic acid	mg	3.2	0.291	10	8.0	9.8	
Thiamin	mg	0.024	0.002	10	0.060	0.073	
Riboflavin	mg	0.032	0.002	10	0.080	0.098	
Niacin	mg	0.650	0.031	10	1.631	1.983	
Pantothenic acid	mg	0.150		0	0.377	0.458	
Vitamin B-6	mg	0.080		1	0.201	0.244	
Folate	µg	8	0.736	3	20	24	
Vitamin B-12	µg	3.23		1	8.11	9.85	
Vitamin A	IU	767	27.161	10	1925	2339	
Vitamin A, RE	µg	77		0	193	235	
Vitamin E, α-TE	mg	0.581		0	1.458	1.772	
Lipids:							
Saturated, total	g	0.305		0	0.766	0.930	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010		1	0.025	0.031	
15.0	g						
16:0	g	0.244		1	0.612	0.744	
17:0	g						
18:0	g	0.051		1	0.128	0.156	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.305	0	0.766	0.930
14:1	g				
16:1	g	0.010	1	0.025	0.031
18:1	g	0.295	1	0.740	0.900
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.027	0	2.578	3.132
18:2	g	0.956	1	2.400	2.916
18:3	g	0.071	1	0.178	0.217
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	2	0	5	6
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz)

NDB No. 06030 Soup, clam chowder, new england, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	82.53	0.288	13	207.15	251.72	
Energy	kcal	70		0	176	214	
Energy	kj	293		0	735	894	
Protein (N x 5.95)	g	4.33	0.167	10	10.87	13.21	
Total lipid (fat)	g	2.00	0.052	10	5.02	6.10	
Carbohydrate, by difference	g	8.69		0	21.81	26.50	
Fiber, total dietary	g	0.6		0	1.5	1.8	
Ash	g	2.45	0.045	10	6.15	7.47	
Sugars, total	g						
Minerals:							
Calcium	mg	33	2.012	10	83	101	
Iron	mg	1.13	0.087	10	2.84	3.45	
Magnesium	mg	6		1	15	18	
Phosphorus	mg	34		1	85	104	
Potassium	mg	91		1	228	278	
Sodium	mg	743	10.677	5	1865	2266	
Zinc	mg	0.60		1	1.51	1.83	
Copper	mg	0.100		1	0.251	0.305	
Manganese	mg	0.200		1	0.502	0.610	
Selenium	µg	8.4	1.202	2	21.1	25.6	
Vitamins:							
Ascorbic acid	mg	1.9	0.100	10	4.8	5.8	
Thiamin	mg	0.016	0.002	10	0.040	0.049	
Riboflavin	mg	0.030	0.001	10	0.075	0.092	
Niacin	mg	0.740	0.043	10	1.857	2.257	
Pantothenic acid	mg	0.260		0	0.653	0.793	
Vitamin B-6	mg	0.060		1	0.151	0.183	
Folate	µg	3	0.640	3	7	9	
Vitamin B-12	µg	7.82		1	19.63	23.85	
Vitamin A	IU	8	5.338	10	20	24	
Vitamin A, RE	µg	1		0	3	3	
Vitamin E, α-TE	mg	0.066		0	0.166	0.201	
Lipids:							
Saturated, total	g	0.300		0	0.753	0.915	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.200		0	0.502	0.610	
17:0	g						
18:0	g	0.100		0	0.251	0.305	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.860	0	2.159	2.623
14:1	g				
16:1	g	0.010	0	0.025	0.031
18:1	g	0.850	0	2.133	2.592
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.750	0	1.883	2.288
18:2	g	0.700	0	1.757	2.135
18:3	g	0.050	0	0.126	0.153
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	4	0	10	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.048	0	0.120	0.146
Threonine	g	0.134	0	0.336	0.409
Isoleucine	g	0.165	0	0.414	0.503
Leucine	g	0.258	0	0.648	0.787
Lysine	g	0.227	0	0.570	0.692
Methionine	g	0.082	0	0.206	0.250
Cystine	g	0.051	0	0.128	0.156
Phenylalanine	g	0.144	0	0.361	0.439
Tyrosine	g	0.114	0	0.286	0.348
Valine	g	0.175	0	0.439	0.534
Arginine	g	0.207	0	0.520	0.631
Histidine	g	0.124	0	0.311	0.378
Alanine	g	0.227	0	0.570	0.692
Aspartic acid	g	0.402	0	1.009	1.226
Glutamic acid	g	1.258	0	3.158	3.837
Glycine	g	0.207	0	0.520	0.631
Proline	g	0.165	0	0.414	0.503
Serine	g	0.124	0	0.311	0.378
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz)

NDB No. 06031 Soup, LIPTON, KETTLE CREATIONS PASTA & BEAN, 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	Samples	Measure 1* 35g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	1.40		
Energy	kcal	358		0	125		
Energy	kj	1498		0	524		
Protein (N x 5.95)	g	16.34		0	5.72		
Total lipid (fat)	g	3.86		0	1.35		
Carbohydrate, by difference	g	65.30		0	22.86		
Fiber, total dietary	g	12.5		0	4.4		
Ash	g	10.50		0	3.67		
Sugars, total	g	5.16		0	1.81		
Minerals:							
Calcium	mg	114		0	40		
Iron	mg	3.89		0	1.36		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	1981		0	693		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.0		0	1.8		
Thiamin	mg	0.495		0	0.173		
Riboflavin	mg	0.238		0	0.083		
Niacin	mg	2.988		0	1.046		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	132		0	46		
Vitamin B-12	µg						
Vitamin A	IU	1185		0	415		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.923		0	0.323		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06032 Soup, beef broth bouillon and consomme, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	92.60	0.351	13	227.80	275.95	
Energy	kcal	24		0	59	72	
Energy	kj	100		0	246	298	
Protein (N x 5.95)	g	4.37	0.234	10	10.75	13.02	
Total lipid (fat)	g	0.00	0.000	10	0.00	0.00	
Carbohydrate, by difference	g	1.44		0	3.54	4.29	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.59	0.031	10	3.91	4.74	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.458	10	17	21	
Iron	mg	0.43	0.050	10	1.06	1.28	
Magnesium	mg	0		1	0	0	
Phosphorus	mg	26		1	64	77	
Potassium	mg	125		1	308	373	
Sodium	mg	520	21.737	5	1279	1550	
Zinc	mg	0.30		1	0.74	0.89	
Copper	mg	0.200		1	0.492	0.596	
Manganese	mg	0.300		1	0.738	0.894	
Selenium	µg	2.1		0	5.2	6.3	
Vitamins:							
Ascorbic acid	mg	0.7	0.167	9	1.7	2.1	
Thiamin	mg	0.017	0.001	10	0.042	0.051	
Riboflavin	mg	0.023	0.001	10	0.057	0.069	
Niacin	mg	0.580	0.051	10	1.427	1.728	
Pantothenic acid	mg	0.040		0	0.098	0.119	
Vitamin B-6	mg	0.020		1	0.049	0.060	
Folate	µg	2	0.422	3	6	7	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0	0.000	10	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz)

NDB No. 06033 Soup, LIPTON, RECIPE SECRETS ONION, 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	Samples	Measure 1* 7g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.28		
Energy	kcal	263		0	18		
Energy	kj	1100		0	77		
Protein (N x 5.95)	g	6.58		0	0.46		
Total lipid (fat)	g	1.90		0	0.13		
Carbohydrate, by difference	g	61.55		0	4.31		
Fiber, total dietary	g	5.9		0	0.4		
Ash	g	25.97		0	1.82		
Sugars, total	g	4.61		0	0.32		
Minerals:							
Calcium	mg	207		0	14		
Iron	mg	1.74		0	0.12		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	8711		0	610		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	11.6		0	0.8		
Thiamin	mg	0.200		0	0.014		
Riboflavin	mg	0.300		0	0.021		
Niacin	mg	0.550		0	0.039		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	0		0	0		
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.340		0	0.024		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 06034 Soup, crab, canned, ready-to-serve

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 369g	Measure 3*
Proximates:							
Water	g	91.50		1	223.26	337.63	
Energy	kcal	31		0	76	114	
Energy	kj	130		0	317	480	
Protein (N x 5.95)	g	2.25		1	5.49	8.30	
Total lipid (fat)	g	0.62		1	1.51	2.29	
Carbohydrate, by difference	g	4.22		0	10.30	15.57	
Fiber, total dietary	g	0.3		0	0.7	1.1	
Ash	g	1.41		1	3.44	5.20	
Sugars, total	g						
Minerals:							
Calcium	mg	27		1	66	100	
Iron	mg	0.50		1	1.22	1.85	
Magnesium	mg	6		0	15	22	
Phosphorus	mg	36		1	88	133	
Potassium	mg	134		1	327	494	
Sodium	mg	506		1	1235	1867	
Zinc	mg	0.60		0	1.46	2.21	
Copper	mg	0.200		0	0.488	0.738	
Manganese	mg	0.200		0	0.488	0.738	
Selenium	µg	2.6		0	6.3	9.6	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.080		1	0.195	0.295	
Riboflavin	mg	0.030		1	0.073	0.111	
Niacin	mg	0.550		1	1.342	2.030	
Pantothenic acid	mg	0.120		1	0.293	0.443	
Vitamin B-6	mg	0.050		1	0.122	0.185	
Folate	µg	6		0	15	22	
Vitamin B-12	µg	0.08		1	0.20	0.30	
Vitamin A	IU	207		1	505	764	
Vitamin A, RE	µg	21		0	51	77	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.160		0	0.390	0.590	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.090		0	0.220	0.332	
17:0	g						
18:0	g	0.070		0	0.171	0.258	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.280	0	0.683	1.033
14:1	g				
16:1	g				
18:1	g	0.280	0	0.683	1.033
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.160	0	0.390	0.590
18:2	g	0.150	0	0.366	0.554
18:3	g	0.010	0	0.024	0.037
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	0	10	15
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (13 oz)

NDB No. 06035 Soup, escarole, canned, ready-to-serve

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 553g	Measure 3*
Proximates:							
Water	g	96.89		1	240.29	535.80	
Energy	kcal	11		0	27	61	
Energy	kj	46		0	114	254	
Protein (N x 5.95)	g	0.62		1	1.54	3.43	
Total lipid (fat)	g	0.73		1	1.81	4.04	
Carbohydrate, by difference	g	0.72		0	1.79	3.98	
Fiber, total dietary	g						
Ash	g	1.04		1	2.58	5.75	
Sugars, total	g						
Minerals:							
Calcium	mg	13		1	32	72	
Iron	mg	0.30		1	0.74	1.66	
Magnesium	mg	2		0	5	11	
Phosphorus	mg	32		0	79	177	
Potassium	mg	107		0	265	592	
Sodium	mg	1558		1	3864	8616	
Zinc	mg	0.90		0	2.23	4.98	
Copper	mg	0.150		0	0.372	0.830	
Manganese	mg	0.500		0	1.240	2.765	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.8		1	4.5	10.0	
Thiamin	mg	0.030		1	0.074	0.166	
Riboflavin	mg	0.020		1	0.050	0.111	
Niacin	mg	0.930		1	2.306	5.143	
Pantothenic acid	mg	0.070		0	0.174	0.387	
Vitamin B-6	mg	0.090		0	0.223	0.498	
Folate	µg	14		0	35	77	
Vitamin B-12	µg	0.20		0	0.50	1.11	
Vitamin A	IU	875		1	2170	4839	
Vitamin A, RE	µg	88		0	218	487	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.220		0	0.546	1.217	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.025	0.055	
15.0	g						
16:0	g	0.160		0	0.397	0.885	
17:0	g						
18:0	g	0.040		0	0.099	0.221	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.330	0	0.818	1.825
14:1	g				
16:1	g	0.040	0	0.099	0.221
18:1	g	0.270	0	0.670	1.493
20:1	g	0.010	0	0.025	0.055
22.1	g				
Polyunsaturated, total	g	0.150	0	0.372	0.830
18:2	g	0.140	0	0.347	0.774
18:3	g	0.010	0	0.025	0.055
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	0	2	6
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (19.5 oz)

NDB No. 06036 Soup, gazpacho, 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	Samples	Measure 1* 244g	Measure 2* 369g	Measure 3*
Proximates:							
Water	g	93.77		1	228.80	346.01	
Energy	kcal	19		0	46	70	
Energy	kj	79		0	193	292	
Protein (N x 5.95)	g	2.90		0	7.08	10.70	
Total lipid (fat)	g	0.10		0	0.24	0.37	
Carbohydrate, by difference	g	1.80		0	4.39	6.64	
Fiber, total dietary	g	0.2		0	0.5	0.7	
Ash	g	1.43		1	3.49	5.28	
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	24	37	
Iron	mg	0.40		1	0.98	1.48	
Magnesium	mg	3		0	7	11	
Phosphorus	mg	15		1	37	55	
Potassium	mg	92		1	224	339	
Sodium	mg	303		0	739	1118	
Zinc	mg	0.10		0	0.24	0.37	
Copper	mg	0.060		0	0.146	0.221	
Manganese	mg	0.300		0	0.732	1.107	
Selenium	µg	1.5		0	3.7	5.5	
Vitamins:							
Ascorbic acid	mg	2.9		0	7.1	10.7	
Thiamin	mg	0.020		1	0.049	0.074	
Riboflavin	mg	0.010		1	0.024	0.037	
Niacin	mg	0.380		1	0.927	1.402	
Pantothenic acid	mg	0.070		1	0.171	0.258	
Vitamin B-6	mg	0.060		1	0.146	0.221	
Folate	µg	4		0	10	15	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1067		0	2603	3937	
Vitamin A, RE	µg	107		0	261	395	
Vitamin E, α-TE	mg	0.190		0	0.464	0.701	
Lipids:							
Saturated, total	g	0.010		0	0.024	0.037	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.007		0	0.017	0.026	
17:0	g						
18:0	g	0.002		0	0.005	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.010	0	0.024	0.037
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.008	0	0.020	0.030
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.030	0	0.073	0.111
18:2	g	0.022	0	0.054	0.081
18:3	g	0.003	0	0.007	0.011
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (13 oz)

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	Samples	Measure 1* 248g	Measure 2* 567g	Measure 3*
Proximates:							
Water	g	85.75		2	212.66	486.20	
Energy	kcal	56		0	139	318	
Energy	kj	234		0	580	1327	
Protein (N x 5.95)	g	3.74		2	9.28	21.21	
Total lipid (fat)	g	1.12		2	2.78	6.35	
Carbohydrate, by difference	g	8.16		0	20.24	46.27	
Fiber, total dietary	g						
Ash	g	1.24		2	3.08	7.03	
Sugars, total	g						
Minerals:							
Calcium	mg	17		2	42	96	
Iron	mg	1.07		2	2.65	6.07	
Magnesium	mg	9		0	22	51	
Phosphorus	mg	74		1	184	420	
Potassium	mg	144		0	357	816	
Sodium	mg	532		1	1319	3016	
Zinc	mg	0.30		0	0.74	1.70	
Copper	mg	0.070		0	0.174	0.397	
Manganese	mg	0.120		0	0.298	0.680	
Selenium	µg	0.3		0	0.7	1.7	
Vitamins:							
Ascorbic acid	mg	1.7		2	4.2	9.6	
Thiamin	mg	0.070		2	0.174	0.397	
Riboflavin	mg	0.045		2	0.112	0.255	
Niacin	mg	0.545		2	1.352	3.090	
Pantothenic acid	mg	0.140		1	0.347	0.794	
Vitamin B-6	mg	0.090		1	0.223	0.510	
Folate	µg	20		1	50	113	
Vitamin B-12	µg	0.12		1	0.30	0.68	
Vitamin A	IU	145		2	360	822	
Vitamin A, RE	µg	14		0	35	79	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.450		0	1.116	2.551	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.050	0.113	
15.0	g						
16:0	g	0.270		0	0.670	1.531	
17:0	g						
18:0	g	0.160		0	0.397	0.907	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.520	0	1.290	2.948
14:1	g				
16:1	g	0.030	0	0.074	0.170
18:1	g	0.470	0	1.166	2.665
20:1	g	0.010	0	0.025	0.057
22.1	g				
Polyunsaturated, total	g	0.130	0	0.322	0.737
18:2	g	0.120	0	0.298	0.680
18:3	g	0.010	0	0.025	0.057
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	0	7	17
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (20 oz)

NDB No. 06039 Soup, minestrone, 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	Samples	Measure 1* 240g	Measure 2* 539g	Measure 3* 539g
Proximates:							
Water	g	86.72	0.304	11	208.13	467.42	467.42
Energy	kcal	53		0	127	286	286
Energy	kj	222		0	533	1197	1197
Protein (N x 5.95)	g	2.13	0.089	11	5.11	11.48	11.48
Total lipid (fat)	g	1.17	0.014	11	2.81	6.31	6.31
Carbohydrate, by difference	g	8.64		0	20.74	46.57	46.57
Fiber, total dietary	g	2.4		0	5.8	12.9	12.9
Ash	g	1.35	0.016	11	3.24	7.28	7.28
Sugars, total	g						
Minerals:							
Calcium	mg	25	0.689	11	60	135	135
Iron	mg	0.74	0.065	11	1.78	3.99	3.99
Magnesium	mg	6		0	14	32	32
Phosphorus	mg	46		0	110	248	248
Potassium	mg	255		0	612	1374	1374
Sodium	mg	360		1	864	1940	1940
Zinc	mg	0.60		0	1.44	3.23	3.23
Copper	mg	0.100		0	0.240	0.539	0.539
Manganese	mg	0.300		0	0.720	1.617	1.617
Selenium	µg	2.2		0	5.3	11.9	11.9
Vitamins:							
Ascorbic acid	mg	2.0	0.191	11	4.8	10.8	10.8
Thiamin	mg	0.023	0.001	11	0.055	0.124	0.124
Riboflavin	mg	0.049	0.004	11	0.118	0.264	0.264
Niacin	mg	0.491	0.016	11	1.178	2.646	2.646
Pantothenic acid	mg	0.300		0	0.720	1.617	1.617
Vitamin B-6	mg	0.100		0	0.240	0.539	0.539
Folate	µg	22		0	53	119	119
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1813	125.245	11	4351	9772	9772
Vitamin A, RE	µg	181		0	434	976	976
Vitamin E, α-TE	mg	0.300		0	0.720	1.617	1.617
Lipids:							
Saturated, total	g	0.620		0	1.488	3.342	3.342
4:0	g	0.030		0	0.072	0.162	0.162
6.0	g	0.020		0	0.048	0.108	0.108
8:0	g	0.010		0	0.024	0.054	0.054
10:0	g	0.020		0	0.048	0.108	0.108
12:0	g	0.030		0	0.072	0.162	0.162
14:0	g	0.090		0	0.216	0.485	0.485
15.0	g						
16:0	g	0.270		0	0.648	1.455	1.455
17:0	g						
18:0	g	0.140		0	0.336	0.755	0.755
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.380	0	0.912	2.048	2.048
14:1	g					
16:1	g	0.020	0	0.048	0.108	0.108
18:1	g	0.350	0	0.840	1.886	1.886
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.110	0	0.264	0.593	0.593
18:2	g	0.090	0	0.216	0.485	0.485
18:3	g	0.020	0	0.048	0.108	0.108
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	2	0	5	11	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (19 oz)
Measure 3: 1 can (19 oz), ready-to-serve

NDB No. 06040 Soup, minestrone, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	82.95	0.545	13	204.06	247.19	
Energy	kcal	68		0	167	203	
Energy	kj	285		0	701	849	
Protein (N x 5.95)	g	3.48	0.089	10	8.56	10.37	
Total lipid (fat)	g	2.05	0.031	10	5.04	6.11	
Carbohydrate, by difference	g	9.17		0	22.56	27.33	
Fiber, total dietary	g	0.8		0	2.0	2.4	
Ash	g	2.35	0.040	10	5.78	7.00	
Sugars, total	g						
Minerals:							
Calcium	mg	28	0.471	10	69	83	
Iron	mg	0.75	0.092	10	1.85	2.23	
Magnesium	mg	6		1	15	18	
Phosphorus	mg	46		1	113	137	
Potassium	mg	255		1	627	760	
Sodium	mg	744	20.700	5	1830	2217	
Zinc	mg	0.60		1	1.48	1.79	
Copper	mg	0.100		1	0.246	0.298	
Manganese	mg	0.300		1	0.738	0.894	
Selenium	µg	2.8		0	6.9	8.3	
Vitamins:							
Ascorbic acid	mg	0.9	0.233	10	2.2	2.7	
Thiamin	mg	0.044	0.002	10	0.108	0.131	
Riboflavin	mg	0.036	0.001	10	0.089	0.107	
Niacin	mg	0.770	0.034	10	1.894	2.295	
Pantothenic acid	mg	0.280		0	0.689	0.834	
Vitamin B-6	mg	0.080		1	0.197	0.238	
Folate	µg	29		0	71	86	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	1908	158.028	10	4694	5686	
Vitamin A, RE	µg	191		0	470	569	
Vitamin E, α-TE	mg	0.600		0	1.476	1.788	
Lipids:							
Saturated, total	g	0.440		0	1.082	1.311	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.020		1	0.049	0.060	
15.0	g						
16:0	g	0.250		1	0.615	0.745	
17:0	g						
18:0	g	0.090		1	0.221	0.268	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.560	0	1.378	1.669
14:1	g				
16:1	g	0.010	1	0.025	0.030
18:1	g	0.540	1	1.328	1.609
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.910	0	2.239	2.712
18:2	g	0.790	1	1.943	2.354
18:3	g	0.110	1	0.271	0.328
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	2	3
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.025	0	0.062	0.075
Threonine	g	0.085	0	0.209	0.253
Isoleucine	g	0.106	0	0.261	0.316
Leucine	g	0.192	0	0.472	0.572
Lysine	g	0.149	0	0.367	0.444
Methionine	g	0.036	0	0.089	0.107
Cystine	g	0.027	0	0.066	0.080
Phenylalanine	g	0.125	0	0.308	0.373
Tyrosine	g	0.069	0	0.170	0.206
Valine	g	0.146	0	0.359	0.435
Arginine	g	0.161	0	0.396	0.480
Histidine	g	0.060	0	0.148	0.179
Alanine	g	0.202	0	0.497	0.602
Aspartic acid	g	0.299	0	0.736	0.891
Glutamic acid	g	0.996	0	2.450	2.968
Glycine	g	0.320	0	0.787	0.954
Proline	g	0.265	0	0.652	0.790
Serine	g	0.118	0	0.290	0.352
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz)

NDB No. 06042 Soup, mushroom barley, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	84.90		0	213.10	258.94	
Energy	kcal	61		0	153	186	
Energy	kj	255		0	640	778	
Protein (N x 5.95)	g	1.50		1	3.77	4.58	
Total lipid (fat)	g	1.80		1	4.52	5.49	
Carbohydrate, by difference	g	9.60		0	24.10	29.28	
Fiber, total dietary	g						
Ash	g	2.20		0	5.52	6.71	
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	25	31	
Iron	mg	0.40		1	1.00	1.22	
Magnesium	mg	7		0	18	21	
Phosphorus	mg	50		0	126	153	
Potassium	mg	76		0	191	232	
Sodium	mg	730		0	1832	2227	
Zinc	mg	0.40		0	1.00	1.22	
Copper	mg	0.160		0	0.402	0.488	
Manganese	mg	0.100		0	0.251	0.305	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.020		1	0.050	0.061	
Riboflavin	mg	0.070		1	0.176	0.214	
Niacin	mg	0.700		1	1.757	2.135	
Pantothenic acid	mg	0.100		0	0.251	0.305	
Vitamin B-6	mg	0.140		0	0.351	0.427	
Folate	µg	5		0	13	15	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	158		1	397	482	
Vitamin A, RE	µg	16		0	40	49	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.350		0	0.879	1.067	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.220		0	0.552	0.671	
17:0	g						
18:0	g	0.130		0	0.326	0.397	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.800	0	2.008	2.440
14:1	g				
16:1	g				
18:1	g	0.800	0	2.008	2.440
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.570	0	1.431	1.739
18:2	g	0.540	0	1.355	1.647
18:3	g	0.030	0	0.075	0.092
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz)

NDB No. 06043 Soup, cream of mushroom, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 251g	Measure 3* 305g
Proximates:							
Water	g	81.22	0.107	14	203.86	203.86	247.72
Energy	kcal	103		0	259	259	314
Energy	kj	431		0	1082	1082	1315
Protein (N x 5.95)	g	1.61	0.039	14	4.04	4.04	4.91
Total lipid (fat)	g	7.57	0.111	14	19.00	19.00	23.09
Carbohydrate, by difference	g	7.40		0	18.57	18.57	22.57
Fiber, total dietary	g	0.3		0	0.8	0.8	0.9
Ash	g	2.20	0.036	14	5.52	5.52	6.71
Sugars, total	g						
Minerals:							
Calcium	mg	26	1.334	14	65	65	79
Iron	mg	0.42		11	1.05	1.05	1.28
Magnesium	mg	4		5	10	10	12
Phosphorus	mg	34		2	85	85	104
Potassium	mg	67		2	168	168	204
Sodium	mg	692		0	1737	1737	2111
Zinc	mg	0.47		6	1.19	1.19	1.44
Copper	mg	0.100		2	0.251	0.251	0.305
Manganese	mg	0.200		1	0.502	0.502	0.610
Selenium	µg	1.2	0.115	3	3.0	3.0	3.7
Vitamins:							
Ascorbic acid	mg	0.9		4	2.3	2.3	2.7
Thiamin	mg	0.024	0.001	10	0.060	0.060	0.073
Riboflavin	mg	0.066	0.003	13	0.166	0.166	0.201
Niacin	mg	0.645	0.027	13	1.619	1.619	1.967
Pantothenic acid	mg	0.200		0	0.502	0.502	0.610
Vitamin B-6	mg	0.010		1	0.025	0.025	0.031
Folate	µg	3		0	8	8	9
Vitamin B-12	µg	0.10		0	0.25	0.25	0.31
Vitamin A	IU	0	0.000	10	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	1.040		0	2.610	2.610	3.172
Lipids:							
Saturated, total	g	2.050		0	5.145	5.145	6.253
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.020		1	0.050	0.050	0.061
8:0	g	0.010		1	0.025	0.025	0.031
10:0	g	0.040		1	0.100	0.100	0.122
12:0	g	0.020		1	0.050	0.050	0.061
14:0	g	0.140		1	0.351	0.351	0.427
15.0	g						
16:0	g	1.470		1	3.690	3.690	4.483
17:0	g						
18:0	g	0.280		1	0.703	0.703	0.854
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.440	0	3.614	3.614	4.392
14:1	g					
16:1	g	0.060	1	0.151	0.151	0.183
18:1	g	1.360	1	3.414	3.414	4.148
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.550	0	8.910	8.910	10.828
18:2	g	3.520	1	8.835	8.835	10.736
18:3	g	0.030	1	0.075	0.075	0.092
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	3	3	3
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.023	0	0.058	0.058	0.070
Threonine	g	0.062	0	0.156	0.156	0.189
Isoleucine	g	0.077	0	0.193	0.193	0.235
Leucine	g	0.126	0	0.316	0.316	0.384
Lysine	g	0.087	0	0.218	0.218	0.265
Methionine	g	0.031	0	0.078	0.078	0.095
Cystine	g	0.020	0	0.050	0.050	0.061
Phenylalanine	g	0.074	0	0.186	0.186	0.226
Tyrosine	g	0.060	0	0.151	0.151	0.183
Valine	g	0.086	0	0.216	0.216	0.262
Arginine	g	0.067	0	0.168	0.168	0.204
Histidine	g	0.037	0	0.093	0.093	0.113
Alanine	g	0.064	0	0.161	0.161	0.195
Aspartic acid	g	0.113	0	0.284	0.284	0.345
Glutamic acid	g	0.368	0	0.924	0.924	1.122
Glycine	g	0.052	0	0.131	0.131	0.159
Proline	g	0.136	0	0.341	0.341	0.415
Serine	g	0.081	0	0.203	0.203	0.247
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup (8 fl oz)
Measure 3: 1 can (10.75 oz)

NDB No. 06044 Soup, mushroom with beef stock, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3* 126g
Proximates:							
Water	g	84.60	0.172	13	212.35	258.03	106.60
Energy	kcal	68		0	171	207	86
Energy	kj	285		0	715	869	359
Protein (N x 5.95)	g	2.51	0.062	10	6.30	7.66	3.16
Total lipid (fat)	g	3.21	0.122	10	8.06	9.79	4.04
Carbohydrate, by difference	g	7.41		0	18.60	22.60	9.34
Fiber, total dietary	g	0.1		0	0.3	0.3	0.1
Ash	g	2.27	0.021	10	5.70	6.92	2.86
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.629	10	20	24	10
Iron	mg	0.67	0.116	10	1.68	2.04	0.84
Magnesium	mg	7		1	18	21	9
Phosphorus	mg	29		1	73	88	37
Potassium	mg	126		1	316	384	159
Sodium	mg	773	23.377	5	1940	2358	974
Zinc	mg	1.10		1	2.76	3.36	1.39
Copper	mg	0.200		1	0.502	0.610	0.252
Manganese	mg	0.300		1	0.753	0.915	0.378
Selenium	µg	3.7		0	9.3	11.3	4.7
Vitamins:							
Ascorbic acid	mg	0.8	0.133	10	2.0	2.4	1.0
Thiamin	mg	0.028	0.001	10	0.070	0.085	0.035
Riboflavin	mg	0.076	0.004	10	0.191	0.232	0.096
Niacin	mg	0.960	0.027	10	2.410	2.928	1.210
Pantothenic acid	mg	0.190		0	0.477	0.580	0.239
Vitamin B-6	mg	0.030		1	0.075	0.092	0.038
Folate	µg	7	0.470	3	18	22	9
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	1000	93.743	10	2510	3050	1260
Vitamin A, RE	µg	100		0	251	305	126
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	1.240		0	3.112	3.782	1.562
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.020		1	0.050	0.061	0.025
8:0	g	0.010		1	0.025	0.031	0.013
10:0	g	0.020		1	0.050	0.061	0.025
12:0	g	0.030		1	0.075	0.092	0.038
14:0	g	0.090		1	0.226	0.274	0.113
15.0	g						
16:0	g	0.650		1	1.631	1.983	0.819
17:0	g						
18:0	g	0.370		1	0.929	1.128	0.466
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.120	0	2.811	3.416	1.411
14:1	g					
16:1	g	0.070	1	0.176	0.214	0.088
18:1	g	1.010	1	2.535	3.081	1.273
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.620	0	1.556	1.891	0.781
18:2	g	0.540	1	1.355	1.647	0.680
18:3	g	0.080	1	0.201	0.244	0.101
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	6	0	15	18	8
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz)
Measure 3: 1/2 cup

NDB No. 06045 Soup, onion, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	86.35	0.244	13	212.42	257.32	
Energy	kcal	46		0	113	137	
Energy	kj	192		0	472	572	
Protein (N x 5.95)	g	3.06	0.107	10	7.53	9.12	
Total lipid (fat)	g	1.42	0.195	10	3.49	4.23	
Carbohydrate, by difference	g	6.68		0	16.43	19.91	
Fiber, total dietary	g	0.7		0	1.7	2.1	
Ash	g	2.49	0.038	10	6.13	7.42	
Sugars, total	g						
Minerals:							
Calcium	mg	22	1.368	10	54	66	
Iron	mg	0.55	0.096	10	1.35	1.64	
Magnesium	mg	2		1	5	6	
Phosphorus	mg	9		1	22	27	
Potassium	mg	56		1	138	167	
Sodium	mg	860	39.623	5	2116	2563	
Zinc	mg	0.50		1	1.23	1.49	
Copper	mg	0.100		1	0.246	0.298	
Manganese	mg	0.200		1	0.492	0.596	
Selenium	µg	3.5		0	8.6	10.4	
Vitamins:							
Ascorbic acid	mg	1.0	0.000	10	2.5	3.0	
Thiamin	mg	0.027	0.001	10	0.066	0.080	
Riboflavin	mg	0.020	0.001	10	0.049	0.060	
Niacin	mg	0.490	0.023	10	1.205	1.460	
Pantothenic acid	mg	0.000		0	0.000	0.000	
Vitamin B-6	mg	0.040		1	0.098	0.119	
Folate	µg	12	0.688	3	31	37	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	0	0.000	10	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.230		0	0.566	0.685	
Lipids:							
Saturated, total	g	0.210		0	0.517	0.626	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.140		0	0.344	0.417	
17:0	g						
18:0	g	0.070		0	0.172	0.209	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.610	0	1.501	1.818
14:1	g				
16:1	g	0.010	0	0.025	0.030
18:1	g	0.600	0	1.476	1.788
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.530	0	1.304	1.579
18:2	g	0.500	0	1.230	1.490
18:3	g	0.040	0	0.098	0.119
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz)

NDB No. 06046 Soup, cream of onion, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	81.00		0	203.31	247.05	
Energy	kcal	88		0	221	268	
Energy	kj	368		0	924	1122	
Protein (N x 5.95)	g	2.20		1	5.52	6.71	
Total lipid (fat)	g	4.20		1	10.54	12.81	
Carbohydrate, by difference	g	10.40		0	26.10	31.72	
Fiber, total dietary	g	0.4		0	1.0	1.2	
Ash	g	2.20		0	5.52	6.71	
Sugars, total	g						
Minerals:							
Calcium	mg	27		1	68	82	
Iron	mg	0.50		1	1.25	1.52	
Magnesium	mg	5		0	13	15	
Phosphorus	mg	30		0	75	92	
Potassium	mg	98		0	246	299	
Sodium	mg	760		0	1908	2318	
Zinc	mg	0.12		0	0.30	0.37	
Copper	mg	0.110		0	0.276	0.335	
Manganese	mg	0.200		0	0.502	0.610	
Selenium	µg	2.3		0	5.8	7.0	
Vitamins:							
Ascorbic acid	mg	1.0		1	2.5	3.0	
Thiamin	mg	0.040		1	0.100	0.122	
Riboflavin	mg	0.060		1	0.151	0.183	
Niacin	mg	0.400		1	1.004	1.220	
Pantothenic acid	mg	0.240		0	0.602	0.732	
Vitamin B-6	mg	0.020		0	0.050	0.061	
Folate	µg	6		0	14	17	
Vitamin B-12	µg	0.04		0	0.10	0.12	
Vitamin A	IU	236		1	592	720	
Vitamin A, RE	µg	24		0	60	73	
Vitamin E, α-TE	mg	0.680		0	1.707	2.074	
Lipids:							
Saturated, total	g	1.170		0	2.937	3.568	
4:0	g	0.030		0	0.075	0.092	
6.0	g	0.020		0	0.050	0.061	
8:0	g	0.010		0	0.025	0.031	
10:0	g	0.030		0	0.075	0.092	
12:0	g	0.030		0	0.075	0.092	
14:0	g	0.110		0	0.276	0.335	
15.0	g						
16:0	g	0.610		0	1.531	1.860	
17:0	g						
18:0	g	0.310		0	0.778	0.946	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.670	0	4.192	5.093
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	1.620	0	4.066	4.941
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.160	0	2.912	3.538
18:2	g	1.070	0	2.686	3.264
18:3	g	0.080	0	0.201	0.244
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	12	0	30	37
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (10.75 oz)

NDB No. 06048 Soup, oyster stew, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	89.88	0.220	10	221.10	267.84	
Energy	kcal	48		0	118	143	
Energy	kj	201		0	494	599	
Protein (N x 5.95)	g	1.72	0.061	10	4.23	5.13	
Total lipid (fat)	g	3.13	0.237	10	7.70	9.33	
Carbohydrate, by difference	g	3.32		0	8.17	9.89	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.95	0.017	10	4.80	5.81	
Sugars, total	g						
Minerals:							
Calcium	mg	18	1.455	10	44	54	
Iron	mg	0.80	0.063	10	1.97	2.38	
Magnesium	mg	4		1	10	12	
Phosphorus	mg	39		1	96	116	
Potassium	mg	40		1	98	119	
Sodium	mg	800	41.932	3	1968	2384	
Zinc	mg	8.40		1	20.66	25.03	
Copper	mg	1.300		1	3.198	3.874	
Manganese	mg	0.300		1	0.738	0.894	
Selenium	µg	6.8		0	16.7	20.3	
Vitamins:							
Ascorbic acid	mg	2.6	0.503	9	6.4	7.7	
Thiamin	mg	0.017	0.001	10	0.042	0.051	
Riboflavin	mg	0.029	0.000	10	0.071	0.086	
Niacin	mg	0.190	0.010	10	0.467	0.566	
Pantothenic acid	mg	0.100		0	0.246	0.298	
Vitamin B-6	mg	0.010		1	0.025	0.030	
Folate	µg	2		0	5	6	
Vitamin B-12	µg	1.79		1	4.40	5.33	
Vitamin A	IU	58	6.218	8	143	173	
Vitamin A, RE	µg	6		0	15	18	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.040		0	5.018	6.079	
4:0	g	0.120		1	0.295	0.358	
6.0	g	0.070		1	0.172	0.209	
8:0	g	0.050		1	0.123	0.149	
10:0	g	0.110		1	0.271	0.328	
12:0	g	0.090		1	0.221	0.268	
14:0	g	0.340		1	0.836	1.013	
15.0	g						
16:0	g	0.770		1	1.894	2.295	
17:0	g						
18:0	g	0.370		1	0.910	1.103	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.740	0	1.820	2.205
14:1	g				
16:1	g	0.040	1	0.098	0.119
18:1	g	0.660	1	1.624	1.967
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.130	0	0.320	0.387
18:2	g	0.100	1	0.246	0.298
18:3	g	0.020	1	0.049	0.060
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	11	0	27	33
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz)

NDB No. 06049 Soup, pea, green, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 263g	Measure 2* 319g	Measure 3*
Proximates:							
Water	g	68.54	0.483	17	180.26	218.64	
Energy	kcal	125		0	329	399	
Energy	kj	523		0	1375	1668	
Protein (N x 5.95)	g	6.54	0.187	14	17.20	20.86	
Total lipid (fat)	g	2.23	0.293	14	5.86	7.11	
Carbohydrate, by difference	g	20.18		0	53.07	64.37	
Fiber, total dietary	g	2.2		0	5.8	7.0	
Ash	g	2.51	0.055	14	6.60	8.01	
Sugars, total	g						
Minerals:							
Calcium	mg	21		11	55	67	
Iron	mg	1.48	0.088	14	3.89	4.72	
Magnesium	mg	30		1	79	96	
Phosphorus	mg	95		2	250	303	
Potassium	mg	145		2	381	463	
Sodium	mg	698		0	1836	2227	
Zinc	mg	1.30		1	3.42	4.15	
Copper	mg	0.288		2	0.757	0.919	
Manganese	mg	0.500		1	1.315	1.595	
Selenium	µg	7.4		0	19.5	23.6	
Vitamins:							
Ascorbic acid	mg	1.3	0.134	13	3.4	4.1	
Thiamin	mg	0.082	0.005	14	0.216	0.262	
Riboflavin	mg	0.052	0.003	14	0.137	0.166	
Niacin	mg	0.943	0.050	14	2.480	3.008	
Pantothenic acid	mg	0.100		0	0.263	0.319	
Vitamin B-6	mg	0.040		1	0.105	0.128	
Folate	µg	1	0.135	4	4	4	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	153	19.072	13	402	488	
Vitamin A, RE	µg	15		0	39	48	
Vitamin E, α-TE	mg	0.099		0	0.260	0.316	
Lipids:							
Saturated, total	g	1.070		0	2.814	3.413	
4:0	g	0.050		0	0.132	0.160	
6.0	g	0.030		0	0.079	0.096	
8:0	g	0.020		0	0.053	0.064	
10:0	g	0.040		0	0.105	0.128	
12:0	g	0.040		0	0.105	0.128	
14:0	g	0.150		0	0.394	0.479	
15.0	g						
16:0	g	0.480		0	1.262	1.531	
17:0	g						
18:0	g	0.240		0	0.631	0.766	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.760	0	1.999	2.424
14:1	g				
16:1	g	0.030	0	0.079	0.096
18:1	g	0.710	0	1.867	2.265
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.290	0	0.763	0.925
18:2	g	0.260	0	0.684	0.829
18:3	g	0.030	0	0.079	0.096
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.055	0	0.145	0.175
Threonine	g	0.231	0	0.608	0.737
Isoleucine	g	0.226	0	0.594	0.721
Leucine	g	0.473	0	1.244	1.509
Lysine	g	0.388	0	1.020	1.238
Methionine	g	0.079	0	0.208	0.252
Cystine	g	0.061	0	0.160	0.195
Phenylalanine	g	0.287	0	0.755	0.916
Tyrosine	g	0.191	0	0.502	0.609
Valine	g	0.336	0	0.884	1.072
Arginine	g	0.538	0	1.415	1.716
Histidine	g	0.130	0	0.342	0.415
Alanine	g	0.282	0	0.742	0.900
Aspartic acid	g	0.669	0	1.759	2.134
Glutamic acid	g	1.231	0	3.238	3.927
Glycine	g	0.261	0	0.686	0.833
Proline	g	0.337	0	0.886	1.075
Serine	g	0.264	0	0.694	0.842
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11.25 oz)

NDB No. 06050 Soup, pea, split with ham, canned, chunky, ready-to-serve

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 539g	Measure 3*
Proximates:							
Water	g	80.95	0.158	13	194.28	436.32	
Energy	kcal	77		0	185	415	
Energy	kj	322		0	773	1736	
Protein (N x 5.95)	g	4.62	0.065	10	11.09	24.90	
Total lipid (fat)	g	1.66	0.081	10	3.98	8.95	
Carbohydrate, by difference	g	11.17		0	26.81	60.21	
Fiber, total dietary	g	1.7		0	4.1	9.2	
Ash	g	1.60	0.086	10	3.84	8.62	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.680	10	34	75	
Iron	mg	0.89	0.099	10	2.14	4.80	
Magnesium	mg	16		0	38	86	
Phosphorus	mg	74		0	178	399	
Potassium	mg	127		0	305	685	
Sodium	mg	402	13.441	10	965	2167	
Zinc	mg	1.30		0	3.12	7.01	
Copper	mg	0.100		0	0.240	0.539	
Manganese	mg	0.250		0	0.600	1.347	
Selenium	µg	4.1		0	9.8	22.1	
Vitamins:							
Ascorbic acid	mg	2.9	0.314	10	7.0	15.6	
Thiamin	mg	0.048	0.002	10	0.115	0.259	
Riboflavin	mg	0.039	0.000	10	0.094	0.210	
Niacin	mg	1.050	0.022	10	2.520	5.660	
Pantothenic acid	mg	0.200		0	0.480	1.078	
Vitamin B-6	mg	0.090		0	0.216	0.485	
Folate	µg	2	0.390	3	5	10	
Vitamin B-12	µg	0.10		0	0.24	0.54	
Vitamin A	IU	2030	112.200	10	4872	10942	
Vitamin A, RE	µg	203		0	487	1094	
Vitamin E, α-TE	mg	0.060		0	0.144	0.323	
Lipids:							
Saturated, total	g	0.660		0	1.584	3.557	
4:0	g	0.010		0	0.024	0.054	
6.0	g	0.010		0	0.024	0.054	
8:0	g	0.010		0	0.024	0.054	
10:0	g	0.010		0	0.024	0.054	
12:0	g	0.010		0	0.024	0.054	
14:0	g	0.050		0	0.120	0.270	
15.0	g						
16:0	g	0.360		0	0.864	1.940	
17:0	g						
18:0	g	0.190		0	0.456	1.024	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.680	0	1.632	3.665
14:1	g				
16:1	g	0.030	0	0.072	0.162
18:1	g	0.630	0	1.512	3.396
20:1	g	0.010	0	0.024	0.054
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.240	0	0.576	1.294
18:2	g	0.220	0	0.528	1.186
18:3	g	0.020	0	0.048	0.108
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	3	0	7	16
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.046	0	0.110	0.248
Threonine	g	0.163	0	0.391	0.879
Isoleucine	g	0.195	0	0.468	1.051
Leucine	g	0.319	0	0.766	1.719
Lysine	g	0.312	0	0.749	1.682
Methionine	g	0.062	0	0.149	0.334
Cystine	g	0.060	0	0.144	0.323
Phenylalanine	g	0.204	0	0.490	1.100
Tyrosine	g	0.143	0	0.343	0.771
Valine	g	0.219	0	0.526	1.180
Arginine	g	0.316	0	0.758	1.703
Histidine	g	0.097	0	0.233	0.523
Alanine	g	0.216	0	0.518	1.164
Aspartic acid	g	0.471	0	1.130	2.539
Glutamic acid	g	0.783	0	1.879	4.220
Glycine	g	0.223	0	0.535	1.202
Proline	g	0.210	0	0.504	1.132
Serine	g	0.199	0	0.478	1.073
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (19 oz), ready-to-serve

NDB No. 06051 Soup, pea, split with ham, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 269g	Measure 2* 326g	Measure 3*
Proximates:							
Water	g	65.67	0.420	19	176.65	214.08	
Energy	kcal	141		0	379	460	
Energy	kj	590		0	1587	1923	
Protein (N x 5.95)	g	7.68	0.126	16	20.66	25.04	
Total lipid (fat)	g	3.28	0.053	16	8.82	10.69	
Carbohydrate, by difference	g	20.81		0	55.98	67.84	
Fiber, total dietary	g	1.7		0	4.6	5.5	
Ash	g	2.57	0.099	16	6.91	8.38	
Sugars, total	g						
Minerals:							
Calcium	mg	16	0.902	14	43	52	
Iron	mg	1.70	0.150	16	4.57	5.54	
Magnesium	mg	36		3	97	117	
Phosphorus	mg	159		4	428	518	
Potassium	mg	297		2	799	968	
Sodium	mg	750	37.586	14	2018	2445	
Zinc	mg	0.99		6	2.65	3.21	
Copper	mg	0.275		2	0.740	0.897	
Manganese	mg	0.500		1	1.345	1.630	
Selenium	µg	7.4		0	19.9	24.1	
Vitamins:							
Ascorbic acid	mg	1.1	0.023	15	3.0	3.6	
Thiamin	mg	0.110	0.003	15	0.296	0.359	
Riboflavin	mg	0.056	0.002	15	0.151	0.183	
Niacin	mg	1.098	0.033	15	2.954	3.579	
Pantothenic acid	mg	0.200		0	0.538	0.652	
Vitamin B-6	mg	0.050		1	0.135	0.163	
Folate	µg	2	0.301	3	5	6	
Vitamin B-12	µg	0.20		0	0.54	0.65	
Vitamin A	IU	331	23.803	15	890	1079	
Vitamin A, RE	µg	33		0	89	108	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.310		0	3.524	4.271	
4:0	g	0.030		0	0.081	0.098	
6.0	g	0.020		0	0.054	0.065	
8:0	g	0.010		0	0.027	0.033	
10:0	g	0.020		0	0.054	0.065	
12:0	g	0.030		0	0.081	0.098	
14:0	g	0.110		0	0.296	0.359	
15.0	g						
16:0	g	0.710		0	1.910	2.315	
17:0	g						
18:0	g	0.380		0	1.022	1.239	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.340	0	3.605	4.368
14:1	g				
16:1	g	0.060	0	0.161	0.196
18:1	g	1.250	0	3.362	4.075
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.470	0	1.264	1.532
18:2	g	0.430	0	1.157	1.402
18:3	g	0.040	0	0.108	0.130
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	0	16	20
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.076	0	0.204	0.248
Threonine	g	0.271	0	0.729	0.883
Isoleucine	g	0.324	0	0.872	1.056
Leucine	g	0.529	0	1.423	1.725
Lysine	g	0.518	0	1.393	1.689
Methionine	g	0.103	0	0.277	0.336
Cystine	g	0.099	0	0.266	0.323
Phenylalanine	g	0.339	0	0.912	1.105
Tyrosine	g	0.238	0	0.640	0.776
Valine	g	0.365	0	0.982	1.190
Arginine	g	0.524	0	1.410	1.708
Histidine	g	0.161	0	0.433	0.525
Alanine	g	0.359	0	0.966	1.170
Aspartic acid	g	0.782	0	2.104	2.549
Glutamic acid	g	1.302	0	3.502	4.245
Glycine	g	0.371	0	0.998	1.209
Proline	g	0.349	0	0.939	1.138
Serine	g	0.330	0	0.888	1.076
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11.5 oz)

NDB No. 06052 Soup, pepperpot, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	80.62	0.246	10	198.33	240.25	
Energy	kcal	84		0	207	250	
Energy	kj	351		0	863	1046	
Protein (N x 5.95)	g	5.19	0.102	10	12.77	15.47	
Total lipid (fat)	g	3.78	0.158	10	9.30	11.26	
Carbohydrate, by difference	g	7.66		0	18.84	22.83	
Fiber, total dietary	g	0.4		0	1.0	1.2	
Ash	g	2.75	0.090	10	6.76	8.20	
Sugars, total	g						
Minerals:							
Calcium	mg	19	1.242	10	47	57	
Iron	mg	0.73	0.040	10	1.80	2.18	
Magnesium	mg	4		1	10	12	
Phosphorus	mg	34		1	84	101	
Potassium	mg	124		1	305	370	
Sodium	mg	792	6.442	5	1948	2360	
Zinc	mg	1.00		1	2.46	2.98	
Copper	mg	0.100		1	0.246	0.298	
Manganese	mg	0.500		1	1.230	1.490	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.1	0.143	7	2.7	3.3	
Thiamin	mg	0.043	0.001	10	0.106	0.128	
Riboflavin	mg	0.039	0.000	10	0.096	0.116	
Niacin	mg	1.000	0.033	10	2.460	2.980	
Pantothenic acid	mg	0.280		0	0.689	0.834	
Vitamin B-6	mg	0.050		1	0.123	0.149	
Folate	µg	8		0	20	24	
Vitamin B-12	µg	0.14		1	0.34	0.42	
Vitamin A	IU	706	129.120	10	1737	2104	
Vitamin A, RE	µg	71		0	175	212	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.680		0	4.133	5.006	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.049	0.060	
14:0	g	0.100		0	0.246	0.298	
15.0	g						
16:0	g	0.920		0	2.263	2.742	
17:0	g						
18:0	g	0.610		0	1.501	1.818	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.640	0	4.034	4.887
14:1	g				
16:1	g	0.130	0	0.320	0.387
18:1	g	1.460	0	3.592	4.351
20:1	g	0.030	0	0.074	0.089
22.1	g				
Polyunsaturated, total	g	0.290	0	0.713	0.864
18:2	g	0.250	0	0.615	0.745
18:3	g	0.030	0	0.074	0.089
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	0	20	24
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.034	0	0.084	0.101
Threonine	g	0.159	0	0.391	0.474
Isoleucine	g	0.191	0	0.470	0.569
Leucine	g	0.328	0	0.807	0.977
Lysine	g	0.254	0	0.625	0.757
Methionine	g	0.074	0	0.182	0.221
Cystine	g	0.050	0	0.123	0.149
Phenylalanine	g	0.191	0	0.470	0.569
Tyrosine	g	0.127	0	0.312	0.378
Valine	g	0.243	0	0.598	0.724
Arginine	g	0.403	0	0.991	1.201
Histidine	g	0.074	0	0.182	0.221
Alanine	g	0.381	0	0.937	1.135
Aspartic acid	g	0.455	0	1.119	1.356
Glutamic acid	g	0.921	0	2.266	2.745
Glycine	g	0.688	0	1.692	2.050
Proline	g	0.487	0	1.198	1.451
Serine	g	0.191	0	0.470	0.569
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz)

NDB No. 06053 Soup, cream of potato, canned, condensed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	85.39	0.243	13	214.33	260.44	
Energy	kcal	59		0	148	180	
Energy	kj	247		0	620	753	
Protein (N x 5.95)	g	1.39	0.018	10	3.49	4.24	
Total lipid (fat)	g	1.88	0.135	10	4.72	5.73	
Carbohydrate, by difference	g	9.14		0	22.94	27.88	
Fiber, total dietary	g	0.4		0	1.0	1.2	
Ash	g	2.21	0.028	10	5.55	6.74	
Sugars, total	g						
Minerals:							
Calcium	mg	16	1.986	10	40	49	
Iron	mg	0.38	0.039	10	0.95	1.16	
Magnesium	mg	1		1	3	3	
Phosphorus	mg	37		1	93	113	
Potassium	mg	109		1	274	332	
Sodium	mg	797	52.716	5	2000	2431	
Zinc	mg	0.50		1	1.25	1.52	
Copper	mg	0.200		1	0.502	0.610	
Manganese	mg	0.300		1	0.753	0.915	
Selenium	µg	1.9		0	4.8	5.8	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.028	0.001	10	0.070	0.085	
Riboflavin	mg	0.029	0.002	10	0.073	0.088	
Niacin	mg	0.430	0.015	10	1.079	1.312	
Pantothenic acid	mg	0.700		0	1.757	2.135	
Vitamin B-6	mg	0.030		1	0.075	0.092	
Folate	µg	2	0.629	3	6	7	
Vitamin B-12	µg	0.04		0	0.10	0.12	
Vitamin A	IU	230	20.392	10	577	702	
Vitamin A, RE	µg	23		0	58	70	
Vitamin E, α-TE	mg	0.060		0	0.151	0.183	
Lipids:							
Saturated, total	g	0.970		0	2.435	2.958	
4:0	g	0.090		1	0.226	0.274	
6.0	g	0.040		1	0.100	0.122	
8:0	g	0.020		1	0.050	0.061	
10:0	g	0.040		1	0.100	0.122	
12:0	g	0.040		1	0.100	0.122	
14:0	g	0.140		1	0.351	0.427	
15.0	g						
16:0	g	0.420		1	1.054	1.281	
17:0	g						
18:0	g	0.150		1	0.377	0.458	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.440	0	1.104	1.342
14:1	g				
16:1	g	0.020	1	0.050	0.061
18:1	g	0.390	1	0.979	1.190
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.330	0	0.828	1.006
18:2	g	0.300	1	0.753	0.915
18:3	g	0.030	1	0.075	0.092
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	5	0	13	15
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.020	0	0.050	0.061
Threonine	g	0.049	0	0.123	0.149
Isoleucine	g	0.061	0	0.153	0.186
Leucine	g	0.094	0	0.236	0.287
Lysine	g	0.066	0	0.166	0.201
Methionine	g	0.024	0	0.060	0.073
Cystine	g	0.022	0	0.055	0.067
Phenylalanine	g	0.066	0	0.166	0.201
Tyrosine	g	0.049	0	0.123	0.149
Valine	g	0.074	0	0.186	0.226
Arginine	g	0.060	0	0.151	0.183
Histidine	g	0.031	0	0.078	0.095
Alanine	g	0.043	0	0.108	0.131
Aspartic acid	g	0.203	0	0.510	0.619
Glutamic acid	g	0.330	0	0.828	1.006
Glycine	g	0.043	0	0.108	0.131
Proline	g	0.103	0	0.259	0.314
Serine	g	0.067	0	0.168	0.204
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz)

NDB No. 06055 Soup, scotch broth, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	83.78	0.159	10	206.10	249.66	
Energy	kcal	66		0	162	197	
Energy	kj	276		0	679	822	
Protein (N x 5.95)	g	4.05	0.091	10	9.96	12.07	
Total lipid (fat)	g	2.14	0.040	10	5.26	6.38	
Carbohydrate, by difference	g	7.73		0	19.02	23.04	
Fiber, total dietary	g	1.0		0	2.4	2.9	
Ash	g	2.30	0.021	10	5.66	6.85	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.517	10	30	36	
Iron	mg	0.68	0.053	10	1.67	2.03	
Magnesium	mg	3		1	7	9	
Phosphorus	mg	45		1	111	134	
Potassium	mg	130		1	320	387	
Sodium	mg	826	28.346	5	2032	2461	
Zinc	mg	1.30		1	3.20	3.87	
Copper	mg	0.200		1	0.492	0.596	
Manganese	mg	0.300		1	0.738	0.894	
Selenium	µg	2.2		0	5.4	6.6	
Vitamins:							
Ascorbic acid	mg	0.7	0.153	10	1.7	2.1	
Thiamin	mg	0.015	0.001	10	0.037	0.045	
Riboflavin	mg	0.037	0.003	10	0.091	0.110	
Niacin	mg	0.950	0.045	10	2.337	2.831	
Pantothenic acid	mg	0.280		0	0.689	0.834	
Vitamin B-6	mg	0.060		1	0.148	0.179	
Folate	µg	8		0	20	24	
Vitamin B-12	µg	0.22		1	0.54	0.66	
Vitamin A	IU	1779	252.003	10	4376	5301	
Vitamin A, RE	µg	178		0	438	530	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.910		0	2.239	2.712	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.050		1	0.123	0.149	
15.0	g						
16:0	g	0.410		1	1.009	1.222	
17:0	g						
18:0	g	0.390		1	0.959	1.162	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.630	0	1.550	1.877
14:1	g				
16:1	g	0.030	1	0.074	0.089
18:1	g	0.580	1	1.427	1.728
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.450	0	1.107	1.341
18:2	g	0.370	1	0.910	1.103
18:3	g	0.070	1	0.172	0.209
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	0	10	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.035	0	0.086	0.104
Threonine	g	0.126	0	0.310	0.375
Isoleucine	g	0.152	0	0.374	0.453
Leucine	g	0.258	0	0.635	0.769
Lysine	g	0.248	0	0.610	0.739
Methionine	g	0.068	0	0.167	0.203
Cystine	g	0.028	0	0.069	0.083
Phenylalanine	g	0.148	0	0.364	0.441
Tyrosine	g	0.105	0	0.258	0.313
Valine	g	0.178	0	0.438	0.530
Arginine	g	0.188	0	0.462	0.560
Histidine	g	0.089	0	0.219	0.265
Alanine	g	0.230	0	0.566	0.685
Aspartic acid	g	0.339	0	0.834	1.010
Glutamic acid	g	1.015	0	2.497	3.025
Glycine	g	0.253	0	0.622	0.754
Proline	g	0.231	0	0.568	0.688
Serine	g	0.139	0	0.342	0.414
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz)

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	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	84.85	0.396	10	212.97	258.79	
Energy	kcal	72		0	181	220	
Energy	kj	301		0	756	918	
Protein (N x 5.95)	g	2.22	0.042	10	5.57	6.77	
Total lipid (fat)	g	4.14	0.441	10	10.39	12.63	
Carbohydrate, by difference	g	6.53		0	16.39	19.92	
Fiber, total dietary	g	0.2		0	0.5	0.6	
Ash	g	2.26	0.016	10	5.67	6.89	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.998	10	35	43	
Iron	mg	0.42	0.033	10	1.05	1.28	
Magnesium	mg	7		0	18	21	
Phosphorus	mg	26		0	65	79	
Potassium	mg	47		0	118	143	
Sodium	mg	778	34.154	5	1953	2373	
Zinc	mg	0.60		1	1.51	1.83	
Copper	mg	0.100		0	0.251	0.305	
Manganese	mg	0.300		0	0.753	0.915	
Selenium	µg	4.5		0	11.3	13.7	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.015	0.001	10	0.038	0.046	
Riboflavin	mg	0.022	0.002	10	0.055	0.067	
Niacin	mg	0.340	0.022	10	0.853	1.037	
Pantothenic acid	mg	0.110		0	0.276	0.335	
Vitamin B-6	mg	0.030		0	0.075	0.092	
Folate	µg	3		0	8	9	
Vitamin B-12	µg	0.47		0	1.18	1.43	
Vitamin A	IU	126	9.807	10	316	384	
Vitamin A, RE	µg	13		0	33	40	
Vitamin E, α-TE	mg	0.658		0	1.652	2.007	
Lipids:							
Saturated, total	g	2.580		0	6.476	7.869	
4:0	g	0.130		0	0.326	0.397	
6.0	g	0.080		0	0.201	0.244	
8:0	g	0.050		0	0.126	0.153	
10:0	g	0.100		0	0.251	0.305	
12:0	g	0.120		0	0.301	0.366	
14:0	g	0.420		0	1.054	1.281	
15.0	g						
16:0	g	1.090		0	2.736	3.325	
17:0	g						
18:0	g	0.500		0	1.255	1.525	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.190	0	2.987	3.629
14:1	g				
16:1	g	0.090	0	0.226	0.274
18:1	g	1.040	0	2.610	3.172
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.150	0	0.377	0.458
18:2	g	0.100	0	0.251	0.305
18:3	g	0.060	0	0.151	0.183
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	13	0	33	40
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz)

NDB No. 06059 Soup, CAMPBELL'S Chicken Noodle, canned, condensed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 305g	Measure 2*	Measure 3*
Proximates:							
Water	g	86.90		0	265.05		
Energy	kcal	51		0	156		
Energy	kj	213		0	650		
Protein (N x 5.95)	g	2.60		0	7.93		
Total lipid (fat)	g	1.50		0	4.58		
Carbohydrate, by difference	g	6.90		0	21.05		
Fiber, total dietary	g	0.6		0	1.8		
Ash	g	2.10		0	6.41		
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	34		
Iron	mg	0.60		0	1.83		
Magnesium	mg	6		0	18		
Phosphorus	mg	38		0	116		
Potassium	mg	45		0	137		
Sodium	mg	751		0	2291		
Zinc	mg	0.22		0	0.67		
Copper	mg	0.051		0	0.156		
Manganese	mg	0.102		0	0.311		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.062		0	0.189		
Riboflavin	mg	0.045		0	0.137		
Niacin	mg	1.199		0	3.657		
Pantothenic acid	mg	0.073		0	0.223		
Vitamin B-6	mg	0.040		0	0.122		
Folate	µg	14		0	43		
Vitamin B-12	µg	0.07		0	0.21		
Vitamin A	IU	223		0	680		
Vitamin A, RE	µg	23		0	70		
Vitamin E, α-TE	mg	0.041		0	0.125		
Lipids:							
Saturated, total	g	0.500		0	1.525		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.003		
14:0	g	0.014		0	0.043		
15.0	g						
16:0	g	0.302		0	0.921		
17:0	g						
18:0	g	0.082		0	0.250		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.601	0	1.833
14:1	g			
16:1	g	0.073	0	0.223
18:1	g	0.507	0	1.546
20:1	g	0.014	0	0.043
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.300	0	0.915
18:2	g	0.304	0	0.927
18:3	g	0.018	0	0.055
18:4	g	0.000	0	0.000
20:4	g	0.005	0	0.015
20:5	g	0.000	0	0.000
22:5	g	0.001	0	0.003
22:6	g	0.001	0	0.003
Cholesterol	mg	9	0	27
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can (10.75 oz)

NDB No. 06060 Soup, stockpot, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 257g	Measure 2* 312g	Measure 3*
Proximates:							
Water	g	81.89	0.161	8	210.46	255.50	
Energy	kcal	78		0	200	243	
Energy	kj	326		0	838	1017	
Protein (N x 5.95)	g	3.79	0.137	8	9.74	11.82	
Total lipid (fat)	g	3.04	0.145	8	7.81	9.48	
Carbohydrate, by difference	g	8.95		0	23.00	27.92	
Fiber, total dietary	g						
Ash	g	2.34	0.026	8	6.01	7.30	
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.811	8	44	53	
Iron	mg	0.68	0.037	8	1.75	2.12	
Magnesium	mg	3		1	8	9	
Phosphorus	mg	42		1	108	131	
Potassium	mg	185		1	475	577	
Sodium	mg	816		1	2097	2546	
Zinc	mg	0.90		1	2.31	2.81	
Copper	mg	0.100		1	0.257	0.312	
Manganese	mg	0.200		1	0.514	0.624	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.6	0.183	8	4.1	5.0	
Thiamin	mg	0.034	0.002	8	0.087	0.106	
Riboflavin	mg	0.040	0.000	8	0.103	0.125	
Niacin	mg	0.950	0.057	8	2.441	2.964	
Pantothenic acid	mg	0.280		0	0.720	0.874	
Vitamin B-6	mg	0.070		1	0.180	0.218	
Folate	µg	8		0	21	25	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	3100	179.902	8	7967	9672	
Vitamin A, RE	µg	310		0	797	967	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.670		0	1.722	2.090	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.020		1	0.051	0.062	
15.0	g						
16:0	g	0.460		1	1.182	1.435	
17:0	g						
18:0	g	0.160		1	0.411	0.499	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.790	0	2.030	2.465
14:1	g				
16:1	g	0.030	1	0.077	0.094
18:1	g	0.750	1	1.928	2.340
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.370	0	3.521	4.274
18:2	g	1.250	1	3.212	3.900
18:3	g	0.100	1	0.257	0.312
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	0	8	9
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.033	0	0.085	0.103
Threonine	g	0.118	0	0.303	0.368
Isoleucine	g	0.143	0	0.368	0.446
Leucine	g	0.242	0	0.622	0.755
Lysine	g	0.233	0	0.599	0.727
Methionine	g	0.064	0	0.164	0.200
Cystine	g	0.026	0	0.067	0.081
Phenylalanine	g	0.139	0	0.357	0.434
Tyrosine	g	0.099	0	0.254	0.309
Valine	g	0.167	0	0.429	0.521
Arginine	g	0.177	0	0.455	0.552
Histidine	g	0.084	0	0.216	0.262
Alanine	g	0.216	0	0.555	0.674
Aspartic acid	g	0.319	0	0.820	0.995
Glutamic acid	g	0.954	0	2.452	2.976
Glycine	g	0.238	0	0.612	0.743
Proline	g	0.217	0	0.558	0.677
Serine	g	0.130	0	0.334	0.406
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11 oz), undiluted

NDB No. 06061 Soup, tomato beef with noodle, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	74.08	0.370	10	185.94	225.94	
Energy	kcal	112		0	281	342	
Energy	kj	469		0	1177	1430	
Protein (N x 5.95)	g	3.55	0.058	10	8.91	10.83	
Total lipid (fat)	g	3.42	0.154	10	8.58	10.43	
Carbohydrate, by difference	g	16.87		0	42.34	51.45	
Fiber, total dietary	g	1.2		0	2.9	3.5	
Ash	g	2.08	0.013	10	5.22	6.34	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.547	10	35	43	
Iron	mg	0.89	0.051	10	2.23	2.71	
Magnesium	mg	6		1	15	18	
Phosphorus	mg	45		1	113	137	
Potassium	mg	176		1	442	537	
Sodium	mg	731	53.745	5	1835	2230	
Zinc	mg	0.60		1	1.51	1.83	
Copper	mg	0.100		1	0.251	0.305	
Manganese	mg	0.200		1	0.502	0.610	
Selenium	µg	4.0		0	10.0	12.2	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.067	0.002	10	0.168	0.204	
Riboflavin	mg	0.071	0.002	10	0.178	0.217	
Niacin	mg	1.490	0.028	10	3.740	4.545	
Pantothenic acid	mg	0.150		0	0.377	0.458	
Vitamin B-6	mg	0.070		1	0.176	0.214	
Folate	µg	15		0	38	46	
Vitamin B-12	µg	0.15		1	0.38	0.46	
Vitamin A	IU	425	18.088	10	1067	1296	
Vitamin A, RE	µg	42		0	105	128	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.270		0	3.188	3.874	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.070		0	0.176	0.214	
15.0	g						
16:0	g	0.700		0	1.757	2.135	
17:0	g						
18:0	g	0.430		0	1.079	1.312	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.380	0	3.464	4.209
14:1	g				
16:1	g	0.100	0	0.251	0.305
18:1	g	1.210	0	3.037	3.691
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.540	0	1.355	1.647
18:2	g	0.460	0	1.155	1.403
18:3	g	0.070	0	0.176	0.214
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	0	8	9
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.034	0	0.085	0.104
Threonine	g	0.114	0	0.286	0.348
Isoleucine	g	0.137	0	0.344	0.418
Leucine	g	0.231	0	0.580	0.705
Lysine	g	0.193	0	0.484	0.589
Methionine	g	0.066	0	0.166	0.201
Cystine	g	0.042	0	0.105	0.128
Phenylalanine	g	0.143	0	0.359	0.436
Tyrosine	g	0.092	0	0.231	0.281
Valine	g	0.153	0	0.384	0.467
Arginine	g	0.145	0	0.364	0.442
Histidine	g	0.082	0	0.206	0.250
Alanine	g	0.164	0	0.412	0.500
Aspartic acid	g	0.260	0	0.653	0.793
Glutamic acid	g	0.980	0	2.460	2.989
Glycine	g	0.166	0	0.417	0.506
Proline	g	0.229	0	0.575	0.698
Serine	g	0.127	0	0.319	0.387
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz)

NDB No. 06063 Soup, tomato rice, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 257g	Measure 2* 312g	Measure 3*
Proximates:							
Water	g	77.13	0.096	14	198.22	240.65	
Energy	kcal	93		0	239	290	
Energy	kj	389		0	1000	1214	
Protein (N x 5.95)	g	1.64	0.027	14	4.21	5.12	
Total lipid (fat)	g	2.12	0.024	14	5.45	6.61	
Carbohydrate, by difference	g	17.08		0	43.90	53.29	
Fiber, total dietary	g	1.3		0	3.3	4.1	
Ash	g	2.03	0.012	14	5.22	6.33	
Sugars, total	g						
Minerals:							
Calcium	mg	18		11	46	56	
Iron	mg	0.62	0.034	14	1.59	1.93	
Magnesium	mg	4		0	10	12	
Phosphorus	mg	26		0	67	81	
Potassium	mg	257		2	660	802	
Sodium	mg	635		6	1632	1981	
Zinc	mg	0.40		1	1.03	1.25	
Copper	mg	0.100		1	0.257	0.312	
Manganese	mg	0.300		1	0.771	0.936	
Selenium	µg	1.8		0	4.6	5.6	
Vitamins:							
Ascorbic acid	mg	11.5	0.655	13	29.6	35.9	
Thiamin	mg	0.048	0.002	13	0.123	0.150	
Riboflavin	mg	0.039	0.002	13	0.100	0.122	
Niacin	mg	0.822	0.023	13	2.113	2.565	
Pantothenic acid	mg	0.100		0	0.257	0.312	
Vitamin B-6	mg	0.060		1	0.154	0.187	
Folate	µg	11		0	28	34	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	588	29.546	13	1511	1835	
Vitamin A, RE	µg	59		0	152	184	
Vitamin E, α-TE	mg	0.600		0	1.542	1.872	
Lipids:							
Saturated, total	g	0.400		0	1.028	1.248	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.010		0	0.026	0.031	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.026	0.031	
14:0	g	0.030		0	0.077	0.094	
15.0	g						
16:0	g	0.220		0	0.565	0.686	
17:0	g						
18:0	g	0.100		0	0.257	0.312	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.470	0	1.208	1.466
14:1	g				
16:1	g	0.010	0	0.026	0.031
18:1	g	0.460	0	1.182	1.435
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.050	0	2.699	3.276
18:2	g	0.870	0	2.236	2.714
18:3	g	0.180	0	0.463	0.562
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	3	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11 oz), undiluted

NDB No. 06064 Soup, turkey, 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	Samples	Measure 1* 236g	Measure 2* 532g	Measure 3*
Proximates:							
Water	g	86.37	0.190	13	203.83	459.49	
Energy	kcal	57		0	135	303	
Energy	kj	238		0	562	1266	
Protein (N x 5.95)	g	4.33	0.075	10	10.22	23.04	
Total lipid (fat)	g	1.87	0.056	10	4.41	9.95	
Carbohydrate, by difference	g	5.96		0	14.07	31.71	
Fiber, total dietary	g						
Ash	g	1.47	0.052	10	3.47	7.82	
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.527	10	50	112	
Iron	mg	0.81	0.113	10	1.91	4.31	
Magnesium	mg	10		0	24	53	
Phosphorus	mg	44		1	104	234	
Potassium	mg	153		1	361	814	
Sodium	mg	391	13.761	10	923	2080	
Zinc	mg	0.90		1	2.12	4.79	
Copper	mg	0.100		1	0.236	0.532	
Manganese	mg	0.100		1	0.236	0.532	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.7	0.335	10	6.4	14.4	
Thiamin	mg	0.015	0.001	10	0.035	0.080	
Riboflavin	mg	0.045	0.002	10	0.106	0.239	
Niacin	mg	1.520	0.057	10	3.587	8.086	
Pantothenic acid	mg	0.390		0	0.920	2.075	
Vitamin B-6	mg	0.130		1	0.307	0.692	
Folate	µg	5	1.001	3	11	25	
Vitamin B-12	µg	0.90		1	2.12	4.79	
Vitamin A	IU	3032	143.012	10	7156	16130	
Vitamin A, RE	µg	303		0	715	1612	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.520		0	1.227	2.766	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.020		0	0.047	0.106	
15.0	g						
16:0	g	0.390		0	0.920	2.075	
17:0	g						
18:0	g	0.090		0	0.212	0.479	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.750	0	1.770	3.990
14:1	g				
16:1	g	0.110	0	0.260	0.585
18:1	g	0.650	0	1.534	3.458
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.460	0	1.086	2.447
18:2	g	0.440	0	1.038	2.341
18:3	g	0.020	0	0.047	0.106
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	0	9	21
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.099	0.223
Threonine	g	0.171	0	0.404	0.910
Isoleucine	g	0.218	0	0.514	1.160
Leucine	g	0.331	0	0.781	1.761
Lysine	g	0.343	0	0.809	1.825
Methionine	g	0.091	0	0.215	0.484
Cystine	g	0.045	0	0.106	0.239
Phenylalanine	g	0.177	0	0.418	0.942
Tyrosine	g	0.130	0	0.307	0.692
Valine	g	0.234	0	0.552	1.245
Arginine	g	0.225	0	0.531	1.197
Histidine	g	0.101	0	0.238	0.537
Alanine	g	0.267	0	0.630	1.420
Aspartic acid	g	0.424	0	1.001	2.256
Glutamic acid	g	0.775	0	1.829	4.123
Glycine	g	0.252	0	0.595	1.341
Proline	g	0.198	0	0.467	1.053
Serine	g	0.151	0	0.356	0.803
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (18.75 oz), ready-to-serve

NDB No. 06065 Soup, turkey noodle, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	86.37	0.141	13	216.79	263.43	
Energy	kcal	55		0	138	168	
Energy	kj	230		0	577	702	
Protein (N x 5.95)	g	3.11	0.036	13	7.81	9.49	
Total lipid (fat)	g	1.59	0.043	13	3.99	4.85	
Carbohydrate, by difference	g	6.88		0	17.27	20.98	
Fiber, total dietary	g	0.6		0	1.5	1.8	
Ash	g	2.06	0.039	13	5.17	6.28	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.700	10	23	27	
Iron	mg	0.75	0.069	10	1.88	2.29	
Magnesium	mg	4		4	10	12	
Phosphorus	mg	38		1	95	116	
Potassium	mg	60		1	151	183	
Sodium	mg	650	9.083	5	1632	1983	
Zinc	mg	0.46		4	1.16	1.42	
Copper	mg	0.100		1	0.251	0.305	
Manganese	mg	0.200		1	0.502	0.610	
Selenium	µg	8.9		0	22.3	27.1	
Vitamins:							
Ascorbic acid	mg	0.1		4	0.3	0.3	
Thiamin	mg	0.059	0.002	13	0.148	0.180	
Riboflavin	mg	0.051	0.002	13	0.128	0.156	
Niacin	mg	1.112	0.040	13	2.791	3.392	
Pantothenic acid	mg	0.140		0	0.351	0.427	
Vitamin B-6	mg	0.030		1	0.075	0.092	
Folate	µg	15		0	38	46	
Vitamin B-12	µg	0.13		0	0.33	0.40	
Vitamin A	IU	233	35.818	13	585	711	
Vitamin A, RE	µg	23		0	58	70	
Vitamin E, α-TE	mg	0.047		0	0.118	0.143	
Lipids:							
Saturated, total	g	0.440		0	1.104	1.342	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		1	0.050	0.061	
15.0	g						
16:0	g	0.330		1	0.828	1.006	
17:0	g						
18:0	g	0.080		1	0.201	0.244	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.640	0	1.606	1.952
14:1	g				
16:1	g	0.090	1	0.226	0.274
18:1	g	0.550	1	1.381	1.678
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.390	0	0.979	1.190
18:2	g	0.370	1	0.929	1.128
18:3	g	0.020	1	0.050	0.061
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	4	0	10	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.030	0	0.075	0.092
Threonine	g	0.100	0	0.251	0.305
Isoleucine	g	0.121	0	0.304	0.369
Leucine	g	0.203	0	0.510	0.619
Lysine	g	0.169	0	0.424	0.515
Methionine	g	0.058	0	0.146	0.177
Cystine	g	0.037	0	0.093	0.113
Phenylalanine	g	0.125	0	0.314	0.381
Tyrosine	g	0.081	0	0.203	0.247
Valine	g	0.134	0	0.336	0.409
Arginine	g	0.127	0	0.319	0.387
Histidine	g	0.072	0	0.181	0.220
Alanine	g	0.143	0	0.359	0.436
Aspartic acid	g	0.228	0	0.572	0.695
Glutamic acid	g	0.859	0	2.156	2.620
Glycine	g	0.146	0	0.366	0.445
Proline	g	0.201	0	0.505	0.613
Serine	g	0.112	0	0.281	0.342
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz)

NDB No. 06066 Soup, turkey vegetable, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 31g	Measure 3* 298g
Proximates:							
Water	g	86.01	0.311	10	211.58	26.49	256.31
Energy	kcal	60		0	148	18	179
Energy	kj	251		0	617	77	748
Protein (N x 5.95)	g	2.52	0.063	10	6.20	0.78	7.51
Total lipid (fat)	g	2.47	0.132	10	6.08	0.76	7.36
Carbohydrate, by difference	g	7.05		0	17.34	2.17	21.01
Fiber, total dietary	g	0.5		0	1.2	0.2	1.5
Ash	g	1.95	0.037	10	4.80	0.60	5.81
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.958	10	34	4	42
Iron	mg	0.62	0.097	10	1.53	0.19	1.85
Magnesium	mg	3		1	7	1	9
Phosphorus	mg	33		1	81	10	98
Potassium	mg	143		1	352	44	426
Sodium	mg	739	47.576	5	1818	228	2202
Zinc	mg	0.50		1	1.23	0.15	1.49
Copper	mg	0.100		1	0.246	0.031	0.298
Manganese	mg	0.200		1	0.492	0.062	0.596
Selenium	µg	4.3		0	10.6	1.3	12.8
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.024	0.001	10	0.059	0.007	0.072
Riboflavin	mg	0.032	0.001	10	0.079	0.010	0.095
Niacin	mg	0.820	0.029	10	2.017	0.253	2.444
Pantothenic acid	mg	0.390		0	0.959	0.120	1.162
Vitamin B-6	mg	0.040		1	0.098	0.012	0.119
Folate	µg	4		0	10	1	12
Vitamin B-12	µg	0.14		1	0.34	0.04	0.42
Vitamin A	IU	1996	231.182	10	4910	615	5948
Vitamin A, RE	µg	200		0	492	62	596
Vitamin E, α-TE	mg	0.120		0	0.295	0.037	0.358
Lipids:							
Saturated, total	g	0.730		0	1.796	0.225	2.175
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.020		0	0.049	0.006	0.060
15.0	g						
16:0	g	0.520		0	1.279	0.160	1.550
17:0	g						
18:0	g	0.150		0	0.369	0.046	0.447
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.080	0	2.657	0.333	3.218
14:1	g					
16:1	g	0.150	0	0.369	0.046	0.447
18:1	g	0.910	0	2.239	0.280	2.712
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.550	0	1.353	0.169	1.639
18:2	g	0.500	0	1.230	0.154	1.490
18:3	g	0.030	0	0.074	0.009	0.089
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	2	0	3
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.022	0	0.054	0.007	0.066
Threonine	g	0.079	0	0.194	0.024	0.235
Isoleucine	g	0.095	0	0.234	0.029	0.283
Leucine	g	0.161	0	0.396	0.050	0.480
Lysine	g	0.155	0	0.381	0.048	0.462
Methionine	g	0.043	0	0.106	0.013	0.128
Cystine	g	0.017	0	0.042	0.005	0.051
Phenylalanine	g	0.092	0	0.226	0.028	0.274
Tyrosine	g	0.066	0	0.162	0.020	0.197
Valine	g	0.111	0	0.273	0.034	0.331
Arginine	g	0.118	0	0.290	0.036	0.352
Histidine	g	0.056	0	0.138	0.017	0.167
Alanine	g	0.143	0	0.352	0.044	0.426
Aspartic acid	g	0.212	0	0.522	0.065	0.632
Glutamic acid	g	0.634	0	1.560	0.195	1.889
Glycine	g	0.158	0	0.389	0.049	0.471
Proline	g	0.144	0	0.354	0.044	0.429
Serine	g	0.087	0	0.214	0.027	0.259
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (10.5 oz)

NDB No. 06067 Soup, vegetable, canned, chunky, ready-to-serve, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 539g	Measure 3*
Proximates:							
Water	g	87.58	0.130	13	210.19	472.06	
Energy	kcal	51		0	122	275	
Energy	kj	213		0	511	1148	
Protein (N x 5.95)	g	1.46	0.031	10	3.50	7.87	
Total lipid (fat)	g	1.54	0.045	10	3.70	8.30	
Carbohydrate, by difference	g	7.92		0	19.01	42.69	
Fiber, total dietary	g	0.5		0	1.2	2.7	
Ash	g	1.50	0.021	10	3.60	8.09	
Sugars, total	g						
Minerals:							
Calcium	mg	23	1.176	10	55	124	
Iron	mg	0.68	0.063	10	1.63	3.67	
Magnesium	mg	3		0	7	16	
Phosphorus	mg	30		1	72	162	
Potassium	mg	165		1	396	889	
Sodium	mg	421	8.393	10	1010	2269	
Zinc	mg	1.30		1	3.12	7.01	
Copper	mg	0.100		1	0.240	0.539	
Manganese	mg	0.200		1	0.480	1.078	
Selenium	µg	2.9		0	7.0	15.6	
Vitamins:							
Ascorbic acid	mg	2.5	0.224	10	6.0	13.5	
Thiamin	mg	0.030	0.002	10	0.072	0.162	
Riboflavin	mg	0.027	0.002	10	0.065	0.146	
Niacin	mg	0.500	0.021	10	1.200	2.695	
Pantothenic acid	mg	0.140		0	0.336	0.755	
Vitamin B-6	mg	0.080		1	0.192	0.431	
Folate	µg	7	1.182	3	17	37	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	2449	223.965	10	5878	13200	
Vitamin A, RE	µg	245		0	588	1321	
Vitamin E, α-TE	mg	0.250		0	0.600	1.347	
Lipids:							
Saturated, total	g	0.230		0	0.552	1.240	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.150		0	0.360	0.809	
17:0	g						
18:0	g	0.080		0	0.192	0.431	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.660	0	1.584	3.557
14:1	g				
16:1	g	0.010	0	0.024	0.054
18:1	g	0.660	0	1.584	3.557
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.580	0	1.392	3.126
18:2	g	0.540	0	1.296	2.911
18:3	g	0.040	0	0.096	0.216
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.011	0	0.026	0.059
Threonine	g	0.045	0	0.108	0.243
Isoleucine	g	0.067	0	0.161	0.361
Leucine	g	0.113	0	0.271	0.609
Lysine	g	0.079	0	0.190	0.426
Methionine	g	0.011	0	0.026	0.059
Cystine	g	0.011	0	0.026	0.059
Phenylalanine	g	0.067	0	0.161	0.361
Tyrosine	g	0.034	0	0.082	0.183
Valine	g	0.079	0	0.190	0.426
Arginine	g	0.079	0	0.190	0.426
Histidine	g	0.034	0	0.082	0.183
Alanine	g	0.079	0	0.190	0.426
Aspartic acid	g	0.191	0	0.458	1.029
Glutamic acid	g	0.309	0	0.742	1.666
Glycine	g	0.056	0	0.134	0.302
Proline	g	0.056	0	0.134	0.302
Serine	g	0.056	0	0.134	0.302
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (19 oz), ready-to-serve

NDB No. 06068 Soup, vegetarian vegetable, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	84.91	0.433	27	208.88	253.03	
Energy	kcal	59		0	145	176	
Energy	kj	247		0	608	736	
Protein (N x 5.95)	g	1.72	0.013	24	4.23	5.13	
Total lipid (fat)	g	1.58	0.032	24	3.89	4.71	
Carbohydrate, by difference	g	9.78		0	24.06	29.14	
Fiber, total dietary	g	0.5		0	1.2	1.5	
Ash	g	2.02	0.022	24	4.97	6.02	
Sugars, total	g						
Minerals:							
Calcium	mg	17		21	42	51	
Iron	mg	0.88	0.084	24	2.16	2.62	
Magnesium	mg	6		2	15	18	
Phosphorus	mg	28		3	69	83	
Potassium	mg	171		3	421	510	
Sodium	mg	672	12.681	19	1653	2003	
Zinc	mg	0.38		2	0.92	1.12	
Copper	mg	0.100		3	0.246	0.298	
Manganese	mg	0.375		2	0.923	1.117	
Selenium	µg	3.5		0	8.6	10.4	
Vitamins:							
Ascorbic acid	mg	1.2	0.107	23	3.0	3.6	
Thiamin	mg	0.044		21	0.108	0.131	
Riboflavin	mg	0.037		21	0.091	0.110	
Niacin	mg	0.747	0.029	24	1.838	2.226	
Pantothenic acid	mg	0.280		0	0.689	0.834	
Vitamin B-6	mg	0.045		2	0.111	0.134	
Folate	µg	9	0.323	3	21	26	
Vitamin B-12	µg	0.00		2	0.00	0.00	
Vitamin A	IU	2453	157.538	24	6034	7310	
Vitamin A, RE	µg	245		0	603	730	
Vitamin E, α-TE	mg	0.260		0	0.640	0.775	
Lipids:							
Saturated, total	g	0.240		0	0.590	0.715	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.160		0	0.394	0.477	
17:0	g						
18:0	g	0.080		0	0.197	0.238	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.680	0	1.673	2.026
14:1	g				
16:1	g	0.010	0	0.025	0.030
18:1	g	0.670	0	1.648	1.997
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.590	0	1.451	1.758
18:2	g	0.550	0	1.353	1.639
18:3	g	0.040	0	0.098	0.119
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.030	0.036
Threonine	g	0.061	0	0.150	0.182
Isoleucine	g	0.081	0	0.199	0.241
Leucine	g	0.121	0	0.298	0.361
Lysine	g	0.081	0	0.199	0.241
Methionine	g	0.020	0	0.049	0.060
Cystine	g	0.020	0	0.049	0.060
Phenylalanine	g	0.081	0	0.199	0.241
Tyrosine	g	0.040	0	0.098	0.119
Valine	g	0.081	0	0.199	0.241
Arginine	g	0.081	0	0.199	0.241
Histidine	g	0.040	0	0.098	0.119
Alanine	g	0.081	0	0.199	0.241
Aspartic acid	g	0.162	0	0.399	0.483
Glutamic acid	g	0.364	0	0.895	1.085
Glycine	g	0.061	0	0.150	0.182
Proline	g	0.121	0	0.298	0.361
Serine	g	0.061	0	0.150	0.182
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (10.5 oz)

NDB No. 06070 Soup, beef, 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	Samples	Measure 1* 240g	Measure 2* 539g	Measure 3*
Proximates:							
Water	g	83.34		20	200.02	449.20	
Energy	kcal	71		0	170	383	
Energy	kj	297		0	713	1601	
Protein (N x 5.95)	g	4.89		30	11.74	26.36	
Total lipid (fat)	g	2.14		30	5.14	11.53	
Carbohydrate, by difference	g	8.15		0	19.56	43.93	
Fiber, total dietary	g	0.6		0	1.4	3.2	
Ash	g	1.49		20	3.58	8.03	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.024	30	31	70	
Iron	mg	0.97		30	2.33	5.23	
Magnesium	mg	2		0	5	11	
Phosphorus	mg	50		2	120	270	
Potassium	mg	140		2	336	755	
Sodium	mg	361		20	866	1946	
Zinc	mg	1.10		2	2.64	5.93	
Copper	mg	0.100		2	0.240	0.539	
Manganese	mg	0.100		2	0.240	0.539	
Selenium	µg	2.5		0	6.0	13.5	
Vitamins:							
Ascorbic acid	mg	2.9		30	7.0	15.6	
Thiamin	mg	0.024		30	0.058	0.129	
Riboflavin	mg	0.063		30	0.151	0.340	
Niacin	mg	1.127		30	2.705	6.075	
Pantothenic acid	mg	0.180		0	0.432	0.970	
Vitamin B-6	mg	0.055		2	0.132	0.296	
Folate	µg	6		0	13	30	
Vitamin B-12	µg	0.26		2	0.62	1.40	
Vitamin A	IU	1088		30	2611	5864	
Vitamin A, RE	µg	109		0	262	588	
Vitamin E, α-TE	mg	0.070		0	0.168	0.377	
Lipids:							
Saturated, total	g	1.060		0	2.544	5.713	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.048	0.108	
14:0	g	0.080		0	0.192	0.431	
15.0	g						
16:0	g	0.530		0	1.272	2.857	
17:0	g						
18:0	g	0.400		0	0.960	2.156	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.890	0	2.136	4.797
14:1	g				
16:1	g	0.090	0	0.216	0.485
18:1	g	0.770	0	1.848	4.150
20:1	g	0.010	0	0.024	0.054
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.090	0	0.216	0.485
18:2	g	0.070	0	0.168	0.377
18:3	g	0.010	0	0.024	0.054
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	6	0	14	32
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.047	0	0.113	0.253
Threonine	g	0.194	0	0.466	1.046
Isoleucine	g	0.247	0	0.593	1.331
Leucine	g	0.374	0	0.898	2.016
Lysine	g	0.387	0	0.929	2.086
Methionine	g	0.103	0	0.247	0.555
Cystine	g	0.051	0	0.122	0.275
Phenylalanine	g	0.201	0	0.482	1.083
Tyrosine	g	0.147	0	0.353	0.792
Valine	g	0.265	0	0.636	1.428
Arginine	g	0.254	0	0.610	1.369
Histidine	g	0.115	0	0.276	0.620
Alanine	g	0.302	0	0.725	1.628
Aspartic acid	g	0.479	0	1.150	2.582
Glutamic acid	g	0.875	0	2.100	4.716
Glycine	g	0.285	0	0.684	1.536
Proline	g	0.224	0	0.538	1.207
Serine	g	0.170	0	0.408	0.916
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (19 oz), ready-to-serve

NDB No. 06071 Soup, vegetable beef, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	83.69	0.123	31	210.06	255.25	
Energy	kcal	63		0	158	192	
Energy	kj	264		0	663	805	
Protein (N x 5.95)	g	4.45	0.131	28	11.17	13.57	
Total lipid (fat)	g	1.51	0.056	28	3.79	4.61	
Carbohydrate, by difference	g	8.11		0	20.36	24.74	
Fiber, total dietary	g	1.6		0	4.0	4.9	
Ash	g	2.25	0.015	27	5.65	6.86	
Sugars, total	g						
Minerals:							
Calcium	mg	13		25	33	40	
Iron	mg	0.89	0.057	28	2.23	2.71	
Magnesium	mg	5		5	13	15	
Phosphorus	mg	32		4	80	98	
Potassium	mg	138		4	346	421	
Sodium	mg	631		0	1584	1925	
Zinc	mg	1.23		6	3.09	3.75	
Copper	mg	0.145		4	0.364	0.442	
Manganese	mg	0.250		2	0.627	0.763	
Selenium	µg	2.2	0.552	2	5.5	6.7	
Vitamins:							
Ascorbic acid	mg	1.9	0.063	27	4.8	5.8	
Thiamin	mg	0.029	0.001	28	0.073	0.088	
Riboflavin	mg	0.039	0.001	28	0.098	0.119	
Niacin	mg	0.823	0.022	27	2.066	2.510	
Pantothenic acid	mg	0.280		0	0.703	0.854	
Vitamin B-6	mg	0.060	0.000	4	0.151	0.183	
Folate	µg	8	0.902	3	21	26	
Vitamin B-12	µg	0.25		3	0.63	0.76	
Vitamin A	IU	1508	257.016	8	3785	4599	
Vitamin A, RE	µg	151		0	379	461	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.680		0	1.707	2.074	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030	0.006	2	0.075	0.092	
15.0	g						
16:0	g	0.370	0.087	2	0.929	1.128	
17:0	g						
18:0	g	0.230	0.046	2	0.577	0.702	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.640		0	1.606	1.952
14:1	g					
16:1	g	0.060	0.012	2	0.151	0.183
18:1	g	0.560	0.117	2	1.406	1.708
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.090		0	0.226	0.274
18:2	g	0.080	0.020	2	0.201	0.244
18:3	g	0.010	0.012	2	0.025	0.031
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	4		0	10	12
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.038		0	0.095	0.116
Threonine	g	0.139		0	0.349	0.424
Isoleucine	g	0.168		0	0.422	0.512
Leucine	g	0.285		0	0.715	0.869
Lysine	g	0.274		0	0.688	0.836
Methionine	g	0.075		0	0.188	0.229
Cystine	g	0.031		0	0.078	0.095
Phenylalanine	g	0.163		0	0.409	0.497
Tyrosine	g	0.116		0	0.291	0.354
Valine	g	0.197		0	0.494	0.601
Arginine	g	0.208		0	0.522	0.634
Histidine	g	0.098		0	0.246	0.299
Alanine	g	0.253		0	0.635	0.772
Aspartic acid	g	0.375		0	0.941	1.144
Glutamic acid	g	1.121		0	2.814	3.419
Glycine	g	0.280		0	0.703	0.854
Proline	g	0.255		0	0.640	0.778
Serine	g	0.153		0	0.384	0.467
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (10.75 oz)

NDB No. 06072 Soup, vegetable with beef broth, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 246g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	83.27	0.134	23	204.84	248.14	
Energy	kcal	66		0	162	197	
Energy	kj	276		0	679	822	
Protein (N x 5.95)	g	2.42	0.044	23	5.95	7.21	
Total lipid (fat)	g	1.56	0.027	23	3.84	4.65	
Carbohydrate, by difference	g	10.70		0	26.32	31.89	
Fiber, total dietary	g	1.3		0	3.2	3.9	
Ash	g	2.06	0.018	23	5.07	6.14	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.531	20	34	42	
Iron	mg	0.79	0.043	23	1.94	2.35	
Magnesium	mg	5		6	12	15	
Phosphorus	mg	32		2	79	95	
Potassium	mg	157		2	386	468	
Sodium	mg	661	17.293	15	1626	1970	
Zinc	mg	0.65		6	1.60	1.93	
Copper	mg	0.125		2	0.308	0.373	
Manganese	mg	0.275		2	0.677	0.820	
Selenium	µg	2.2		0	5.4	6.6	
Vitamins:							
Ascorbic acid	mg	1.9	0.170	23	4.7	5.7	
Thiamin	mg	0.042	0.002	23	0.103	0.125	
Riboflavin	mg	0.037	0.001	23	0.091	0.110	
Niacin	mg	0.789	0.025	23	1.941	2.351	
Pantothenic acid	mg	0.280		0	0.689	0.834	
Vitamin B-6	mg	0.046	0.000	3	0.113	0.137	
Folate	µg	9		0	21	25	
Vitamin B-12	µg	0.00		2	0.00	0.00	
Vitamin A	IU	1707	132.832	3	4199	5087	
Vitamin A, RE	µg	171		0	421	510	
Vitamin E, α-TE	mg	0.010		0	0.025	0.030	
Lipids:							
Saturated, total	g	0.360		0	0.886	1.073	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010	0.003	2	0.025	0.030	
15.0	g						
16:0	g	0.210	0.040	2	0.517	0.626	
17:0	g						
18:0	g	0.110	0.018	2	0.271	0.328	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.450		0	1.107	1.341
14:1	g					
16:1	g	0.020	0.006	2	0.049	0.060
18:1	g	0.420	0.044	2	1.033	1.252
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.640		0	1.574	1.907
18:2	g	0.550	0.080	2	1.353	1.639
18:3	g	0.090	0.030	2	0.221	0.268
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	1		0	2	3
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.017		0	0.042	0.051
Threonine	g	0.059		0	0.145	0.176
Isoleucine	g	0.074		0	0.182	0.221
Leucine	g	0.134		0	0.330	0.399
Lysine	g	0.103		0	0.253	0.307
Methionine	g	0.025		0	0.062	0.075
Cystine	g	0.019		0	0.047	0.057
Phenylalanine	g	0.087		0	0.214	0.259
Tyrosine	g	0.048		0	0.118	0.143
Valine	g	0.102		0	0.251	0.304
Arginine	g	0.112		0	0.276	0.334
Histidine	g	0.041		0	0.101	0.122
Alanine	g	0.140		0	0.344	0.417
Aspartic acid	g	0.207		0	0.509	0.617
Glutamic acid	g	0.692		0	1.702	2.062
Glycine	g	0.223		0	0.549	0.665
Proline	g	0.184		0	0.453	0.548
Serine	g	0.082		0	0.202	0.244
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (10.5 oz)

NDB No. 06073 Soup, cream of asparagus, dehydrated, 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	Samples	Measure 1* 14g	Measure 2* 64g	Measure 3*
Proximates:							
Water	g	4.80		1	0.68	3.06	
Energy	kcal	366		0	52	234	
Energy	kj	1531		0	217	977	
Protein (N x 5.95)	g	13.75		1	1.95	8.77	
Total lipid (fat)	g	10.80		1	1.53	6.89	
Carbohydrate, by difference	g	55.75		0	7.92	35.57	
Fiber, total dietary	g	2.4		0	0.3	1.5	
Ash	g	14.90		1	2.12	9.51	
Sugars, total	g						
Minerals:							
Calcium	mg	137		0	19	87	
Iron	mg	3.80		0	0.54	2.42	
Magnesium	mg	18		0	3	11	
Phosphorus	mg	185		0	26	118	
Potassium	mg	824		0	117	526	
Sodium	mg	4980		1	707	3177	
Zinc	mg	4.20		0	0.60	2.68	
Copper	mg	0.600		0	0.085	0.383	
Manganese	mg	1.800		0	0.256	1.148	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.2		0	0.7	3.3	
Thiamin	mg	0.200		0	0.028	0.128	
Riboflavin	mg	0.300		0	0.043	0.191	
Niacin	mg	3.000		0	0.426	1.914	
Pantothenic acid	mg	0.500		0	0.071	0.319	
Vitamin B-6	mg	0.050		0	0.007	0.032	
Folate	µg	46		0	7	29	
Vitamin B-12	µg	0.20		0	0.03	0.13	
Vitamin A	IU	1688		0	240	1077	
Vitamin A, RE	µg	171		0	24	109	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.610		0	0.229	1.027	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010		0	0.001	0.006	
15.0	g						
16:0	g	1.060		0	0.151	0.676	
17:0	g						
18:0	g	0.540		0	0.077	0.345	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.640	0	0.659	2.960
14:1	g				
16:1	g	0.040	0	0.006	0.026
18:1	g	4.590	0	0.652	2.928
20:1	g				
22.1	g				
Polyunsaturated, total	g	4.060	0	0.577	2.590
18:2	g	3.770	0	0.535	2.405
18:3	g	0.280	0	0.040	0.179
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	0	0	1
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06074 Soup, bean with bacon, dehydrated, 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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		1	1.13		
Energy	kcal	370		0	105		
Energy	kj	1548		0	439		
Protein (N x 5.95)	g	19.38		1	5.49		
Total lipid (fat)	g	7.60		1	2.15		
Carbohydrate, by difference	g	57.72		0	16.36		
Fiber, total dietary	g	30.8		0	8.7		
Ash	g	11.30		1	3.20		
Sugars, total	g						
Minerals:							
Calcium	mg	193		0	55		
Iron	mg	4.90		0	1.39		
Magnesium	mg	106		0	30		
Phosphorus	mg	315		0	89		
Potassium	mg	1150	0.000	1	326		
Sodium	mg	3275	0.000	2	928		
Zinc	mg	2.48		0	0.70		
Copper	mg	0.970		0	0.275		
Manganese	mg	1.600		0	0.454		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.0		0	1.1		
Thiamin	mg	0.200		0	0.057		
Riboflavin	mg	0.100		0	0.028		
Niacin	mg	1.400		0	0.397		
Pantothenic acid	mg	0.200		0	0.057		
Vitamin B-6	mg	0.100		0	0.028		
Folate	µg	30		0	9		
Vitamin B-12	µg	0.10		0	0.03		
Vitamin A	IU	210		0	60		
Vitamin A, RE	µg	21		0	6		
Vitamin E, α-TE	mg	0.913		0	0.259		
Lipids:							
Saturated, total	g	3.380		0	0.958		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.040		0	0.011		
14:0	g	0.190		0	0.054		
15.0	g						
16:0	g	1.850		0	0.524		
17:0	g						
18:0	g	1.230		0	0.349		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.300	0	0.936
14:1	g			
16:1	g	0.260	0	0.074
18:1	g	2.930	0	0.831
20:1	g	0.050	0	0.014
22.1	g			
Polyunsaturated, total	g	0.580	0	0.164
18:2	g	0.510	0	0.145
18:3	g	0.060	0	0.017
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	11	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)

NDB No. 06075 Soup, beef broth or bouillon, powder, 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	Samples	Measure 1* 8g	Measure 2* 4g	Measure 3* 6g
Proximates:							
Water	g	3.27		3	0.26	0.12	0.20
Energy	kcal	238		0	19	9	14
Energy	kj	996		0	80	36	60
Protein (N x 5.95)	g	15.97		3	1.28	0.57	0.96
Total lipid (fat)	g	8.89		3	0.71	0.32	0.53
Carbohydrate, by difference	g	23.65		0	1.89	0.85	1.42
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	48.22		3	3.86	1.74	2.89
Sugars, total	g						
Minerals:							
Calcium	mg	60		1	5	2	4
Iron	mg	1.00		0	0.08	0.04	0.06
Magnesium	mg	51		2	4	2	3
Phosphorus	mg	320		2	26	12	19
Potassium	mg	446		2	36	16	27
Sodium	mg	16982		3	1359	611	1019
Zinc	mg	0.00		0	0.00	0.00	0.00
Copper	mg	0.000		0	0.000	0.000	0.000
Manganese	mg	0.459		3	0.037	0.017	0.028
Selenium	µg	27.6		0	2.2	1.0	1.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.070		1	0.006	0.003	0.004
Riboflavin	mg	0.243		2	0.019	0.009	0.015
Niacin	mg	4.467		2	0.357	0.161	0.268
Pantothenic acid	mg	0.300		0	0.024	0.011	0.018
Vitamin B-6	mg	0.200		0	0.016	0.007	0.012
Folate	µg	32		0	3	1	2
Vitamin B-12	µg	1.00		0	0.08	0.04	0.06
Vitamin A	IU	50		1	4	2	3
Vitamin A, RE	µg	5		0	0	0	0
Vitamin E, α-TE	mg	0.240		0	0.019	0.009	0.014
Lipids:							
Saturated, total	g	4.320		0	0.346	0.156	0.259
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.080		0	0.006	0.003	0.005
14:0	g	0.332		0	0.027	0.012	0.020
15.0	g						
16:0	g	2.220		0	0.178	0.080	0.133
17:0	g						
18:0	g	1.688		0	0.135	0.061	0.101
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.616	0	0.289	0.130	0.217
14:1	g					
16:1	g	0.372	0	0.030	0.013	0.022
18:1	g	3.215	0	0.257	0.116	0.193
20:1	g	0.030	0	0.002	0.001	0.002
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.332	0	0.027	0.012	0.020
18:2	g	0.281	0	0.022	0.010	0.017
18:3	g	0.050	0	0.004	0.002	0.003
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	10	0	1	0	1
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 cube
Measure 3: 1 packet

NDB No. 06076 Soup, beef broth, cubed, 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	Samples	Measure 1* 5g	Measure 2* 4g	Measure 3*
Proximates:							
Water	g	3.30		1	0.16	0.12	
Energy	kcal	170		0	8	6	
Energy	kj	711		0	34	26	
Protein (N x 5.95)	g	17.30		1	0.83	0.62	
Total lipid (fat)	g	4.00		1	0.19	0.14	
Carbohydrate, by difference	g	16.10		0	0.77	0.58	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	59.30		1	2.85	2.13	
Sugars, total	g						
Minerals:							
Calcium	mg	60		0	3	2	
Iron	mg	2.23		1	0.11	0.08	
Magnesium	mg	50	19.050	2	2	2	
Phosphorus	mg	225		1	11	8	
Potassium	mg	403		1	19	15	
Sodium	mg	24000		1	1152	864	
Zinc	mg	0.21		1	0.01	0.01	
Copper	mg	0.000		0	0.000	0.000	
Manganese	mg	0.386		1	0.019	0.014	
Selenium	µg	27.6		0	1.3	1.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.200		1	0.010	0.007	
Riboflavin	mg	0.240		1	0.012	0.009	
Niacin	mg	3.300		1	0.158	0.119	
Pantothenic acid	mg	0.300		0	0.014	0.011	
Vitamin B-6	mg	0.200		0	0.010	0.007	
Folate	µg	32		0	2	1	
Vitamin B-12	µg	1.00		0	0.05	0.04	
Vitamin A	IU	50		0	2	2	
Vitamin A, RE	µg	15		0	1	1	
Vitamin E, α-TE	mg	0.110		0	0.005	0.004	
Lipids:							
Saturated, total	g	1.990		0	0.096	0.072	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		0	0.002	0.001	
14:0	g	0.150		0	0.007	0.005	
15.0	g						
16:0	g	1.000		0	0.048	0.036	
17:0	g						
18:0	g	0.760		0	0.036	0.027	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.670	0	0.080	0.060
14:1	g				
16:1	g	0.170	0	0.008	0.006
18:1	g	1.440	0	0.069	0.052
20:1	g	0.010	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.160	0	0.008	0.006
18:2	g	0.120	0	0.006	0.004
18:3	g	0.020	0	0.001	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	4	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: Amount of dry mix to make 8 fl oz prepared
Measure 2: 1 cube (6 fl oz prepared)

NDB No. 06077 Soup, beef noodle mix, dehydrated, dry form

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2* 9g	Measure 3*
Proximates:							
Water	g	4.97		6	0.71	0.46	
Energy	kcal	330		0	47	30	
Energy	kj	1381		0	196	127	
Protein (N x 5.95)	g	17.93		3	2.55	1.65	
Total lipid (fat)	g	6.39		3	0.91	0.59	
Carbohydrate, by difference	g	48.64		0	6.91	4.47	
Fiber, total dietary	g	2.7		0	0.4	0.2	
Ash	g	22.06		3	3.13	2.03	
Sugars, total	g						
Minerals:							
Calcium	mg	48		1	7	4	
Iron	mg	2.68		2	0.38	0.25	
Magnesium	mg	76		2	11	7	
Phosphorus	mg	320		2	45	29	
Potassium	mg	656	0.000	1	93	60	
Sodium	mg	8408		5	1194	774	
Zinc	mg	0.81		1	0.11	0.07	
Copper	mg	0.300		0	0.043	0.028	
Manganese	mg	0.700		0	0.099	0.064	
Selenium	µg	36.0		0	5.1	3.3	
Vitamins:							
Ascorbic acid	mg	4.0		1	0.6	0.4	
Thiamin	mg	0.988	0.000	1	0.140	0.091	
Riboflavin	mg	0.494		2	0.070	0.045	
Niacin	mg	5.574		2	0.792	0.513	
Pantothenic acid	mg	0.020		0	0.003	0.002	
Vitamin B-6	mg	0.275		1	0.039	0.025	
Folate	µg	122		0	17	11	
Vitamin B-12	µg	0.02		0	0.00	0.00	
Vitamin A	IU	70		1	10	6	
Vitamin A, RE	µg	7		0	1	1	
Vitamin E, α-TE	mg	0.205		0	0.029	0.019	
Lipids:							
Saturated, total	g	2.070		0	0.294	0.190	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.004	0.003	
14:0	g	0.120		0	0.017	0.011	
15.0	g						
16:0	g	1.110		0	0.158	0.102	
17:0	g						
18:0	g	0.760		0	0.108	0.070	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.710	0	0.385	0.249
14:1	g				
16:1	g	0.150	0	0.021	0.014
18:1	g	2.510	0	0.356	0.231
20:1	g	0.010	0	0.001	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.330	0	0.189	0.122
18:2	g	1.210	0	0.172	0.111
18:3	g	0.100	0	0.014	0.009
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	13	0	2	1
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06078 Soup, cauliflower, dehydrated, 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	Samples	Measure 1* 19g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.40		1	0.83		
Energy	kcal	360		0	68		
Energy	kj	1506		0	285		
Protein (N x 5.95)	g	15.31		1	2.89		
Total lipid (fat)	g	9.10		1	1.72		
Carbohydrate, by difference	g	56.59		0	10.70		
Fiber, total dietary	g						
Ash	g	14.60		1	2.76		
Sugars, total	g						
Minerals:							
Calcium	mg	47		0	9		
Iron	mg	2.10		0	0.40		
Magnesium	mg	12		0	2		
Phosphorus	mg	267		0	50		
Potassium	mg	555		0	105		
Sodium	mg	4450		1	841		
Zinc	mg	1.30		0	0.25		
Copper	mg	0.200		0	0.038		
Manganese	mg	0.300		0	0.057		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	20.0		0	3.8		
Thiamin	mg	0.360		0	0.068		
Riboflavin	mg	0.440		0	0.083		
Niacin	mg	2.400		0	0.454		
Pantothenic acid	mg	0.500		0	0.094		
Vitamin B-6	mg	0.100		0	0.019		
Folate	µg	17		0	3		
Vitamin B-12	µg	1.00		0	0.19		
Vitamin A	IU	30		0	6		
Vitamin A, RE	µg	3		0	1		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.360		0	0.257		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010		0	0.002		
15.0	g						
16:0	g	0.890		0	0.168		
17:0	g						
18:0	g	0.460		0	0.087		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.910	0	0.739
14:1	g			
16:1	g	0.040	0	0.008
18:1	g	3.870	0	0.731
20:1	g			
22.1	g			
Polyunsaturated, total	g	3.420	0	0.646
18:2	g	3.180	0	0.601
18:3	g	0.240	0	0.045
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	2	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup (8 fl oz)

NDB No. 06079 Soup, cream of celery, dehydrated, 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	Samples	Measure 1* 17g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.60		1	0.80		
Energy	kcal	358		0	62		
Energy	kj	1498		0	261		
Protein (N x 5.95)	g	15.00		1	2.61		
Total lipid (fat)	g	9.30		1	1.62		
Carbohydrate, by difference	g	55.90		0	9.73		
Fiber, total dietary	g	2.7		0	0.5		
Ash	g	15.20		1	2.64		
Sugars, total	g						
Minerals:							
Calcium	mg	203		0	35		
Iron	mg	3.20		0	0.56		
Magnesium	mg	32		0	6		
Phosphorus	mg	190		0	33		
Potassium	mg	621		0	108		
Sodium	mg	4810		1	837		
Zinc	mg	0.80		0	0.14		
Copper	mg	0.700		0	0.122		
Manganese	mg	1.300		0	0.226		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		0	0.2		
Thiamin	mg	0.140		0	0.024		
Riboflavin	mg	0.250		0	0.044		
Niacin	mg	1.700		0	0.296		
Pantothenic acid	mg	5.800		0	1.009		
Vitamin B-6	mg	0.060		0	0.010		
Folate	µg	12		0	2		
Vitamin B-12	µg	0.25		0	0.04		
Vitamin A	IU	1545		0	269		
Vitamin A, RE	µg	154		0	27		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.390		0	0.242		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010		0	0.002		
15.0	g						
16:0	g	0.910		0	0.158		
17:0	g						
18:0	g	0.470		0	0.082		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.000	0	0.696
14:1	g			
16:1	g	0.040	0	0.007
18:1	g	3.950	0	0.687
20:1	g			
22.1	g			
Polyunsaturated, total	g	3.500	0	0.609
18:2	g	3.250	0	0.566
18:3	g	0.240	0	0.042
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	3	0	1
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup (8 fl oz)

NDB No. 06080 Soup, chicken broth or bouillon, dehydrated, 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	Samples	Measure 1* 8g	Measure 2* 2g	Measure 3* 4g
Proximates:							
Water	g	2.27		4	0.18	0.05	0.09
Energy	kcal	267		0	21	5	11
Energy	kj	1117		0	89	22	45
Protein (N x 5.95)	g	16.66		4	1.33	0.33	0.67
Total lipid (fat)	g	13.88		4	1.11	0.28	0.56
Carbohydrate, by difference	g	18.01		0	1.44	0.36	0.72
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	49.18		4	3.93	0.98	1.97
Sugars, total	g						
Minerals:							
Calcium	mg	187		1	15	4	7
Iron	mg	1.03		1	0.08	0.02	0.04
Magnesium	mg	56		2	4	1	2
Phosphorus	mg	166		2	13	3	7
Potassium	mg	309		1	25	6	12
Sodium	mg	18586		3	1487	372	743
Zinc	mg	0.09		1	0.01	0.00	0.00
Copper	mg	0.000		0	0.000	0.000	0.000
Manganese	mg	0.150		0	0.012	0.003	0.006
Selenium	µg	28.0		0	2.2	0.6	1.1
Vitamins:							
Ascorbic acid	mg	1.1		1	0.1	0.0	0.0
Thiamin	mg	0.100	0.000	1	0.008	0.002	0.004
Riboflavin	mg	0.430		2	0.034	0.009	0.017
Niacin	mg	2.460		2	0.197	0.049	0.098
Pantothenic acid	mg	0.600		0	0.048	0.012	0.024
Vitamin B-6	mg	0.100		0	0.008	0.002	0.004
Folate	µg	32		0	3	1	1
Vitamin B-12	µg	0.30		0	0.02	0.01	0.01
Vitamin A	IU	500		1	40	10	20
Vitamin A, RE	µg	150		0	12	3	6
Vitamin E, α-TE	mg	0.110		0	0.009	0.002	0.004
Lipids:							
Saturated, total	g	3.430		0	0.274	0.069	0.137
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.001	0.000	0.000
14:0	g	0.010		0	0.001	0.000	0.000
15.0	g						
16:0	g	2.560		0	0.205	0.051	0.102
17:0	g						
18:0	g	0.660		0	0.053	0.013	0.026
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.360	0	0.429	0.107	0.214
14:1	g					
16:1	g	0.600	0	0.048	0.012	0.024
18:1	g	4.640	0	0.371	0.093	0.186
20:1	g	0.120	0	0.010	0.002	0.005
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	4.480	0	0.358	0.090	0.179
18:2	g	4.320	0	0.346	0.086	0.173
18:3	g	0.130	0	0.010	0.003	0.005
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.010	0	0.001	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	13	0	1	0	1
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 teaspoon
Measure 3: 1 cube

NDB No. 06081 Soup, chicken broth cubes, dehydrated, 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	Samples	Measure 1* 6g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	2.50		1	0.16	0.12	
Energy	kcal	198		0	13	10	
Energy	kj	828		0	53	40	
Protein (N x 5.95)	g	14.60		1	0.93	0.70	
Total lipid (fat)	g	4.70		1	0.30	0.23	
Carbohydrate, by difference	g	23.50		0	1.50	1.13	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	54.70		1	3.50	2.63	
Sugars, total	g						
Minerals:							
Calcium	mg	190		0	12	9	
Iron	mg	1.87		1	0.12	0.09	
Magnesium	mg	56	0.000	2	4	3	
Phosphorus	mg	191		1	12	9	
Potassium	mg	374		1	24	18	
Sodium	mg	24000		1	1536	1152	
Zinc	mg	0.20		1	0.01	0.01	
Copper	mg	0.000		0	0.000	0.000	
Manganese	mg	0.377		1	0.024	0.018	
Selenium	µg	27.9		0	1.8	1.3	
Vitamins:							
Ascorbic acid	mg	1.0		0	0.1	0.0	
Thiamin	mg	0.190		1	0.012	0.009	
Riboflavin	mg	0.380		1	0.024	0.018	
Niacin	mg	3.900		1	0.250	0.187	
Pantothenic acid	mg	0.600		0	0.038	0.029	
Vitamin B-6	mg	0.100		0	0.006	0.005	
Folate	µg	32		0	2	2	
Vitamin B-12	µg	0.30		0	0.02	0.01	
Vitamin A	IU	250		0	16	12	
Vitamin A, RE	µg	75		0	5	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.250		0	0.080	0.060	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.002	0.001	
15.0	g						
16:0	g	0.930		0	0.060	0.045	
17:0	g						
18:0	g	0.240		0	0.015	0.012	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.950	0	0.125	0.094
14:1	g				
16:1	g	0.200	0	0.013	0.010
18:1	g	1.680	0	0.108	0.081
20:1	g	0.040	0	0.003	0.002
22.1	g				
Polyunsaturated, total	g	1.630	0	0.104	0.078
18:2	g	1.570	0	0.100	0.075
18:3	g	0.050	0	0.003	0.002
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	13	0	1	1
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 cube

NDB No. 06083 Soup, cream of chicken, dehydrated, 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	Samples	Measure 1* 24g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	3.75		1	0.92	0.69	
Energy	kcal	436		0	106	80	
Energy	kj	1824		0	445	334	
Protein (N x 5.95)	g	7.25		1	1.77	1.33	
Total lipid (fat)	g	21.68		1	5.29	3.97	
Carbohydrate, by difference	g	54.34		0	13.26	9.94	
Fiber, total dietary	g	1.8		0	0.4	0.3	
Ash	g	12.98		1	3.17	2.38	
Sugars, total	g						
Minerals:							
Calcium	mg	310		1	76	57	
Iron	mg	1.40		0	0.34	0.26	
Magnesium	mg	24		0	6	4	
Phosphorus	mg	390		1	95	71	
Potassium	mg	876		1	214	160	
Sodium	mg	4820		1	1176	882	
Zinc	mg	6.00		0	1.46	1.10	
Copper	mg	1.000		0	0.244	0.183	
Manganese	mg	3.000		0	0.732	0.549	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.0		0	0.5	0.4	
Thiamin	mg	0.400		0	0.098	0.073	
Riboflavin	mg	0.830		1	0.203	0.152	
Niacin	mg	11.000		0	2.684	2.013	
Pantothenic acid	mg	2.900		0	0.708	0.531	
Vitamin B-6	mg	0.220		0	0.054	0.040	
Folate	µg	22		0	5	4	
Vitamin B-12	µg	1.00		0	0.24	0.18	
Vitamin A	IU	1650		0	403	302	
Vitamin A, RE	µg	495		0	121	91	
Vitamin E, α-TE	mg	0.592		0	0.144	0.108	
Lipids:							
Saturated, total	g	13.780		0	3.362	2.522	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.820		1	0.200	0.150	
12:0	g	5.550		1	1.354	1.016	
14:0	g	2.260		1	0.551	0.414	
15.0	g						
16:0	g	3.090		1	0.754	0.565	
17:0	g						
18:0	g	2.060		1	0.503	0.377	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.730	0	1.154	0.866
14:1	g				
16:1	g	0.410	1	0.100	0.075
18:1	g	4.320	1	1.054	0.791
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.650	0	0.403	0.302
18:2	g	1.650	1	0.403	0.302
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	1	3	2
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06085 Soup, chicken rice mix, dehydrated, dry form

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 16g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.89		2	0.63		
Energy	kcal	369		0	60		
Energy	kj	1544		0	250		
Protein (N x 5.95)	g	15.07		2	2.44		
Total lipid (fat)	g	8.89		2	1.44		
Carbohydrate, by difference	g	57.09		0	9.25		
Fiber, total dietary	g	1.8		0	0.3		
Ash	g	15.05		2	2.44		
Sugars, total	g						
Minerals:							
Calcium	mg	45		1	7		
Iron	mg	0.60		1	0.10		
Magnesium	mg	0		0	0		
Phosphorus	mg	69		1	11		
Potassium	mg	71		1	12		
Sodium	mg	6048		2	980		
Zinc	mg	0.80		0	0.13		
Copper	mg	0.400		0	0.065		
Manganese	mg	1.200		0	0.194		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1		
Thiamin	mg	0.040		1	0.006		
Riboflavin	mg	0.020		1	0.003		
Niacin	mg	2.249		1	0.364		
Pantothenic acid	mg	0.500		0	0.081		
Vitamin B-6	mg	0.100		0	0.016		
Folate	µg	3		0	0		
Vitamin B-12	µg	0.50		0	0.08		
Vitamin A	IU	400		0	65		
Vitamin A, RE	µg	40		0	6		
Vitamin E, α-TE	mg	0.248		0	0.040		
Lipids:							
Saturated, total	g	1.990		0	0.322		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		0	0.002		
14:0	g	0.050		0	0.008		
15.0	g						
16:0	g	1.400		0	0.227		
17:0	g						
18:0	g	0.490		0	0.079		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.910	0	0.633
14:1	g			
16:1	g	0.270	0	0.044
18:1	g	3.550	0	0.575
20:1	g	0.050	0	0.008
22.1	g			
Polyunsaturated, total	g	2.610	0	0.423
18:2	g	2.420	0	0.392
18:3	g	0.160	0	0.026
18:4	g			
20:4	g	0.010	0	0.002
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	18	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup (8 fl oz)

NDB No. 06086 Soup, chicken vegetable, dehydrated, 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	Samples	Measure 1* 14g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	4.66		4	0.66	0.49	
Energy	kcal	346		0	49	37	
Energy	kj	1448		0	204	153	
Protein (N x 5.95)	g	18.98		2	2.68	2.01	
Total lipid (fat)	g	5.59		2	0.79	0.59	
Carbohydrate, by difference	g	55.04		0	7.76	5.83	
Fiber, total dietary	g	3.0		0	0.4	0.3	
Ash	g	15.73		2	2.22	1.67	
Sugars, total	g						
Minerals:							
Calcium	mg	98		0	14	10	
Iron	mg	4.14		2	0.58	0.44	
Magnesium	mg	151		1	21	16	
Phosphorus	mg	229		2	32	24	
Potassium	mg	483		1	68	51	
Sodium	mg	5698		3	803	604	
Zinc	mg	1.47	0.036	3	0.21	0.16	
Copper	mg	0.177	0.004	3	0.025	0.019	
Manganese	mg	1.500		0	0.212	0.159	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	8.6		1	1.2	0.9	
Thiamin	mg	0.496		2	0.070	0.053	
Riboflavin	mg	0.336		2	0.047	0.036	
Niacin	mg	4.843		2	0.683	0.513	
Pantothenic acid	mg	1.000		0	0.141	0.106	
Vitamin B-6	mg	0.625		1	0.088	0.066	
Folate	µg	28		0	4	3	
Vitamin B-12	µg	0.70		0	0.10	0.07	
Vitamin A	IU	99		1	14	10	
Vitamin A, RE	µg	10		0	1	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.290		0	0.182	0.137	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	1.080		1	0.152	0.114	
17:0	g						
18:0	g	0.220		1	0.031	0.023	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.160	0	0.305	0.229
14:1	g				
16:1	g	0.220	1	0.031	0.023
18:1	g	1.940	1	0.274	0.206
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.080	0	0.152	0.114
18:2	g	1.080	1	0.152	0.114
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	20	1	3	2
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06087 Soup, clam chowder, manhattan style, dehydrated, 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	Samples	Measure 1* 19g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.10		0	0.77		
Energy	kcal	345		0	65		
Energy	kj	1443		0	273		
Protein (N x 5.95)	g	10.94		0	2.07		
Total lipid (fat)	g	8.20		0	1.55		
Carbohydrate, by difference	g	57.46		0	10.86		
Fiber, total dietary	g						
Ash	g	19.30		0	3.65		
Sugars, total	g						
Minerals:							
Calcium	mg	133		0	25		
Iron	mg	9.10		0	1.72		
Magnesium	mg	56		0	11		
Phosphorus	mg	231		0	44		
Potassium	mg	1050		0	198		
Sodium	mg	7070		0	1336		
Zinc	mg	5.20		0	0.98		
Copper	mg	0.700		0	0.132		
Manganese	mg	2.100		0	0.397		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	22.0		0	4.2		
Thiamin	mg	0.170		0	0.032		
Riboflavin	mg	0.220		0	0.042		
Niacin	mg	4.550		0	0.860		
Pantothenic acid	mg	0.700		0	0.132		
Vitamin B-6	mg	0.600		0	0.113		
Folate	µg	53		0	10		
Vitamin B-12	µg	23.00		0	4.35		
Vitamin A	IU	5369		0	1015		
Vitamin A, RE	µg	537		0	101		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.390		0	0.263		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010		0	0.002		
15.0	g						
16:0	g	0.780		0	0.147		
17:0	g						
18:0	g	0.180		0	0.034		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.790	0	0.716
14:1	g			
16:1	g	0.010	0	0.002
18:1	g	3.670	0	0.694
20:1	g	0.110	0	0.021
22.1	g			
Polyunsaturated, total	g	2.620	0	0.495
18:2	g	2.620	0	0.495
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)

NDB No. 06088 Soup, clam chowder, new england, dehydrated, 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	Samples	Measure 1* 23g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.54		0	0.80		
Energy	kcal	418		0	95		
Energy	kj	1749		0	397		
Protein (N x 5.95)	g	12.29		0	2.79		
Total lipid (fat)	g	16.17		0	3.67		
Carbohydrate, by difference	g	56.74		0	12.88		
Fiber, total dietary	g	5.4		0	1.2		
Ash	g	11.26		0	2.56		
Sugars, total	g						
Minerals:							
Calcium	mg	337		0	76		
Iron	mg	5.60		0	1.27		
Magnesium	mg	30		0	7		
Phosphorus	mg	440		0	100		
Potassium	mg	902		0	205		
Sodium	mg	3283		0	745		
Zinc	mg	3.00		0	0.68		
Copper	mg	0.500		0	0.113		
Manganese	mg	1.000		0	0.227		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	9.0		0	2.0		
Thiamin	mg	0.080		0	0.018		
Riboflavin	mg	0.715		0	0.162		
Niacin	mg	3.700		0	0.840		
Pantothenic acid	mg	1.300		0	0.295		
Vitamin B-6	mg	0.300		0	0.068		
Folate	µg	15		0	3		
Vitamin B-12	µg	39.00		0	8.85		
Vitamin A	IU	40		0	9		
Vitamin A, RE	µg	4		0	1		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.730		0	0.620		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.020		0	0.005		
15.0	g						
16:0	g	1.540		0	0.350		
17:0	g						
18:0	g	0.360		0	0.082		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.470	0	1.696
14:1	g			
16:1	g	0.020	0	0.005
18:1	g	7.240	0	1.643
20:1	g	0.210	0	0.048
22.1	g			
Polyunsaturated, total	g	5.170	0	1.174
18:2	g	5.170	0	1.174
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	3	0	1
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)

NDB No. 06089 Soup, consomme with gelatin, dehydrated, 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	Samples	Measure 1* 13g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	0.60		1	0.08	0.34	
Energy	kcal	137		0	17	78	
Energy	kj	573		0	72	325	
Protein (N x 5.95)	g	17.19		1	2.17	9.75	
Total lipid (fat)	g	0.10		1	0.01	0.06	
Carbohydrate, by difference	g	16.30		0	2.05	9.24	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	65.80		1	8.29	37.31	
Sugars, total	g						
Minerals:							
Calcium	mg	60		0	8	34	
Iron	mg	1.00		0	0.13	0.57	
Magnesium	mg	51		0	6	29	
Phosphorus	mg	320		0	40	181	
Potassium	mg	446		0	56	253	
Sodium	mg	26200		1	3301	14855	
Zinc	mg	0.00		0	0.00	0.00	
Copper	mg	0.000		0	0.000	0.000	
Manganese	mg	0.460		0	0.058	0.261	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.009	0.040	
Riboflavin	mg	0.240		0	0.030	0.136	
Niacin	mg	4.500		0	0.567	2.551	
Pantothenic acid	mg	0.300		0	0.038	0.170	
Vitamin B-6	mg	0.200		0	0.025	0.113	
Folate	µg	32		0	4	18	
Vitamin B-12	µg	1.00		0	0.13	0.57	
Vitamin A	IU	50		0	6	28	
Vitamin A, RE	µg	15		0	2	9	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.020		0	0.003	0.011	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.010		0	0.001	0.006	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.006	0.028
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.050	0	0.006	0.028
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.030	0	0.004	0.017
18:2	g	0.030	0	0.004	0.017
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06090 Soup, leek, dehydrated, 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	Samples	Measure 1* 17g	Measure 2* 78g	Measure 3*
Proximates:							
Water	g	2.47	0.622	3	0.43	1.93	
Energy	kcal	377		0	65	294	
Energy	kj	1577		0	273	1230	
Protein (N x 5.95)	g	11.25		1	1.95	8.78	
Total lipid (fat)	g	10.90		1	1.89	8.50	
Carbohydrate, by difference	g	60.78		0	10.51	47.41	
Fiber, total dietary	g	3.6		0	0.6	2.8	
Ash	g	14.60		1	2.53	11.39	
Sugars, total	g						
Minerals:							
Calcium	mg	167		0	29	130	
Iron	mg	2.10		0	0.36	1.64	
Magnesium	mg	54		0	9	42	
Phosphorus	mg	169		0	29	132	
Potassium	mg	475		0	82	371	
Sodium	mg	5140		1	889	4009	
Zinc	mg	1.25	0.055	3	0.22	0.98	
Copper	mg	0.191	0.011	3	0.033	0.149	
Manganese	mg	0.200		0	0.035	0.156	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	15.0		0	2.6	11.7	
Thiamin	mg	0.300		0	0.052	0.234	
Riboflavin	mg	0.200		0	0.035	0.156	
Niacin	mg	1.900		0	0.329	1.482	
Pantothenic acid	mg	0.600		0	0.104	0.468	
Vitamin B-6	mg	0.100		0	0.017	0.078	
Folate	µg	45		0	8	35	
Vitamin B-12	µg	0.20		0	0.03	0.16	
Vitamin A	IU	29		0	5	23	
Vitamin A, RE	µg	3		0	1	2	
Vitamin E, α-TE	mg	0.810		0	0.140	0.632	
Lipids:							
Saturated, total	g	5.430		0	0.939	4.235	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.100		0	0.017	0.078	
14:0	g	0.400		0	0.069	0.312	
15.0	g						
16:0	g	2.710		0	0.469	2.114	
17:0	g						
18:0	g	2.060		0	0.356	1.607	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.560	0	0.789	3.557
14:1	g				
16:1	g	0.460	0	0.080	0.359
18:1	g	3.920	0	0.678	3.058
20:1	g	0.030	0	0.005	0.023
22.1	g				
Polyunsaturated, total	g	0.440	0	0.076	0.343
18:2	g	0.340	0	0.059	0.265
18:3	g	0.070	0	0.012	0.055
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	0	2	9
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06092 Soup, minestrone, dehydrated, 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	Samples	Measure 1* 17g	Measure 2* 78g	Measure 3*
Proximates:							
Water	g	4.80		1	0.83	3.74	
Energy	kcal	358		0	62	279	
Energy	kj	1498		0	259	1168	
Protein (N x 5.95)	g	20.00		1	3.46	15.60	
Total lipid (fat)	g	7.80		1	1.35	6.08	
Carbohydrate, by difference	g	53.60		0	9.27	41.81	
Fiber, total dietary	g	3.6		0	0.6	2.8	
Ash	g	13.80		1	2.39	10.76	
Sugars, total	g						
Minerals:							
Calcium	mg	168		0	29	131	
Iron	mg	4.50		0	0.78	3.51	
Magnesium	mg	36		0	6	28	
Phosphorus	mg	276		0	48	215	
Potassium	mg	1530		0	265	1193	
Sodium	mg	4620		1	799	3604	
Zinc	mg	3.60		0	0.62	2.81	
Copper	mg	0.600		0	0.104	0.468	
Manganese	mg	1.800		0	0.311	1.404	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.0		0	0.9	3.9	
Thiamin	mg	0.300		0	0.052	0.234	
Riboflavin	mg	0.200		0	0.035	0.156	
Niacin	mg	4.600		0	0.796	3.588	
Pantothenic acid	mg	1.700		0	0.294	1.326	
Vitamin B-6	mg	0.500		0	0.087	0.390	
Folate	µg	159		0	28	124	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1326		0	229	1034	
Vitamin A, RE	µg	133		0	23	104	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.680		0	0.637	2.870	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.060		0	0.010	0.047	
14:0	g	0.240		0	0.042	0.187	
15.0	g						
16:0	g	1.920		0	0.332	1.498	
17:0	g						
18:0	g	1.370		0	0.237	1.069	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.320	0	0.574	2.590
14:1	g				
16:1	g	0.300	0	0.052	0.234
18:1	g	2.910	0	0.503	2.270
20:1	g	0.040	0	0.007	0.031
22.1	g				
Polyunsaturated, total	g	0.450	0	0.078	0.351
18:2	g	0.380	0	0.066	0.296
18:3	g	0.060	0	0.010	0.047
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	0	1	6
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06093 Soup, mushroom, dehydrated, 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	Samples	Measure 1* 74g	Measure 2* 17g	Measure 3*
Proximates:							
Water	g	3.06		10	2.28	0.51	
Energy	kcal	441		0	328	74	
Energy	kj	1845		0	1373	308	
Protein (N x 5.95)	g	10.18		4	7.57	1.70	
Total lipid (fat)	g	22.34		4	16.62	3.73	
Carbohydrate, by difference	g	51.18		0	38.08	8.55	
Fiber, total dietary	g	3.5		0	2.6	0.6	
Ash	g	13.20		4	9.82	2.20	
Sugars, total	g						
Minerals:							
Calcium	mg	306		1	228	51	
Iron	mg	2.50		0	1.86	0.42	
Magnesium	mg	24		0	18	4	
Phosphorus	mg	354		3	263	59	
Potassium	mg	915		1	681	153	
Sodium	mg	4681		4	3483	782	
Zinc	mg	0.40	0.007	8	0.30	0.07	
Copper	mg	0.135	0.005	8	0.100	0.023	
Manganese	mg	1.200		0	0.893	0.200	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.0		0	3.7	0.8	
Thiamin	mg	1.291		5	0.961	0.216	
Riboflavin	mg	0.510		2	0.379	0.085	
Niacin	mg	2.300		2	1.711	0.384	
Pantothenic acid	mg	1.110		1	0.826	0.185	
Vitamin B-6	mg	0.060		0	0.045	0.010	
Folate	µg	18		0	13	3	
Vitamin B-12	µg	0.60		0	0.45	0.10	
Vitamin A	IU	30		2	22	5	
Vitamin A, RE	µg	3		0	2	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.780		0	2.812	0.631	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.020		0	0.015	0.003	
15.0	g						
16:0	g	2.120		0	1.577	0.354	
17:0	g						
18:0	g	0.490		0	0.365	0.082	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.320	0	7.678	1.723
14:1	g				
16:1	g	0.020	0	0.015	0.003
18:1	g	10.010	0	7.447	1.672
20:1	g	0.290	0	0.216	0.048
22.1	g				
Polyunsaturated, total	g	7.150	0	5.320	1.194
18:2	g	7.150	0	5.320	1.194
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	2	2	1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 regular packet
Measure 2: 1 instant packet

NDB No. 06094 Soup, onion mix, dehydrated, dry form

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 39g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	3.66		9	1.43	0.26	
Energy	kcal	294		0	115	21	
Energy	kj	1230		0	480	87	
Protein (N x 5.95)	g	11.60		4	4.52	0.82	
Total lipid (fat)	g	5.98		4	2.33	0.42	
Carbohydrate, by difference	g	53.51		0	20.87	3.80	
Fiber, total dietary	g	10.4		0	4.1	0.7	
Ash	g	25.26		4	9.85	1.79	
Sugars, total	g						
Minerals:							
Calcium	mg	141		1	55	10	
Iron	mg	1.49		1	0.58	0.11	
Magnesium	mg	64		1	25	5	
Phosphorus	mg	324		2	126	23	
Potassium	mg	667		2	260	47	
Sodium	mg	8957	0.000	5	3493	636	
Zinc	mg	0.59	0.000	3	0.23	0.04	
Copper	mg	0.163	0.002	2	0.064	0.012	
Manganese	mg	0.635		1	0.248	0.045	
Selenium	µg	24.7		0	9.6	1.8	
Vitamins:							
Ascorbic acid	mg	2.3		1	0.9	0.2	
Thiamin	mg	0.284	0.000	2	0.111	0.020	
Riboflavin	mg	0.610		1	0.238	0.043	
Niacin	mg	5.100		1	1.989	0.362	
Pantothenic acid	mg	0.000		0	0.000	0.000	
Vitamin B-6	mg	0.100		0	0.039	0.007	
Folate	µg	16	2.675	3	6	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	20		1	8	1	
Vitamin A, RE	µg	2		0	1	0	
Vitamin E, α-TE	mg	1.087		0	0.424	0.077	
Lipids:							
Saturated, total	g	1.380		0	0.538	0.098	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.860		1	0.335	0.061	
17:0	g						
18:0	g	0.520		1	0.203	0.037	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.490	0	1.361	0.248
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	3.490	1	1.361	0.248
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.690	0	0.269	0.049
18:2	g	0.690	1	0.269	0.049
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	5	1	2	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

Measure 2: 1 packet (6 fl oz prepared)

NDB No. 06095 Soup, oxtail, dehydrated, 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	Samples	Measure 1* 17g	Measure 2* 74g	Measure 3*
Proximates:							
Water	g	4.80		1	0.79	3.57	
Energy	kcal	377		0	62	280	
Energy	kj	1577		0	260	1173	
Protein (N x 5.95)	g	15.00		1	2.48	11.16	
Total lipid (fat)	g	13.60		1	2.24	10.12	
Carbohydrate, by difference	g	47.90		0	7.90	35.64	
Fiber, total dietary	g	0.9		0	0.1	0.7	
Ash	g	18.70		1	3.09	13.91	
Sugars, total	g						
Minerals:							
Calcium	mg	60		0	10	45	
Iron	mg	1.00		0	0.17	0.74	
Magnesium	mg	50		0	8	37	
Phosphorus	mg	320		0	53	238	
Potassium	mg	450		0	74	335	
Sodium	mg	6460		1	1066	4806	
Zinc	mg	0.00		0	0.00	0.00	
Copper	mg	0.000		0	0.000	0.000	
Manganese	mg	0.500		0	0.083	0.372	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.017	0.074	
Riboflavin	mg	0.200		0	0.033	0.149	
Niacin	mg	4.500		0	0.743	3.348	
Pantothenic acid	mg	0.300		0	0.050	0.223	
Vitamin B-6	mg	0.200		0	0.033	0.149	
Folate	µg	30		0	5	22	
Vitamin B-12	µg	1.00		0	0.17	0.74	
Vitamin A	IU	50		0	8	37	
Vitamin A, RE	µg	15		0	2	11	
Vitamin E, α-TE	mg	0.408		0	0.067	0.304	
Lipids:							
Saturated, total	g	6.770		0	1.117	5.037	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.120		0	0.020	0.089	
14:0	g	0.500		0	0.083	0.372	
15.0	g						
16:0	g	3.390		0	0.559	2.522	
17:0	g						
18:0	g	2.570		0	0.424	1.912	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.690	0	0.939	4.233
14:1	g				
16:1	g	0.570	0	0.094	0.424
18:1	g	4.900	0	0.809	3.646
20:1	g	0.040	0	0.007	0.030
22.1	g				
Polyunsaturated, total	g	0.540	0	0.089	0.402
18:2	g	0.420	0	0.069	0.312
18:3	g	0.080	0	0.013	0.060
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	15	0	2	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06096 Soup, pea, green, mix, dehydrated, dry form

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 113g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	4.30		0	4.86	1.20	
Energy	kcal	356		0	402	100	
Energy	kj	1490		0	1684	417	
Protein (N x 5.95)	g	20.49		0	23.15	5.74	
Total lipid (fat)	g	4.23		0	4.78	1.18	
Carbohydrate, by difference	g	60.68		0	68.57	16.99	
Fiber, total dietary	g	10.0		0	11.3	2.8	
Ash	g	10.31		0	11.65	2.89	
Sugars, total	g						
Minerals:							
Calcium	mg	60		0	68	17	
Iron	mg	2.69		0	3.04	0.75	
Magnesium	mg	124		0	140	35	
Phosphorus	mg	358		0	405	100	
Potassium	mg	635		0	718	178	
Sodium	mg	3263		0	3687	914	
Zinc	mg	1.58		0	1.78	0.44	
Copper	mg	0.513		0	0.580	0.144	
Manganese	mg	0.711		0	0.803	0.199	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		0	1.1	0.3	
Thiamin	mg	0.590		0	0.667	0.165	
Riboflavin	mg	0.409		0	0.462	0.115	
Niacin	mg	3.589		0	4.056	1.005	
Pantothenic acid	mg	0.706		0	0.798	0.198	
Vitamin B-6	mg	0.132		0	0.149	0.037	
Folate	µg	40		0	45	11	
Vitamin B-12	µg	1.00		0	1.13	0.28	
Vitamin A	IU	130		0	147	36	
Vitamin A, RE	µg	13		0	15	4	
Vitamin E, α-TE	mg	0.362		0	0.409	0.101	
Lipids:							
Saturated, total	g	1.540		0	1.740	0.431	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.940		0	1.062	0.263	
17:0	g						
18:0	g	0.600		0	0.678	0.168	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.570	0	2.904	0.720
14:1	g				
16:1	g				
18:1	g	2.570	0	2.904	0.720
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.030	0	1.164	0.288
18:2	g	0.860	0	0.972	0.241
18:3	g	0.170	0	0.192	0.048
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	0	1	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet
Measure 2: 1 packet, (6 fl oz)

NDB No. 06098 Soup, tomato, dehydrated, 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	Samples	Measure 1* 23g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	3.92		6	0.89	0.83	
Energy	kcal	360		0	82	77	
Energy	kj	1506		0	342	321	
Protein (N x 5.95)	g	8.63	0.000	3	1.96	1.84	
Total lipid (fat)	g	8.35		3	1.90	1.78	
Carbohydrate, by difference	g	68.30		0	15.50	14.55	
Fiber, total dietary	g	1.9		0	0.4	0.4	
Ash	g	10.81		3	2.45	2.30	
Sugars, total	g						
Minerals:							
Calcium	mg	190		1	43	40	
Iron	mg	1.49		4	0.34	0.32	
Magnesium	mg	51		2	12	11	
Phosphorus	mg	234		2	53	50	
Potassium	mg	1039		2	236	221	
Sodium	mg	3319		5	753	707	
Zinc	mg	0.74	0.015	2	0.17	0.16	
Copper	mg	0.325	0.000	2	0.074	0.069	
Manganese	mg	0.300		0	0.068	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	16.2		2	3.7	3.5	
Thiamin	mg	0.217		2	0.049	0.046	
Riboflavin	mg	0.166		2	0.038	0.035	
Niacin	mg	2.752		2	0.625	0.586	
Pantothenic acid	mg	0.400		0	0.091	0.085	
Vitamin B-6	mg	0.343		2	0.078	0.073	
Folate	µg	24	4.485	3	5	5	
Vitamin B-12	µg	0.30		0	0.07	0.06	
Vitamin A	IU	2928		2	665	624	
Vitamin A, RE	µg	293		0	67	62	
Vitamin E, α-TE	mg	2.986		0	0.678	0.636	
Lipids:							
Saturated, total	g	3.810		0	0.865	0.812	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.270		1	0.061	0.058	
14:0	g	0.270		1	0.061	0.058	
15.0	g						
16:0	g	1.910		1	0.434	0.407	
17:0	g						
18:0	g	1.360		1	0.309	0.290	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.130	0	0.711	0.667
14:1	g				
16:1	g	0.140	1	0.032	0.030
18:1	g	3.000	1	0.681	0.639
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.820	0	0.186	0.175
18:2	g	0.820	1	0.186	0.175
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	1	1	1
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet, (6 fl oz)

NDB No. 06099 Soup, tomato vegetable mix, dehydrated, dry form

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 19g	Measure 2* 1g	Measure 3* 39g
Proximates:							
Water	g	3.73		6	0.69	0.04	1.44
Energy	kcal	325		0	60	4	125
Energy	kj	1360		0	252	16	524
Protein (N x 5.95)	g	11.73		4	2.17	0.14	4.52
Total lipid (fat)	g	5.09		4	0.94	0.06	1.96
Carbohydrate, by difference	g	59.90		0	11.08	0.72	23.06
Fiber, total dietary	g	3.0		0	0.6	0.0	1.2
Ash	g	19.54		4	3.61	0.23	7.52
Sugars, total	g						
Minerals:							
Calcium	mg	46		1	9	1	18
Iron	mg	3.71		2	0.69	0.04	1.43
Magnesium	mg	115		2	21	1	44
Phosphorus	mg	173		2	32	2	67
Potassium	mg	605		1	112	7	233
Sodium	mg	6722		5	1244	81	2588
Zinc	mg	0.98	0.029	3	0.18	0.01	0.38
Copper	mg	0.190	0.007	3	0.035	0.002	0.073
Manganese	mg	0.980		0	0.181	0.012	0.377
Selenium	µg	22.6		0	4.2	0.3	8.7
Vitamins:							
Ascorbic acid	mg	35.3		2	6.5	0.4	13.6
Thiamin	mg	0.340		3	0.063	0.004	0.131
Riboflavin	mg	0.266		2	0.049	0.003	0.102
Niacin	mg	4.625		3	0.856	0.056	1.781
Pantothenic acid	mg	0.848		1	0.157	0.010	0.326
Vitamin B-6	mg	0.300		0	0.056	0.004	0.116
Folate	µg	60		0	11	1	23
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1114		3	206	13	429
Vitamin A, RE	µg	111		0	21	1	43
Vitamin E, α-TE	mg	3.072		0	0.568	0.037	1.183
Lipids:							
Saturated, total	g	2.320		0	0.429	0.028	0.893
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.170		0	0.031	0.002	0.065
14:0	g	0.170		0	0.031	0.002	0.065
15.0	g						
16:0	g	1.160		0	0.215	0.014	0.447
17:0	g						
18:0	g	0.830		0	0.154	0.010	0.320
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.910	0	0.353	0.023	0.735
14:1	g					
16:1	g	0.090	0	0.017	0.001	0.035
18:1	g	1.830	0	0.339	0.022	0.705
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.500	0	0.093	0.006	0.193
18:2	g	0.500	0	0.093	0.006	0.193
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	3	0	1	0	1
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 tablespoon
Measure 3: 1 packet

NDB No. 06100 Soup, vegetable beef, dehydrated, 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	Samples	Measure 1* 17g	Measure 2* 74g	Measure 3*
Proximates:							
Water	g	4.64		4	0.77	3.45	
Energy	kcal	344		0	57	256	
Energy	kj	1439		0	237	1071	
Protein (N x 5.95)	g	18.91		2	3.12	14.07	
Total lipid (fat)	g	7.20		2	1.19	5.36	
Carbohydrate, by difference	g	51.74		0	8.54	38.49	
Fiber, total dietary	g	1.8		0	0.3	1.3	
Ash	g	17.50		2	2.89	13.02	
Sugars, total	g						
Minerals:							
Calcium	mg	84		0	14	62	
Iron	mg	5.51		1	0.91	4.10	
Magnesium	mg	151		0	25	112	
Phosphorus	mg	236		1	39	176	
Potassium	mg	483		0	80	359	
Sodium	mg	6460		2	1066	4806	
Zinc	mg	1.75	0.024	2	0.29	1.30	
Copper	mg	0.198	0.007	2	0.033	0.147	
Manganese	mg	1.800		0	0.297	1.339	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	8.6		0	1.4	6.4	
Thiamin	mg	0.192		1	0.032	0.143	
Riboflavin	mg	0.231		1	0.038	0.172	
Niacin	mg	2.981		1	0.492	2.218	
Pantothenic acid	mg	1.700		0	0.281	1.265	
Vitamin B-6	mg	0.345		1	0.057	0.257	
Folate	µg	51		0	8	38	
Vitamin B-12	µg	2.00		0	0.33	1.49	
Vitamin A	IU	1537		1	254	1144	
Vitamin A, RE	µg	154		0	25	115	
Vitamin E, α-TE	mg	0.197		0	0.033	0.147	
Lipids:							
Saturated, total	g	3.590		0	0.592	2.671	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.070		0	0.012	0.052	
14:0	g	0.270		0	0.045	0.201	
15.0	g						
16:0	g	1.790		0	0.295	1.332	
17:0	g						
18:0	g	1.360		0	0.224	1.012	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.010	0	0.497	2.239
14:1	g				
16:1	g	0.300	0	0.050	0.223
18:1	g	2.590	0	0.427	1.927
20:1	g	0.020	0	0.003	0.015
22.1	g				
Polyunsaturated, total	g	0.290	0	0.048	0.216
18:2	g	0.220	0	0.036	0.164
18:3	g	0.040	0	0.007	0.030
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	0	1	6
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06101 Soup, cream of vegetable, dehydrated, 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	Samples	Measure 1* 24g	Measure 2* 18g	Measure 3* 24g
Proximates:							
Water	g	2.90		1	0.68	0.51	0.68
Energy	kcal	446		0	105	79	105
Energy	kj	1866		0	440	330	440
Protein (N x 5.95)	g	8.00		1	1.89	1.42	1.89
Total lipid (fat)	g	24.10		1	5.69	4.27	5.69
Carbohydrate, by difference	g	52.10		0	12.30	9.22	12.30
Fiber, total dietary	g	3.0		0	0.7	0.5	0.7
Ash	g	12.90		1	3.04	2.28	3.04
Sugars, total	g						
Minerals:							
Calcium	mg	134		0	32	24	32
Iron	mg	2.60		0	0.61	0.46	0.61
Magnesium	mg	48		0	11	8	11
Phosphorus	mg	228		1	54	40	54
Potassium	mg	408		1	96	72	96
Sodium	mg	4957		1	1170	877	1170
Zinc	mg	1.60		0	0.38	0.28	0.38
Copper	mg	0.400		0	0.094	0.071	0.094
Manganese	mg	0.800		0	0.189	0.142	0.189
Selenium	µg	20.7		0	4.9	3.7	4.9
Vitamins:							
Ascorbic acid	mg	16.6		1	3.9	2.9	3.9
Thiamin	mg	5.180		1	1.222	0.917	1.222
Riboflavin	mg	0.450		1	0.106	0.080	0.106
Niacin	mg	2.200		1	0.519	0.389	0.519
Pantothenic acid	mg	0.700		0	0.165	0.124	0.165
Vitamin B-6	mg	0.100		0	0.024	0.018	0.024
Folate	µg	30		0	7	5	7
Vitamin B-12	µg	0.50		0	0.12	0.09	0.12
Vitamin A	IU	150		1	35	27	35
Vitamin A, RE	µg	15		0	4	3	4
Vitamin E, α-TE	mg	5.200		0	1.227	0.920	1.227
Lipids:							
Saturated, total	g	6.030		0	1.423	1.067	1.423
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.100		0	0.024	0.018	0.024
15.0	g						
16:0	g	3.400		0	0.802	0.602	0.802
17:0	g						
18:0	g	2.560		0	0.604	0.453	0.604
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.730	0	2.532	1.899	2.532
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	10.730	0	2.532	1.899	2.532
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	6.290	0	1.484	1.113	1.484
18:2	g	5.910	0	1.395	1.046	1.395
18:3	g	0.390	0	0.092	0.069	0.092
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	2	1	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet (6 fl oz prepared)
Measure 3: Amount of dry mix to make 8 fl oz prepared

NDB No. 06102 Sauce, bearnaise, dehydrated, 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	Samples	Measure 1* 17g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	5.70		1	0.94	1.41	
Energy	kcal	362		0	60	90	
Energy	kj	1515		0	250	376	
Protein (N x 5.95)	g	14.06		1	2.32	3.49	
Total lipid (fat)	g	9.00		1	1.49	2.23	
Carbohydrate, by difference	g	59.74		0	9.86	14.82	
Fiber, total dietary	g						
Ash	g	11.50		1	1.90	2.85	
Sugars, total	g						
Minerals:							
Calcium	mg	165		0	27	41	
Iron	mg	0.50		0	0.08	0.12	
Magnesium	mg	28		0	5	7	
Phosphorus	mg	148		0	24	37	
Potassium	mg	292		0	48	72	
Sodium	mg	3390		1	559	841	
Zinc	mg	0.70		0	0.12	0.17	
Copper	mg	0.100		0	0.017	0.025	
Manganese	mg	0.100		0	0.017	0.025	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.0		0	0.3	0.5	
Thiamin	mg	0.100		0	0.017	0.025	
Riboflavin	mg	0.200		0	0.033	0.050	
Niacin	mg	0.600		0	0.099	0.149	
Pantothenic acid	mg	0.400		0	0.066	0.099	
Vitamin B-6	mg	0.040		0	0.007	0.010	
Folate	µg	13		0	2	3	
Vitamin B-12	µg	0.40		0	0.07	0.10	
Vitamin A	IU	4		0	1	1	
Vitamin A, RE	µg	1		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.340		0	0.221	0.332	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010		0	0.002	0.002	
15.0	g						
16:0	g	0.880		0	0.145	0.218	
17:0	g						
18:0	g	0.450		0	0.074	0.112	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.870	0	0.639	0.960
14:1	g				
16:1	g	0.040	0	0.007	0.010
18:1	g	3.830	0	0.632	0.950
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.380	0	0.558	0.838
18:2	g	3.140	0	0.518	0.779
18:3	g	0.230	0	0.038	0.057
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06103 Sauce, cheese, dehydrated, 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	Samples	Measure 1* 35g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.09		4	1.43		
Energy	kcal	448		0	157		
Energy	kj	1874		0	656		
Protein (N x 5.95)	g	22.69		4	7.94		
Total lipid (fat)	g	25.44		4	8.90		
Carbohydrate, by difference	g	33.66		0	11.78		
Fiber, total dietary	g	1.1		0	0.4		
Ash	g	14.12		4	4.94		
Sugars, total	g						
Minerals:							
Calcium	mg	795		3	278		
Iron	mg	0.42		3	0.15		
Magnesium	mg	44		1	15		
Phosphorus	mg	597		1	209		
Potassium	mg	519		1	182		
Sodium	mg	4110	14.142	2	1439		
Zinc	mg	2.50		1	0.88		
Copper	mg	0.020		0	0.007		
Manganese	mg	0.010		0	0.004		
Selenium	µg	13.6	2.850	2	4.8		
Vitamins:							
Ascorbic acid	mg	1.0		0	0.4		
Thiamin	mg	0.160		1	0.056		
Riboflavin	mg	0.476		3	0.167		
Niacin	mg	0.324		3	0.113		
Pantothenic acid	mg	1.000		0	0.350		
Vitamin B-6	mg	0.100		0	0.035		
Folate	µg	13		0	5		
Vitamin B-12	µg	0.80		0	0.28		
Vitamin A	IU	238		0	83		
Vitamin A, RE	µg	71		0	25		
Vitamin E, α-TE	mg	0.521		0	0.182		
Lipids:							
Saturated, total	g	12.050		0	4.218		
4:0	g	0.540		0	0.189		
6.0	g	0.270		0	0.095		
8:0	g	0.140		0	0.049		
10:0	g	0.350		0	0.123		
12:0	g	0.280		0	0.098		
14:0	g	1.710		0	0.599		
15.0	g						
16:0	g	5.840		0	2.044		
17:0	g						
18:0	g	2.470		0	0.865		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.440	0	2.954
14:1	g			
16:1	g	0.540	0	0.189
18:1	g	7.640	0	2.674
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.660	0	1.281
18:2	g	3.260	0	1.141
18:3	g	0.400	0	0.140
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	51	0	18
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 06104 Sauce, curry, dehydrated, 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	Samples	Measure 1* 28g	Measure 2* 35g	Measure 3*
Proximates:							
Water	g	4.20		1	1.19	1.49	
Energy	kcal	427		0	121	151	
Energy	kj	1787		0	506	633	
Protein (N x 5.95)	g	9.38		1	2.65	3.32	
Total lipid (fat)	g	23.10		1	6.54	8.18	
Carbohydrate, by difference	g	50.62		0	14.33	17.92	
Fiber, total dietary	g						
Ash	g	12.70		1	3.59	4.50	
Sugars, total	g						
Minerals:							
Calcium	mg	177		0	50	63	
Iron	mg	3.10		0	0.88	1.10	
Magnesium	mg	41		0	12	15	
Phosphorus	mg	149		0	42	53	
Potassium	mg	352		0	100	125	
Sodium	mg	4080		1	1155	1444	
Zinc	mg	0.90		0	0.25	0.32	
Copper	mg	0.100		0	0.028	0.035	
Manganese	mg	0.100		0	0.028	0.035	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.0		0	0.6	0.7	
Thiamin	mg	0.100		0	0.028	0.035	
Riboflavin	mg	0.200		0	0.057	0.071	
Niacin	mg	0.800		0	0.226	0.283	
Pantothenic acid	mg	0.400		0	0.113	0.142	
Vitamin B-6	mg	0.050		0	0.014	0.018	
Folate	µg	9		0	3	3	
Vitamin B-12	µg	0.40		0	0.11	0.14	
Vitamin A	IU	102		0	29	36	
Vitamin A, RE	µg	10		0	3	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.440		0	0.974	1.218	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.020		0	0.006	0.007	
15.0	g						
16:0	g	2.260		0	0.640	0.800	
17:0	g						
18:0	g	1.160		0	0.328	0.411	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.930	0	2.810	3.515
14:1	g				
16:1	g	0.090	0	0.025	0.032
18:1	g	9.820	0	2.779	3.476
20:1	g				
22.1	g				
Polyunsaturated, total	g	8.690	0	2.459	3.076
18:2	g	8.060	0	2.281	2.853
18:3	g	0.600	0	0.170	0.212
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06106 Sauce, mushroom, dehydrated, 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	Samples	Measure 1* 23g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	3.50		1	0.79	0.99	
Energy	kcal	349		0	79	99	
Energy	kj	1460		0	331	414	
Protein (N x 5.95)	g	14.38		1	3.26	4.08	
Total lipid (fat)	g	9.50		1	2.16	2.69	
Carbohydrate, by difference	g	54.72		0	12.42	15.51	
Fiber, total dietary	g						
Ash	g	17.90		1	4.06	5.07	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	2	3	
Iron	mg	1.00		0	0.23	0.28	
Magnesium	mg	18		0	4	5	
Phosphorus	mg	133		0	30	38	
Potassium	mg	433		0	98	123	
Sodium	mg	6230		1	1414	1766	
Zinc	mg	0.90		0	0.20	0.26	
Copper	mg	0.600		0	0.136	0.170	
Manganese	mg	0.100		0	0.023	0.028	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.023	0.028	
Riboflavin	mg	0.500		0	0.113	0.142	
Niacin	mg	4.600		0	1.044	1.304	
Pantothenic acid	mg	2.300		0	0.522	0.652	
Vitamin B-6	mg	0.100		0	0.023	0.028	
Folate	µg	27		0	6	8	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.420		0	0.322	0.403	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010		0	0.002	0.003	
15.0	g						
16:0	g	0.930		0	0.211	0.264	
17:0	g						
18:0	g	0.480		0	0.109	0.136	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.090	0	0.928	1.160
14:1	g				
16:1	g	0.040	0	0.009	0.011
18:1	g	4.040	0	0.917	1.145
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.570	0	0.810	1.012
18:2	g	3.320	0	0.754	0.941
18:3	g	0.250	0	0.057	0.071
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06107 Sauce, spaghetti, dehydrated, 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	Samples	Measure 1* 42g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	3.75	1.305	4	1.57	0.38	
Energy	kcal	281		0	118	28	
Energy	kj	1176		0	494	118	
Protein (N x 5.95)	g	6.00	0.120	2	2.52	0.60	
Total lipid (fat)	g	1.00		2	0.42	0.10	
Carbohydrate, by difference	g	64.26		0	26.99	6.43	
Fiber, total dietary	g	3.0		0	1.3	0.3	
Ash	g	25.00	0.948	2	10.50	2.50	
Sugars, total	g						
Minerals:							
Calcium	mg	172	18.385	2	72	17	
Iron	mg	2.67	0.288	2	1.12	0.27	
Magnesium	mg	42		0	18	4	
Phosphorus	mg	185		0	78	19	
Potassium	mg	840		1	353	84	
Sodium	mg	8480	53.740	2	3562	848	
Zinc	mg	0.23	0.008	3	0.10	0.02	
Copper	mg	0.906	0.031	3	0.381	0.091	
Manganese	mg	0.100		0	0.042	0.010	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.0		0	0.8	0.2	
Thiamin	mg	0.100		0	0.042	0.010	
Riboflavin	mg	0.573	0.045	2	0.241	0.057	
Niacin	mg	2.320	0.099	2	0.974	0.232	
Pantothenic acid	mg	0.900		0	0.378	0.090	
Vitamin B-6	mg	0.600		0	0.252	0.060	
Folate	µg	30		0	13	3	
Vitamin B-12	µg	0.50		0	0.21	0.05	
Vitamin A	IU	6		0	3	1	
Vitamin A, RE	µg	2		0	1	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.640		0	0.269	0.064	
4:0	g	0.060		0	0.025	0.006	
6.0	g	0.010		0	0.004	0.001	
8:0	g	0.010		0	0.004	0.001	
10:0	g	0.020		0	0.008	0.002	
12:0	g	0.010		0	0.004	0.001	
14:0	g	0.090		0	0.038	0.009	
15.0	g						
16:0	g	0.310		0	0.130	0.031	
17:0	g						
18:0	g	0.090		0	0.038	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.280	0	0.118	0.028
14:1	g				
16:1	g	0.030	0	0.013	0.003
18:1	g	0.230	0	0.097	0.023
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.030	0	0.013	0.003
18:2	g	0.020	0	0.008	0.002
18:3	g	0.010	0	0.004	0.001
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet
Measure 2: 1 serving

NDB No. 06108 Sauce, spaghetti with mushrooms, dehydrated, 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	Samples	Measure 1* 39g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	3.00	0.170	2	1.17	0.30	
Energy	kcal	304		0	119	30	
Energy	kj	1272		0	496	127	
Protein (N x 5.95)	g	10.00	0.332	2	3.90	1.00	
Total lipid (fat)	g	9.00		2	3.51	0.90	
Carbohydrate, by difference	g	49.00		0	19.11	4.90	
Fiber, total dietary	g						
Ash	g	29.00	0.560	2	11.31	2.90	
Sugars, total	g						
Minerals:							
Calcium	mg	399	18.314	2	156	40	
Iron	mg	1.82	0.049	2	0.71	0.18	
Magnesium	mg	36		0	14	4	
Phosphorus	mg	286		0	112	29	
Potassium	mg	411		1	160	41	
Sodium	mg	9420	676.701	2	3674	942	
Zinc	mg	1.50		0	0.59	0.15	
Copper	mg	0.600		0	0.234	0.060	
Manganese	mg	0.100		0	0.039	0.010	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.0		0	0.8	0.2	
Thiamin	mg	0.150		0	0.059	0.015	
Riboflavin	mg	0.476	0.016	2	0.186	0.048	
Niacin	mg	1.710	0.042	2	0.667	0.171	
Pantothenic acid	mg	2.800		0	1.092	0.280	
Vitamin B-6	mg	0.200		0	0.078	0.020	
Folate	µg	28		0	11	3	
Vitamin B-12	µg	0.40		0	0.16	0.04	
Vitamin A	IU	163		0	64	16	
Vitamin A, RE	µg	49		0	19	5	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.730		0	2.235	0.573	
4:0	g	0.290		0	0.113	0.029	
6.0	g	0.140		0	0.055	0.014	
8:0	g	0.080		0	0.031	0.008	
10:0	g	0.160		0	0.062	0.016	
12:0	g	0.150		0	0.059	0.015	
14:0	g	0.900		0	0.351	0.090	
15.0	g						
16:0	g	2.660		0	1.037	0.266	
17:0	g						
18:0	g	1.090		0	0.425	0.109	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.550	0	0.995	0.255
14:1	g				
16:1	g	0.270	0	0.105	0.027
18:1	g	2.150	0	0.838	0.215
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.260	0	0.101	0.026
18:2	g	0.160	0	0.062	0.016
18:3	g	0.100	0	0.039	0.010
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	28	0	11	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet
Measure 2: 1 serving

NDB No. 06109 Sauce, stroganoff, dehydrated, 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	Samples	Measure 1* 56g	Measure 2* 46g	Measure 3*
Proximates:							
Water	g	4.56		5	2.54	2.10	
Energy	kcal	351		0	195	161	
Energy	kj	1469		0	817	676	
Protein (N x 5.95)	g	12.10		3	6.73	5.57	
Total lipid (fat)	g	9.53		3	5.30	4.38	
Carbohydrate, by difference	g	57.66		0	32.06	26.52	
Fiber, total dietary	g	1.1		0	0.6	0.5	
Ash	g	16.15		3	8.98	7.43	
Sugars, total	g						
Minerals:							
Calcium	mg	667	10.607	2	371	307	
Iron	mg	2.89	0.374	2	1.61	1.33	
Magnesium	mg	42		0	23	19	
Phosphorus	mg	273		1	152	126	
Potassium	mg	866		6	481	398	
Sodium	mg	4050	52.326	2	2252	1863	
Zinc	mg	2.40	0.008	2	1.33	1.10	
Copper	mg	0.152	0.004	2	0.085	0.070	
Manganese	mg	0.400		0	0.222	0.184	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.8		0	0.4	0.4	
Thiamin	mg	1.830	0.042	2	1.017	0.842	
Riboflavin	mg	1.050	0.006	2	0.584	0.483	
Niacin	mg	1.380	0.028	2	0.767	0.635	
Pantothenic acid	mg	1.300		0	0.723	0.598	
Vitamin B-6	mg	0.100		0	0.056	0.046	
Folate	µg	8		0	4	4	
Vitamin B-12	µg	0.60		0	0.33	0.28	
Vitamin A	IU	482		0	268	222	
Vitamin A, RE	µg	145		0	81	67	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.190		0	3.442	2.847	
4:0	g	0.220		0	0.122	0.101	
6.0	g	0.120		0	0.067	0.055	
8:0	g	0.080		0	0.044	0.037	
10:0	g	0.200		0	0.111	0.092	
12:0	g	0.160		0	0.089	0.074	
14:0	g	1.090		0	0.606	0.501	
15.0	g						
16:0	g	3.040		0	1.690	1.398	
17:0	g						
18:0	g	1.070		0	0.595	0.492	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.580	0	1.434	1.187
14:1	g				
16:1	g	0.270	0	0.150	0.124
18:1	g	2.200	0	1.223	1.012
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.270	0	0.150	0.124
18:2	g	0.180	0	0.100	0.083
18:3	g	0.090	0	0.050	0.041
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	25	0	14	12
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06110 Sauce, sweet and sour, dehydrated, 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	Samples	Measure 1* 76g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	0.57	0.267	4	0.43	0.32	
Energy	kcal	389		0	294	221	
Energy	kj	1628		0	1231	923	
Protein (N x 5.95)	g	1.00	0.064	2	0.76	0.57	
Total lipid (fat)	g	0.10		2	0.08	0.06	
Carbohydrate, by difference	g	96.13		0	72.67	54.51	
Fiber, total dietary	g	1.9		0	1.4	1.1	
Ash	g	2.20	0.120	2	1.66	1.25	
Sugars, total	g						
Minerals:							
Calcium	mg	54	4.101	2	41	31	
Iron	mg	2.14	0.150	2	1.62	1.21	
Magnesium	mg	12		0	9	7	
Phosphorus	mg	60		0	45	34	
Potassium	mg	87		6	66	49	
Sodium	mg	1030	142.836	2	779	584	
Zinc	mg	0.12	0.001	3	0.09	0.07	
Copper	mg	0.037	0.003	3	0.028	0.021	
Manganese	mg	0.000		0	0.000	0.000	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020		0	0.015	0.011	
Riboflavin	mg	0.127	0.018	2	0.096	0.072	
Niacin	mg	1.100		0	0.832	0.624	
Pantothenic acid	mg	0.900		0	0.680	0.510	
Vitamin B-6	mg	0.500		0	0.378	0.284	
Folate	µg	3		0	2	2	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.010		0	0.008	0.006	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.010		0	0.008	0.006	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.020	0	0.015	0.011
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.020	0	0.015	0.011
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.060	0	0.045	0.034
18:2	g	0.050	0	0.038	0.028
18:3	g	0.010	0	0.008	0.006
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06111 Sauce, teriyaki, dehydrated, 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	Samples	Measure 1* 46g	Measure 2*	Measure 3*
Proximates:							
Water	g	1.00	0.276	2	0.46		
Energy	kcal	283		0	130		
Energy	kj	1184		0	545		
Protein (N x 5.95)	g	9.00	1.485	2	4.14		
Total lipid (fat)	g	2.00		2	0.92		
Carbohydrate, by difference	g	60.00		0	27.60		
Fiber, total dietary	g	1.9		0	0.9		
Ash	g	28.00	0.940	2	12.88		
Sugars, total	g						
Minerals:							
Calcium	mg	243	21.920	2	112		
Iron	mg	6.06	0.353	2	2.79		
Magnesium	mg	180		0	83		
Phosphorus	mg	462		0	213		
Potassium	mg	468		6	215		
Sodium	mg	10400	102.530	2	4784		
Zinc	mg	0.30		0	0.14		
Copper	mg	0.300		0	0.138		
Manganese	mg	0.000		0	0.000		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.090		0	0.041		
Riboflavin	mg	0.200		0	0.092		
Niacin	mg	2.820	0.518	2	1.297		
Pantothenic acid	mg	0.600		0	0.276		
Vitamin B-6	mg	0.300		0	0.138		
Folate	µg	60		0	28		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.290		0	0.133		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.210		0	0.097		
17:0	g						
18:0	g	0.080		0	0.037		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.470	0	0.216
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.460	0	0.212
20:1	g	0.000	0	0.000
22.1	g			
Polyunsaturated, total	g	1.160	0	0.534
18:2	g	1.020	0	0.469
18:3	g	0.140	0	0.064
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet

NDB No. 06112 Sauce, teriyaki, ready-to-serve

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 288g	Measure 2* 18g	Measure 3* 36g
Proximates:							
Water	g	67.69		1	194.95	12.18	24.37
Energy	kcal	84		0	242	15	30
Energy	kj	351		0	1011	63	126
Protein (N x 5.95)	g	5.93		1	17.08	1.07	2.13
Total lipid (fat)	g	0.00		1	0.00	0.00	0.00
Carbohydrate, by difference	g	15.95		0	45.94	2.87	5.74
Fiber, total dietary	g	0.1		0	0.3	0.0	0.0
Ash	g	10.43		1	30.04	1.88	3.75
Sugars, total	g						
Minerals:							
Calcium	mg	25		1	72	5	9
Iron	mg	1.70		1	4.90	0.31	0.61
Magnesium	mg	61		1	176	11	22
Phosphorus	mg	154		1	444	28	55
Potassium	mg	225		1	648	41	81
Sodium	mg	3833		1	11039	690	1380
Zinc	mg	0.10		1	0.29	0.02	0.04
Copper	mg	0.100		1	0.288	0.018	0.036
Manganese	mg	0.000		1	0.000	0.000	0.000
Selenium	µg	1.1		0	3.2	0.2	0.4
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.030		1	0.086	0.005	0.011
Riboflavin	mg	0.070		1	0.202	0.013	0.025
Niacin	mg	1.270		1	3.658	0.229	0.457
Pantothenic acid	mg	0.200		1	0.576	0.036	0.072
Vitamin B-6	mg	0.100		1	0.288	0.018	0.036
Folate	µg	20		1	58	4	7
Vitamin B-12	µg	0.00		1	0.00	0.00	0.00
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	0.000
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 1 fl oz

NDB No. 06113 Sauce, white, dehydrated, 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	Samples	Measure 1* 20g	Measure 2* 50g	Measure 3*
Proximates:							
Water	g	1.50		1	0.30	0.74	
Energy	kcal	463		0	92	230	
Energy	kj	1937		0	384	961	
Protein (N x 5.95)	g	10.94		1	2.17	5.43	
Total lipid (fat)	g	26.70		1	5.29	13.24	
Carbohydrate, by difference	g	50.56		0	10.01	25.08	
Fiber, total dietary	g	2.8		0	0.6	1.4	
Ash	g	10.30		1	2.04	5.11	
Sugars, total	g						
Minerals:							
Calcium	mg	674		1	133	334	
Iron	mg	0.50		0	0.10	0.25	
Magnesium	mg	39		0	8	19	
Phosphorus	mg	245		0	49	122	
Potassium	mg	370		1	73	184	
Sodium	mg	3410		1	675	1691	
Zinc	mg	1.10		0	0.22	0.55	
Copper	mg	0.080		0	0.016	0.040	
Manganese	mg	0.060		0	0.012	0.030	
Selenium	µg	17.0		0	3.4	8.4	
Vitamins:							
Ascorbic acid	mg	3.0		0	0.6	1.5	
Thiamin	mg	0.200		0	0.040	0.099	
Riboflavin	mg	0.400		0	0.079	0.198	
Niacin	mg	0.700		0	0.139	0.347	
Pantothenic acid	mg	0.800		0	0.158	0.397	
Vitamin B-6	mg	0.100		0	0.020	0.050	
Folate	µg	34		0	7	17	
Vitamin B-12	µg	0.80		0	0.16	0.40	
Vitamin A	IU	7		0	1	3	
Vitamin A, RE	µg	2		0	0	1	
Vitamin E, α-TE	mg	0.598		0	0.118	0.297	
Lipids:							
Saturated, total	g	6.680		0	1.323	3.313	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.110		0	0.022	0.055	
15.0	g						
16:0	g	3.760		0	0.744	1.865	
17:0	g						
18:0	g	2.830		0	0.560	1.404	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.880	0	2.352	5.892
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	11.880	0	2.352	5.892
20:1	g				
22.1	g				
Polyunsaturated, total	g	6.970	0	1.380	3.457
18:2	g	6.540	0	1.295	3.244
18:3	g	0.430	0	0.085	0.213
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

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	Samples	Measure 1* 238g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	94.50		0	225.29	281.61	
Energy	kcal	16		0	38	48	
Energy	kj	67		0	160	200	
Protein (N x 5.95)	g	1.20		1	2.86	3.58	
Total lipid (fat)	g	0.20		1	0.48	0.60	
Carbohydrate, by difference	g	2.50		0	5.96	7.45	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.60		0	3.81	4.77	
Sugars, total	g						
Minerals:							
Calcium	mg	4		1	10	12	
Iron	mg	0.60		1	1.43	1.79	
Magnesium	mg	2		0	5	6	
Phosphorus	mg	30		0	72	89	
Potassium	mg	81		0	193	241	
Sodium	mg	50		0	119	149	
Zinc	mg	1.00		0	2.38	2.98	
Copper	mg	0.100		0	0.238	0.298	
Manganese	mg	0.200		0	0.477	0.596	
Selenium	µg	0.4		0	1.0	1.2	
Vitamins:							
Ascorbic acid	mg	1.0		1	2.4	3.0	
Thiamin	mg	0.020		1	0.048	0.060	
Riboflavin	mg	0.060		1	0.143	0.179	
Niacin	mg	0.900		1	2.146	2.682	
Pantothenic acid	mg	0.020		0	0.048	0.060	
Vitamin B-6	mg	0.010		0	0.024	0.030	
Folate	µg	2		0	5	6	
Vitamin B-12	µg	0.10		0	0.24	0.30	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.100		0	0.238	0.298	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.024	0.030	
15.0	g						
16:0	g	0.050		0	0.119	0.149	
17:0	g						
18:0	g	0.040		0	0.095	0.119	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.080	0	0.191	0.238
14:1	g				
16:1	g	0.010	0	0.024	0.030
18:1	g	0.070	0	0.167	0.209
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.010	0	0.024	0.030
18:2	g	0.010	0	0.024	0.030
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can

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	Samples	Measure 1* 3g	Measure 2*	Measure 3*
Proximates:							
Water	g	2.74		10	0.08		
Energy	kcal	313		0	9		
Energy	kj	1310		0	39		
Protein (N x 5.95)	g	9.20		8	0.28		
Total lipid (fat)	g	9.63		8	0.29		
Carbohydrate, by difference	g	47.49		0	1.42		
Fiber, total dietary	g						
Ash	g	30.94		8	0.93		
Sugars, total	g						
Minerals:							
Calcium	mg	140		6	4		
Iron	mg	9.30		4	0.28		
Magnesium	mg	56		1	2		
Phosphorus	mg	153		0	5		
Potassium	mg	279		0	8		
Sodium	mg	11588		7	348		
Zinc	mg	0.70	0.011	3	0.02		
Copper	mg	0.120	0.004	3	0.004		
Manganese	mg	0.268		0	0.008		
Selenium	µg	6.2		0	0.2		
Vitamins:							
Ascorbic acid	mg	1.0		4	0.0		
Thiamin	mg	0.472		0	0.014		
Riboflavin	mg	0.324		0	0.010		
Niacin	mg	4.087		0	0.123		
Pantothenic acid	mg	0.157		0	0.005		
Vitamin B-6	mg	0.174		0	0.005		
Folate	µg	81		0	2		
Vitamin B-12	µg	0.32		0	0.01		
Vitamin A	IU	10		4	0		
Vitamin A, RE	µg	1		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.026		4	0.061		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.010		0	0.000		
14:0	g	0.128		0	0.004		
15.0	g						
16:0	g	1.039		0	0.031		
17:0	g						
18:0	g	0.768		0	0.023		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.683	0	0.140
14:1	g			
16:1	g	0.110	0	0.003
18:1	g	1.989	0	0.060
20:1	g	0.009	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.230	0	0.007
18:2	g	0.205	0	0.006
18:3	g	0.024	0	0.001
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	4	4	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 teaspoon

NDB No. 06116 Gravy, beef, 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	Samples	Measure 1* 233g	Measure 2* 291g	Measure 3*
Proximates:							
Water	g	87.48	0.302	5	203.83	254.57	
Energy	kcal	53		0	123	154	
Energy	kj	222		0	517	646	
Protein (N x 5.95)	g	3.75	0.198	5	8.74	10.91	
Total lipid (fat)	g	2.36		5	5.50	6.87	
Carbohydrate, by difference	g	4.81		0	11.21	14.00	
Fiber, total dietary	g	0.4		0	0.9	1.2	
Ash	g	1.60	0.063	5	3.73	4.66	
Sugars, total	g						
Minerals:							
Calcium	mg	6	1.265	5	14	17	
Iron	mg	0.70	0.127	5	1.63	2.04	
Magnesium	mg	2		0	5	6	
Phosphorus	mg	30		1	70	87	
Potassium	mg	81		1	189	236	
Sodium	mg	560	1.225	5	1305	1630	
Zinc	mg	1.00		1	2.33	2.91	
Copper	mg	0.100		1	0.233	0.291	
Manganese	mg	0.200		1	0.466	0.582	
Selenium	µg	1.0		1	2.3	2.9	
Vitamins:							
Ascorbic acid	mg	0.0		5	0.0	0.0	
Thiamin	mg	0.032	0.005	5	0.075	0.093	
Riboflavin	mg	0.036	0.004	5	0.084	0.105	
Niacin	mg	0.660	0.075	5	1.538	1.921	
Pantothenic acid	mg	0.020		0	0.047	0.058	
Vitamin B-6	mg	0.010		0	0.023	0.029	
Folate	µg	2		0	5	6	
Vitamin B-12	µg	0.10		0	0.23	0.29	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.063		0	0.147	0.183	
Lipids:							
Saturated, total	g	1.153		0	2.686	3.355	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.047	0.058	
14:0	g	0.090		0	0.210	0.262	
15.0	g						
16:0	g	0.591		0	1.377	1.720	
17:0	g						
18:0	g	0.451		0	1.051	1.312	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.962	0	2.241	2.799
14:1	g				
16:1	g	0.100	0	0.233	0.291
18:1	g	0.852	0	1.985	2.479
20:1	g	0.010	0	0.023	0.029
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.080	0	0.186	0.233
18:2	g	0.070	0	0.163	0.204
18:3	g	0.010	0	0.023	0.029
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	3	0	7	9
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can

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	Samples	Measure 1* 6g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.00		31	0.30		
Energy	kcal	367		0	22		
Energy	kj	1536		0	92		
Protein (N x 5.95)	g	10.74		29	0.64		
Total lipid (fat)	g	9.61		27	0.58		
Carbohydrate, by difference	g	59.38		0	3.56		
Fiber, total dietary	g	2.0		7	0.1		
Ash	g	15.27		23	0.92		
Sugars, total	g						
Minerals:							
Calcium	mg	132		10	8		
Iron	mg	1.72		8	0.10		
Magnesium	mg	34		1	2		
Phosphorus	mg	203		1	12		
Potassium	mg	262		1	16		
Sodium	mg	4843		22	291		
Zinc	mg	1.11		4	0.07		
Copper	mg	0.190	0.007	3	0.011		
Manganese	mg	0.412		1	0.025		
Selenium	µg	6.1		0	0.4		
Vitamins:							
Ascorbic acid	mg	0.3		7	0.0		
Thiamin	mg	0.180		1	0.011		
Riboflavin	mg	0.390		1	0.023		
Niacin	mg	3.700		1	0.222		
Pantothenic acid	mg	0.100		0	0.006		
Vitamin B-6	mg	0.100		0	0.006		
Folate	µg	31		0	2		
Vitamin B-12	µg	0.70		0	0.04		
Vitamin A	IU	27		7	2		
Vitamin A, RE	µg	3		0	0		
Vitamin E, α-TE	mg	0.362		0	0.022		
Lipids:							
Saturated, total	g	3.319		7	0.199		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.008		0	0.000		
14:0	g	0.227		0	0.014		
15.0	g						
16:0	g	1.711		0	0.103		
17:0	g						
18:0	g	1.233		0	0.074		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.452	0	0.267
14:1	g			
16:1	g	0.264	0	0.016
18:1	g	4.092	0	0.246
20:1	g	0.045	0	0.003
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.405	0	0.024
18:2	g	0.363	0	0.022
18:3	g	0.030	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	3	7	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon

NDB No. 06119 Gravy, chicken, 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	Samples	Measure 1* 238g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	85.34	0.724	5	203.11	254.31	
Energy	kcal	79		0	188	235	
Energy	kj	331		0	788	986	
Protein (N x 5.95)	g	1.93	0.063	7	4.59	5.75	
Total lipid (fat)	g	5.71		7	13.59	17.02	
Carbohydrate, by difference	g	5.42		0	12.90	16.15	
Fiber, total dietary	g	0.4		0	1.0	1.2	
Ash	g	1.60	0.063	5	3.81	4.77	
Sugars, total	g						
Minerals:							
Calcium	mg	20	1.676	7	48	60	
Iron	mg	0.47	0.047	7	1.12	1.40	
Magnesium	mg	2		0	5	6	
Phosphorus	mg	29		1	69	86	
Potassium	mg	109		1	259	325	
Sodium	mg	577	13.684	5	1373	1719	
Zinc	mg	0.80		1	1.90	2.38	
Copper	mg	0.100		1	0.238	0.298	
Manganese	mg	0.200		1	0.476	0.596	
Selenium	µg	0.8	0.078	2	1.9	2.4	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0	0.0	
Thiamin	mg	0.017	0.002	7	0.040	0.051	
Riboflavin	mg	0.043	0.005	7	0.102	0.128	
Niacin	mg	0.443	0.030	7	1.054	1.320	
Pantothenic acid	mg	0.020		0	0.048	0.060	
Vitamin B-6	mg	0.010		1	0.024	0.030	
Folate	µg	2		0	5	6	
Vitamin B-12	µg	0.10		0	0.24	0.30	
Vitamin A	IU	369	35.835	7	878	1100	
Vitamin A, RE	µg	111		0	264	331	
Vitamin E, α-TE	mg	0.156		0	0.371	0.465	
Lipids:							
Saturated, total	g	1.410		0	3.356	4.202	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.040		0	0.095	0.119	
15.0	g						
16:0	g	0.980		0	2.332	2.920	
17:0	g						
18:0	g	0.380		0	0.904	1.132	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.550	0	6.069	7.599
14:1	g				
16:1	g	0.160	0	0.381	0.477
18:1	g	2.340	0	5.569	6.973
20:1	g	0.030	0	0.071	0.089
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.500	0	3.570	4.470
18:2	g	1.420	0	3.380	4.232
18:3	g	0.070	0	0.167	0.209
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	2	0	5	6
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can

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	Samples	Measure 1* 8g	Measure 2* 8g	Measure 3*
Proximates:							
Water	g	3.85		21	0.31	0.31	
Energy	kcal	381		0	30	30	
Energy	kj	1594		0	128	128	
Protein (N x 5.95)	g	11.27		27	0.90	0.90	
Total lipid (fat)	g	9.73		19	0.78	0.78	
Carbohydrate, by difference	g	62.09		0	4.97	4.97	
Fiber, total dietary	g						
Ash	g	13.06		19	1.04	1.04	
Sugars, total	g						
Minerals:							
Calcium	mg	146		9	12	12	
Iron	mg	1.33		7	0.11	0.11	
Magnesium	mg	40		0	3	3	
Phosphorus	mg	249		0	20	20	
Potassium	mg	404		0	32	32	
Sodium	mg	4152		20	332	332	
Zinc	mg	1.39	0.000	3	0.11	0.11	
Copper	mg	0.112	0.002	3	0.009	0.009	
Manganese	mg	0.219		0	0.018	0.018	
Selenium	µg	5.2		0	0.4	0.4	
Vitamins:							
Ascorbic acid	mg	0.6		7	0.0	0.0	
Thiamin	mg	0.249		0	0.020	0.020	
Riboflavin	mg	0.634	0.040	2	0.051	0.051	
Niacin	mg	4.018		0	0.321	0.321	
Pantothenic acid	mg	1.286		0	0.103	0.103	
Vitamin B-6	mg	0.202		0	0.016	0.016	
Folate	µg	125		0	10	10	
Vitamin B-12	µg	0.48		0	0.04	0.04	
Vitamin A	IU	308		7	25	25	
Vitamin A, RE	µg	37		0	3	3	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.920		7	0.234	0.234	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.007		0	0.001	0.001	
14:0	g	0.066		0	0.005	0.005	
15.0	g						
16:0	g	2.231		0	0.178	0.178	
17:0	g						
18:0	g	0.561		0	0.045	0.045	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.648	0	0.372	0.372
14:1	g				
16:1	g	0.666	0	0.053	0.053
18:1	g	0.400	0	0.032	0.032
20:1	g	0.051	0	0.004	0.004
22.1	g	0.014	0	0.001	0.001
Polyunsaturated, total	g	1.877	0	0.150	0.150
18:2	g	0.094	0	0.008	0.008
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	19	7	2	2
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 serving

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	Samples	Measure 1* 238g	Measure 2* 298g	Measure 3*
Proximates:							
Water	g	89.00	0.084	10	212.18	265.22	
Energy	kcal	50		0	119	149	
Energy	kj	209		0	498	623	
Protein (N x 5.95)	g	1.26	0.014	11	3.00	3.75	
Total lipid (fat)	g	2.71		11	6.46	8.08	
Carbohydrate, by difference	g	5.47		0	13.04	16.30	
Fiber, total dietary	g	0.4		0	1.0	1.2	
Ash	g	1.56	0.027	10	3.72	4.65	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.286	7	17	21	
Iron	mg	0.66	0.053	7	1.57	1.97	
Magnesium	mg	2		0	5	6	
Phosphorus	mg	15		1	36	45	
Potassium	mg	106		1	253	316	
Sodium	mg	570	8.691	6	1359	1699	
Zinc	mg	0.70		1	1.67	2.09	
Copper	mg	0.100		1	0.238	0.298	
Manganese	mg	0.300		1	0.715	0.894	
Selenium	µg	1.9		0	4.5	5.7	
Vitamins:							
Ascorbic acid	mg	0.0		6	0.0	0.0	
Thiamin	mg	0.033	0.004	7	0.079	0.098	
Riboflavin	mg	0.063	0.006	7	0.150	0.188	
Niacin	mg	0.671	0.052	7	1.600	2.000	
Pantothenic acid	mg	1.100		0	2.622	3.278	
Vitamin B-6	mg	0.020		1	0.048	0.060	
Folate	µg	12		0	29	36	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0	0.000	7	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.400		0	0.954	1.192	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.270		0	0.644	0.805	
17:0	g						
18:0	g	0.140		0	0.334	0.417	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.170	0	2.789	3.487
14:1	g				
16:1	g	0.010	0	0.024	0.030
18:1	g	1.150	0	2.742	3.427
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.020	0	2.432	3.040
18:2	g	0.950	0	2.265	2.831
18:3	g	0.070	0	0.167	0.209
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can

NDB No. 06122 Gravy, mushroom, dehydrated, 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	Samples	Measure 1* 21g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.34	0.386	4	0.71		
Energy	kcal	328		0	70		
Energy	kj	1372		0	292		
Protein (N x 5.95)	g	10.00	0.014	2	2.13		
Total lipid (fat)	g	4.00		2	0.85		
Carbohydrate, by difference	g	64.66		0	13.77		
Fiber, total dietary	g	4.8		0	1.0		
Ash	g	18.00	0.301	2	3.83		
Sugars, total	g						
Minerals:							
Calcium	mg	230	0.008	2	49		
Iron	mg	1.00		0	0.21		
Magnesium	mg	34		0	7		
Phosphorus	mg	203		0	43		
Potassium	mg	262		0	56		
Sodium	mg	6580	53.740	2	1402		
Zinc	mg	1.54	0.084	3	0.33		
Copper	mg	0.535	0.020	3	0.114		
Manganese	mg	0.400		0	0.085		
Selenium	µg	5.3		0	1.1		
Vitamins:							
Ascorbic acid	mg	7.0		0	1.5		
Thiamin	mg	0.200		0	0.043		
Riboflavin	mg	0.400		0	0.085		
Niacin	mg	3.700		0	0.788		
Pantothenic acid	mg	0.100		0	0.021		
Vitamin B-6	mg	0.100		0	0.021		
Folate	µg	31		0	7		
Vitamin B-12	µg	0.70		0	0.15		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.121		0	0.026		
Lipids:							
Saturated, total	g	2.360		0	0.503		
4:0	g						
6.0	g	0.010		0	0.002		
8:0	g	0.080		0	0.017		
10:0	g	0.060		0	0.013		
12:0	g	0.480		0	0.102		
14:0	g	0.280		0	0.060		
15.0	g						
16:0	g	0.830		0	0.177		
17:0	g						
18:0	g	0.600		0	0.128		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.310	0	0.279
14:1	g			
16:1	g	0.130	0	0.028
18:1	g	1.140	0	0.243
20:1	g	0.010	0	0.002
22.1	g			
Polyunsaturated, total	g	0.140	0	0.030
18:2	g	0.110	0	0.023
18:3	g	0.020	0	0.004
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	3	0	1
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup (8 fl oz)

NDB No. 06123 Gravy, onion, dehydrated, 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	Samples	Measure 1* 24g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.36	0.156	2	1.05		
Energy	kcal	322		0	77		
Energy	kj	1347		0	323		
Protein (N x 5.95)	g	9.00	0.474	2	2.16		
Total lipid (fat)	g	3.00		2	0.72		
Carbohydrate, by difference	g	67.64		0	16.23		
Fiber, total dietary	g	6.0		0	1.4		
Ash	g	16.00	0.078	2	3.84		
Sugars, total	g						
Minerals:							
Calcium	mg	280	0.007	2	67		
Iron	mg	1.00		0	0.24		
Magnesium	mg	34		0	8		
Phosphorus	mg	203		0	49		
Potassium	mg	262		0	63		
Sodium	mg	4186		3	1005		
Zinc	mg	0.88	0.025	2	0.21		
Copper	mg	0.170	0.003	2	0.041		
Manganese	mg	0.400		0	0.096		
Selenium	µg	6.1		0	1.5		
Vitamins:							
Ascorbic acid	mg	7.0		0	1.7		
Thiamin	mg	0.200		0	0.048		
Riboflavin	mg	0.400		0	0.096		
Niacin	mg	3.700		0	0.888		
Pantothenic acid	mg	0.100		0	0.024		
Vitamin B-6	mg	0.100		0	0.024		
Folate	µg	31		0	7		
Vitamin B-12	µg	0.70		0	0.17		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.860		0	0.446		
4:0	g						
6.0	g	0.020		0	0.005		
8:0	g	0.080		0	0.019		
10:0	g	0.060		0	0.014		
12:0	g	0.470		0	0.113		
14:0	g	0.240		0	0.058		
15.0	g						
16:0	g	0.580		0	0.139		
17:0	g						
18:0	g	0.410		0	0.098		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.900	0	0.216
14:1	g			
16:1	g	0.080	0	0.019
18:1	g	0.720	0	0.173
20:1	g	0.070	0	0.017
22.1	g			
Polyunsaturated, total	g	0.140	0	0.034
18:2	g	0.080	0	0.019
18:3	g	0.010	0	0.002
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	2	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)

NDB No. 06124 Gravy, pork, 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	Samples	Measure 1* 7g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.43		3	0.30		
Energy	kcal	367		0	25		
Energy	kj	1536		0	103		
Protein (N x 5.95)	g	8.78		3	0.59		
Total lipid (fat)	g	8.63		3	0.58		
Carbohydrate, by difference	g	63.57		0	4.26		
Fiber, total dietary	g	2.4		1	0.2		
Ash	g	14.59		3	0.98		
Sugars, total	g						
Minerals:							
Calcium	mg	139		3	9		
Iron	mg	3.94		1	0.26		
Magnesium	mg	34		0	2		
Phosphorus	mg	188		0	13		
Potassium	mg	235		0	16		
Sodium	mg	5356		3	359		
Zinc	mg	1.06		0	0.07		
Copper	mg	0.154		0	0.010		
Manganese	mg	0.311		0	0.021		
Selenium	µg	6.1		0	0.4		
Vitamins:							
Ascorbic acid	mg	1.4		1	0.1		
Thiamin	mg	0.160		0	0.011		
Riboflavin	mg	0.283	0.012	2	0.019		
Niacin	mg	2.270		0	0.152		
Pantothenic acid	mg	0.326		0	0.022		
Vitamin B-6	mg	0.086		0	0.006		
Folate	µg	31		0	2		
Vitamin B-12	µg	0.51		0	0.03		
Vitamin A	IU	117		1	8		
Vitamin A, RE	µg	27		0	2		
Vitamin E, α-TE	mg	0.458		0	0.031		
Lipids:							
Saturated, total	g	4.290		0	0.287		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.013		0	0.001		
14:0	g	0.267		0	0.018		
15.0	g						
16:0	g	2.130		0	0.143		
17:0	g						
18:0	g	1.563		0	0.105		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.881	0	0.260
14:1	g			
16:1	g	0.217	0	0.015
18:1	g	3.571	0	0.239
20:1	g	0.040	0	0.003
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.454	0	0.030
18:2	g	0.418	0	0.028
18:3	g	0.035	0	0.002
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	10	1	1
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 06125 Gravy, turkey, 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	Samples	Measure 1* 238g	Measure 2* 15g	Measure 3* 5g
Proximates:							
Water	g	88.60		0	211.22	13.20	4.43
Energy	kcal	51		0	122	8	3
Energy	kj	213		0	508	32	11
Protein (N x 5.95)	g	2.60		1	6.20	0.39	0.13
Total lipid (fat)	g	2.10		1	5.01	0.31	0.11
Carbohydrate, by difference	g	5.10		0	12.16	0.76	0.26
Fiber, total dietary	g	0.4		0	1.0	0.1	0.0
Ash	g	1.60		0	3.81	0.24	0.08
Sugars, total	g						
Minerals:							
Calcium	mg	4		1	10	1	0
Iron	mg	0.70		1	1.67	0.10	0.04
Magnesium	mg	2		0	5	0	0
Phosphorus	mg	29		0	69	4	1
Potassium	mg	109		0	260	16	5
Sodium	mg	577		0	1376	86	29
Zinc	mg	0.80		0	1.91	0.12	0.04
Copper	mg	0.100		0	0.238	0.015	0.005
Manganese	mg	0.200		0	0.477	0.030	0.010
Selenium	µg	0.6		0	1.4	0.1	0.0
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	0.0
Thiamin	mg	0.020		1	0.048	0.003	0.001
Riboflavin	mg	0.080		1	0.191	0.012	0.004
Niacin	mg	1.300		1	3.099	0.194	0.065
Pantothenic acid	mg	0.020		0	0.048	0.003	0.001
Vitamin B-6	mg	0.010		0	0.024	0.001	0.001
Folate	µg	2		0	5	0	0
Vitamin B-12	µg	0.10		0	0.24	0.01	0.01
Vitamin A	IU	0		1	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.060		0	0.143	0.009	0.003
Lipids:							
Saturated, total	g	0.620		0	1.478	0.092	0.031
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.020		0	0.048	0.003	0.001
15.0	g						
16:0	g	0.430		0	1.025	0.064	0.022
17:0	g						
18:0	g	0.130		0	0.310	0.019	0.007
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.900	0	2.146	0.134	0.045
14:1	g					
16:1	g	0.130	0	0.310	0.019	0.007
18:1	g	0.750	0	1.788	0.112	0.038
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.490	0	1.168	0.073	0.025
18:2	g	0.450	0	1.073	0.067	0.023
18:3	g	0.030	0	0.072	0.004	0.002
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.010	0	0.024	0.001	0.001
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	2	0	5	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 1 teaspoon

NDB No. 06126 Gravy, turkey, 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	Samples	Measure 1* 7g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.67		7	0.33		
Energy	kcal	367		0	26		
Energy	kj	1536		0	108		
Protein (N x 5.95)	g	10.42		7	0.73		
Total lipid (fat)	g	7.19		7	0.50		
Carbohydrate, by difference	g	65.12		0	4.56		
Fiber, total dietary	g						
Ash	g	12.61		7	0.88		
Sugars, total	g						
Minerals:							
Calcium	mg	146		6	10		
Iron	mg	3.29		4	0.23		
Magnesium	mg	44		0	3		
Phosphorus	mg	254		0	18		
Potassium	mg	428		0	30		
Sodium	mg	4392		6	307		
Zinc	mg	1.26		0	0.09		
Copper	mg	0.133		0	0.009		
Manganese	mg	0.219		0	0.015		
Selenium	µg	5.2		0	0.4		
Vitamins:							
Ascorbic acid	mg	0.2		4	0.0		
Thiamin	mg	0.211		0	0.015		
Riboflavin	mg	0.450	0.000	2	0.032		
Niacin	mg	2.770		0	0.194		
Pantothenic acid	mg	1.012		0	0.071		
Vitamin B-6	mg	0.204		0	0.014		
Folate	µg	82		0	6		
Vitamin B-12	µg	0.58		0	0.04		
Vitamin A	IU	35		4	2		
Vitamin A, RE	µg	8		0	1		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.975		4	0.138		
4:0	g	0.018		0	0.001		
6.0	g	0.011		0	0.001		
8:0	g	0.007		0	0.000		
10:0	g	0.020		0	0.001		
12:0	g	0.029		0	0.002		
14:0	g	0.129		0	0.009		
15.0	g						
16:0	g	1.203		0	0.084		
17:0	g						
18:0	g	0.494		0	0.035		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.575	0	0.180
14:1	g			
16:1	g	0.171	0	0.012
18:1	g	2.327	0	0.163
20:1	g	0.034	0	0.002
22.1	g	0.018	0	0.001
Polyunsaturated, total	g	2.196	0	0.154
18:2	g	1.973	0	0.138
18:3	g	0.209	0	0.015
18:4	g	0.014	0	0.001
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	14	4	1
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 25g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00	0.007	2	0.99		
Energy	kcal	344		0	85		
Energy	kj	1439		0	357		
Protein (N x 5.95)	g	13.00	0.361	2	3.22		
Total lipid (fat)	g	8.00		2	1.98		
Carbohydrate, by difference	g	58.00		0	14.38		
Fiber, total dietary	g						
Ash	g	17.00	0.170	2	4.22		
Sugars, total	g						
Minerals:							
Calcium	mg	150	0.000	1	37		
Iron	mg	1.00		0	0.25		
Magnesium	mg	45		0	11		
Phosphorus	mg	203		0	50		
Potassium	mg	262		0	65		
Sodium	mg	5730	0.000	2	1421		
Zinc	mg	1.40		0	0.35		
Copper	mg	0.100		0	0.025		
Manganese	mg	0.400		0	0.099		
Selenium	µg	6.1		0	1.5		
Vitamins:							
Ascorbic acid	mg	7.0		0	1.7		
Thiamin	mg	0.200		0	0.050		
Riboflavin	mg	0.432	0.000	2	0.107		
Niacin	mg	3.700		0	0.918		
Pantothenic acid	mg	0.100		0	0.025		
Vitamin B-6	mg	0.100		0	0.025		
Folate	µg	31		0	8		
Vitamin B-12	µg	0.70		0	0.17		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.860		0	0.709		
4:0	g						
6.0	g	0.010		0	0.002		
8:0	g	0.080		0	0.020		
10:0	g	0.060		0	0.015		
12:0	g	0.460		0	0.114		
14:0	g	0.230		0	0.057		
15.0	g						
16:0	g	1.180		0	0.293		
17:0	g						
18:0	g	0.850		0	0.211		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.150	0	0.781
14:1	g			
16:1	g	0.040	0	0.010
18:1	g	3.090	0	0.766
20:1	g	0.000	0	0.000
22.1	g			
Polyunsaturated, total	g	1.620	0	0.402
18:2	g	1.520	0	0.377
18:3	g	0.100	0	0.025
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	4	0	1
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)

NDB No. 06128 Soup, chicken noodle mix, dehydrated, dry form

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 74g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	3.72		19	2.77	0.41	
Energy	kcal	345		0	257	38	
Energy	kj	1443		0	1074	160	
Protein (N x 5.95)	g	19.22		8	14.30	2.13	
Total lipid (fat)	g	7.66		8	5.70	0.85	
Carbohydrate, by difference	g	48.40		0	36.01	5.37	
Fiber, total dietary	g	3.0		0	2.2	0.3	
Ash	g	21.00		8	15.62	2.33	
Sugars, total	g						
Minerals:							
Calcium	mg	207		1	154	23	
Iron	mg	3.25		6	2.42	0.36	
Magnesium	mg	45		2	33	5	
Phosphorus	mg	212		4	158	24	
Potassium	mg	205		1	153	23	
Sodium	mg	8391		9	6243	931	
Zinc	mg	1.30		15	0.97	0.14	
Copper	mg	0.223	0.000	13	0.166	0.025	
Manganese	mg	0.525		1	0.391	0.058	
Selenium	µg	63.2		0	47.0	7.0	
Vitamins:							
Ascorbic acid	mg	2.0		1	1.5	0.2	
Thiamin	mg	0.462	0.000	6	0.344	0.051	
Riboflavin	mg	0.376		6	0.280	0.042	
Niacin	mg	5.770		7	4.293	0.640	
Pantothenic acid	mg	0.040		0	0.030	0.004	
Vitamin B-6	mg	0.540		1	0.402	0.060	
Folate	µg	122		0	91	14	
Vitamin B-12	µg	0.01		0	0.01	0.00	
Vitamin A	IU	413		2	307	46	
Vitamin A, RE	µg	41		0	31	5	
Vitamin E, α-TE	mg	0.205		0	0.153	0.023	
Lipids:							
Saturated, total	g	1.720		0	1.280	0.191	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.040		0	0.030	0.004	
15.0	g						
16:0	g	1.200		0	0.893	0.133	
17:0	g						
18:0	g	0.420		0	0.312	0.047	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.370	0	2.507	0.374
14:1	g				
16:1	g	0.230	0	0.171	0.026
18:1	g	3.060	0	2.277	0.340
20:1	g	0.040	0	0.030	0.004
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.240	0	1.667	0.249
18:2	g	2.090	0	1.555	0.232
18:3	g	0.140	0	0.104	0.016
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	14	0	10	2
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 packet
Measure 2: 1 packet, (6 fl oz)

NDB No. 06129 Sauce, NESTLE, CHEF-MATE Teriyaki Sauce, 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	Samples	Measure 1* 16g	Measure 2* 2070g	Measure 3* 16g
Proximates:							
Water	g	69.04		3	11.05	1429.13	11.05
Energy	kcal	130		0	21	2691	21
Energy	kj	544		0	87	11261	87
Protein (N x 5.95)	g	0.93		3	0.15	19.25	0.15
Total lipid (fat)	g	3.63		3	0.58	75.14	0.58
Carbohydrate, by difference	g	23.37		0	3.74	483.76	3.74
Fiber, total dietary	g	0.0		3	0.0	0.0	0.0
Ash	g	3.04		3	0.49	62.93	0.49
Sugars, total	g	17.43		3	2.79	360.80	2.79
Minerals:							
Calcium	mg	8		3	1	166	1
Iron	mg	0.56		3	0.09	11.59	0.09
Magnesium	mg	8		0	1	166	1
Phosphorus	mg	21		0	3	435	3
Potassium	mg	50		0	8	1035	8
Sodium	mg	996		3	159	20617	159
Zinc	mg	0.10		0	0.02	2.07	0.02
Copper	mg	0.044		0	0.007	0.911	0.007
Manganese	mg	0.111		0	0.018	2.298	0.018
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.010		0	0.002	0.207	0.002
Riboflavin	mg	0.027		0	0.004	0.559	0.004
Niacin	mg	0.587		0	0.094	12.151	0.094
Pantothenic acid	mg	0.062		0	0.010	1.283	0.010
Vitamin B-6	mg	0.031		0	0.005	0.642	0.005
Folate	µg	3		0	0	62	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		3	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.167		0	0.027	3.457	0.027
Lipids:							
Saturated, total	g	0.361		3	0.058	7.473	0.058
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.006		0	0.001	0.124	0.001
15.0	g						
16:0	g	0.281		0	0.045	5.817	0.045
17:0	g						
18:0	g	0.074		0	0.012	1.532	0.012
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.069	0	0.171	22.128	0.171
14:1	g					
16:1	g	0.007	0	0.001	0.145	0.001
18:1	g	1.061	0	0.170	21.963	0.170
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.745	0	0.279	36.121	0.279
18:2	g	1.644	0	0.263	34.031	0.263
18:3	g	0.102	0	0.016	2.111	0.016
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06130 Sauce, NESTLE, CHEF-MATE All Purpose Stir Fry Sauce, 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	Samples	Measure 1* 15g	Measure 2* 2013g	Measure 3* 15g
Proximates:							
Water	g	74.16		3	11.12	1492.84	11.12
Energy	kcal	108		0	16	2174	16
Energy	kj	452		0	68	9099	68
Protein (N x 5.95)	g	1.53		3	0.23	30.80	0.23
Total lipid (fat)	g	4.33		3	0.65	87.16	0.65
Carbohydrate, by difference	g	15.66		0	2.35	315.24	2.35
Fiber, total dietary	g	0.0		3	0.0	0.0	0.0
Ash	g	4.33		3	0.65	87.16	0.65
Sugars, total	g	6.24		3	0.94	125.61	0.94
Minerals:							
Calcium	mg	10		3	2	201	2
Iron	mg	0.76		3	0.11	15.30	0.11
Magnesium	mg	10		0	2	201	2
Phosphorus	mg	30		0	5	604	5
Potassium	mg	52		0	8	1047	8
Sodium	mg	1556		3	233	31322	233
Zinc	mg	0.12		0	0.02	2.42	0.02
Copper	mg	0.040		0	0.006	0.805	0.006
Manganese	mg	0.135		0	0.020	2.718	0.020
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.7		3	0.7	94.6	0.7
Thiamin	mg	0.014		0	0.002	0.282	0.002
Riboflavin	mg	0.038		0	0.006	0.765	0.006
Niacin	mg	0.909		0	0.136	18.298	0.136
Pantothenic acid	mg	0.089		0	0.013	1.792	0.013
Vitamin B-6	mg	0.046		0	0.007	0.926	0.007
Folate	µg	4		0	1	81	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	25		3	4	503	4
Vitamin A, RE	µg	3		0	0	60	0
Vitamin E, α-TE	mg	0.200		0	0.030	4.026	0.030
Lipids:							
Saturated, total	g	0.616		3	0.092	12.400	0.092
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.010		0	0.002	0.201	0.002
15.0	g						
16:0	g	0.479		0	0.072	9.642	0.072
17:0	g						
18:0	g	0.127		0	0.019	2.557	0.019
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.274	0	0.191	25.646	0.191
14:1	g					
16:1	g	0.009	0	0.001	0.181	0.001
18:1	g	1.265	0	0.190	25.464	0.190
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.082	0	0.312	41.911	0.312
18:2	g	1.960	0	0.294	39.455	0.294
18:3	g	0.122	0	0.018	2.456	0.018
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06131 Sauce, NESTLE, CHEF-MATE Sweet N' Sour Glaze, 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	Samples	Measure 1* 2183g	Measure 2* 32g	Measure 3* 32g
Proximates:							
Water	g	57.89		3	1263.74	18.52	18.52
Energy	kcal	158		0	3449	51	51
Energy	kj	661		0	14430	212	212
Protein (N x 5.95)	g	0.46		3	10.04	0.15	0.15
Total lipid (fat)	g	0.07		3	1.53	0.02	0.02
Carbohydrate, by difference	g	38.93		0	849.84	12.46	12.46
Fiber, total dietary	g	0.1		3	2.2	0.0	0.0
Ash	g	2.65		3	57.85	0.85	0.85
Sugars, total	g	26.02		3	568.02	8.33	8.33
Minerals:							
Calcium	mg	47		3	1026	15	15
Iron	mg	1.14		3	24.89	0.36	0.36
Magnesium	mg	18		0	393	6	6
Phosphorus	mg	23		0	502	7	7
Potassium	mg	224		0	4890	72	72
Sodium	mg	717		3	15652	229	229
Zinc	mg	0.20		0	4.37	0.06	0.06
Copper	mg	0.154		0	3.362	0.049	0.049
Manganese	mg	0.771		0	16.831	0.247	0.247
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	8.0		3	174.6	2.6	2.6
Thiamin	mg	0.059		0	1.288	0.019	0.019
Riboflavin	mg	0.023		0	0.502	0.007	0.007
Niacin	mg	0.285		0	6.222	0.091	0.091
Pantothenic acid	mg	0.130		0	2.838	0.042	0.042
Vitamin B-6	mg	0.104		0	2.270	0.033	0.033
Folate	µg	8		0	175	3	3
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	150		3	3275	48	48
Vitamin A, RE	µg	15		0	327	5	5
Vitamin E, α-TE	mg	0.077		0	1.681	0.025	0.025
Lipids:							
Saturated, total	g	0.005		3	0.109	0.002	0.002
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.022	0.000	0.000
15.0	g						
16:0	g	0.002		0	0.044	0.001	0.001
17:0	g						
18:0	g	0.001		0	0.022	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.008	0	0.175	0.003	0.003
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.006	0	0.131	0.002	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.032	0	0.699	0.010	0.010
18:2	g	0.019	0	0.415	0.006	0.006
18:3	g	0.004	0	0.087	0.001	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving
Measure 3: 2 tablespoons

NDB No. 06132 Sauce, NESTLE, CHEF-MATE Sweet N' Sour Sauce, 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	Samples	Measure 1* 2041g	Measure 2* 33g	Measure 3* 33g
Proximates:							
Water	g	71.28		3	1454.82	23.52	23.52
Energy	kcal	122		0	2490	40	40
Energy	kj	510		0	10409	168	168
Protein (N x 5.95)	g	0.48		3	9.80	0.16	0.16
Total lipid (fat)	g	2.38		3	48.58	0.79	0.79
Carbohydrate, by difference	g	24.79		0	505.96	8.18	8.18
Fiber, total dietary	g	0.8		3	16.3	0.3	0.3
Ash	g	1.08		3	22.04	0.36	0.36
Sugars, total	g	20.83		3	425.14	6.87	6.87
Minerals:							
Calcium	mg	18		3	367	6	6
Iron	mg	0.85		3	17.35	0.28	0.28
Magnesium	mg	7		0	143	2	2
Phosphorus	mg	9		0	184	3	3
Potassium	mg	66		0	1347	22	22
Sodium	mg	353		3	7205	116	116
Zinc	mg	0.08		0	1.63	0.03	0.03
Copper	mg	0.048		0	0.980	0.016	0.016
Manganese	mg	0.292		0	5.960	0.096	0.096
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.027		0	0.551	0.009	0.009
Riboflavin	mg	0.015		0	0.306	0.005	0.005
Niacin	mg	0.200		0	4.082	0.066	0.066
Pantothenic acid	mg	0.051		0	1.041	0.017	0.017
Vitamin B-6	mg	0.044		0	0.898	0.015	0.015
Folate	µg	2		0	41	1	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	75		3	1531	25	25
Vitamin A, RE	µg	8		0	163	3	3
Vitamin E, α-TE	mg	0.199		0	4.062	0.066	0.066
Lipids:							
Saturated, total	g	0.370		3	7.552	0.122	0.122
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.006		0	0.122	0.002	0.002
15.0	g						
16:0	g	0.287		0	5.858	0.095	0.095
17:0	g						
18:0	g	0.076		0	1.551	0.025	0.025
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.695	0	14.185	0.229	0.229
14:1	g					
16:1	g	0.005	0	0.102	0.002	0.002
18:1	g	0.690	0	14.083	0.228	0.228
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.142	0	23.308	0.377	0.377
18:2	g	1.072	0	21.880	0.354	0.354
18:3	g	0.068	0	1.388	0.022	0.022
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving
Measure 3: 2 tablespoons

NDB No. 06133 Sauce, NESTLE, CHEF-MATE Szechuan Sauce, 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	Samples	Measure 1* 2070g	Measure 2* 32g	Measure 3* 32g
Proximates:							
Water	g	70.90		3	1467.63	22.69	22.69
Energy	kcal	130		0	2691	42	42
Energy	kj	544		0	11261	174	174
Protein (N x 5.95)	g	1.44		3	29.81	0.46	0.46
Total lipid (fat)	g	5.70		3	117.99	1.82	1.82
Carbohydrate, by difference	g	18.26		0	377.98	5.84	5.84
Fiber, total dietary	g	0.3		3	6.2	0.1	0.1
Ash	g	3.70		3	76.59	1.18	1.18
Sugars, total	g	8.92		3	184.64	2.85	2.85
Minerals:							
Calcium	mg	11		3	228	4	4
Iron	mg	0.75		3	15.53	0.24	0.24
Magnesium	mg	10		0	207	3	3
Phosphorus	mg	37		0	766	12	12
Potassium	mg	80		0	1656	26	26
Sodium	mg	1363		3	28214	436	436
Zinc	mg	0.12		0	2.48	0.04	0.04
Copper	mg	0.094		0	1.946	0.030	0.030
Manganese	mg	0.125		0	2.587	0.040	0.040
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.6		3	33.1	0.5	0.5
Thiamin	mg	0.014		0	0.290	0.004	0.004
Riboflavin	mg	0.034		0	0.704	0.011	0.011
Niacin	mg	0.602		0	12.461	0.193	0.193
Pantothenic acid	mg	0.054		0	1.118	0.017	0.017
Vitamin B-6	mg	0.049		0	1.014	0.016	0.016
Folate	µg	4		0	83	1	1
Vitamin B-12	µg	0.74		0	15.32	0.24	0.24
Vitamin A	IU	617		3	12772	197	197
Vitamin A, RE	µg	62		0	1283	20	20
Vitamin E, α-TE	mg	0.434		0	8.984	0.139	0.139
Lipids:							
Saturated, total	g	0.746		3	15.442	0.239	0.239
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.012		0	0.248	0.004	0.004
15.0	g						
16:0	g	0.556		0	11.509	0.178	0.178
17:0	g						
18:0	g	0.147		0	3.043	0.047	0.047
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.649	0	34.134	0.528	0.528
14:1	g					
16:1	g	0.011	0	0.228	0.004	0.004
18:1	g	1.603	0	33.182	0.513	0.513
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.741	0	56.739	0.877	0.877
18:2	g	2.480	0	51.336	0.794	0.794
18:3	g	0.153	0	3.167	0.049	0.049
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving
Measure 3: 2 tablespoons

NDB No. 06135 Sauce, NESTLE, CHEF-MATE Coney Island Style Hot Dog Sauce, 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	Samples	Measure 1* 248g	Measure 2* 3005g	Measure 3* 62g
Proximates:							
Water	g	77.27		3	191.63	2321.96	47.91
Energy	kcal	122		0	303	3666	76
Energy	kj	510		0	1265	15326	316
Protein (N x 5.95)	g	3.49		3	8.66	104.87	2.16
Total lipid (fat)	g	7.94		3	19.69	238.60	4.92
Carbohydrate, by difference	g	9.08		0	22.52	272.85	5.63
Fiber, total dietary	g	2.3		3	5.7	69.1	1.4
Ash	g	2.22		3	5.51	66.71	1.38
Sugars, total	g	1.60		3	3.97	48.08	0.99
Minerals:							
Calcium	mg	32		3	79	962	20
Iron	mg	1.76		3	4.36	52.89	1.09
Magnesium	mg	19		0	47	571	12
Phosphorus	mg	47		0	117	1412	29
Potassium	mg	319		0	791	9586	198
Sodium	mg	618		3	1533	18571	383
Zinc	mg	0.41		0	1.02	12.32	0.25
Copper	mg	0.145		0	0.360	4.357	0.090
Manganese	mg	0.218		0	0.541	6.551	0.135
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		3	0.2	3.0	0.1
Thiamin	mg	0.054		0	0.134	1.623	0.033
Riboflavin	mg	0.053		0	0.131	1.593	0.033
Niacin	mg	1.217		0	3.018	36.571	0.755
Pantothenic acid	mg	0.274		0	0.680	8.234	0.170
Vitamin B-6	mg	0.143		0	0.355	4.297	0.089
Folate	µg	13		0	32	391	8
Vitamin B-12	µg	0.06		0	0.15	1.80	0.04
Vitamin A	IU	1017		3	2522	30561	631
Vitamin A, RE	µg	102		0	253	3065	63
Vitamin E, α-TE	mg	1.729		0	4.288	51.956	1.072
Lipids:							
Saturated, total	g	1.470		3	3.646	44.174	0.911
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.001		0	0.002	0.030	0.001
12:0	g	0.002		0	0.005	0.060	0.001
14:0	g	0.045		0	0.112	1.352	0.028
15.0	g						
16:0	g	1.071		0	2.656	32.184	0.664
17:0	g						
18:0	g	0.333		0	0.826	10.007	0.206
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.460	0	6.101	73.923	1.525
14:1	g					
16:1	g	0.054	0	0.134	1.623	0.033
18:1	g	2.385	0	5.915	71.669	1.479
20:1	g	0.001	0	0.002	0.030	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.431	0	8.509	103.102	2.127
18:2	g	3.219	0	7.983	96.731	1.996
18:3	g	0.206	0	0.511	6.190	0.128
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.004	0	0.010	0.120	0.002
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	3	3	7	90	2
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06136 Sauce, mole poblano, 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	Samples	Measure 1* 242g	Measure 2* 125g	Measure 3*
Proximates:							
Water	g	71.54		1	173.48	89.68	
Energy	kcal	164		0	398	206	
Energy	kj	686		0	1663	860	
Protein (N x 5.95)	g	3.54		1	8.58	4.44	
Total lipid (fat)	g	10.95		1	26.55	13.73	
Carbohydrate, by difference	g	12.94		0	31.38	16.22	
Fiber, total dietary	g	4.2		1	10.2	5.3	
Ash	g	1.03		1	2.50	1.29	
Sugars, total	g						
Minerals:							
Calcium	mg	24		1	58	30	
Iron	mg	1.85		1	4.49	2.32	
Magnesium	mg	32		1	78	40	
Phosphorus	mg	82		1	199	103	
Potassium	mg	326		1	791	409	
Sodium	mg	134		1	325	168	
Zinc	mg	0.46		1	1.12	0.58	
Copper	mg	0.189		1	0.458	0.237	
Manganese	mg	0.234		1	0.567	0.293	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.022		1	0.053	0.028	
Riboflavin	mg	0.000		1	0.000	0.000	
Niacin	mg	1.640		1	3.977	2.056	
Pantothenic acid	mg	0.239		1	0.580	0.300	
Vitamin B-6	mg	0.251		1	0.609	0.315	
Folate	µg	28		1	68	35	
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g
14:1	g
16:1	g
18:1	g
20:1	g
22.1	g
Polyunsaturated, total	g
18:2	g
18:3	g
18:4	g
20:4	g
20:5	g
22:5	g
22:6	g
Cholesterol	mg
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
Other:	
Caffeine	mg
Theobromine	mg
Alcohol	g

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sauce
Measure 2: 1/2 cup

NDB No. 06137 Sauce, mole poblano, dry mix, single brand

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 265g	Measure 2* 127g	Measure 3*
Proximates:							
Water	g	4.12		1	10.91	5.22	
Energy	kcal	571		0	1512	723	
Energy	kj	2389		0	6326	3026	
Protein (N x 5.95)	g	7.48		1	19.81	9.47	
Total lipid (fat)	g	41.58		1	110.11	52.67	
Carbohydrate, by difference	g	41.70		0	110.43	52.82	
Fiber, total dietary	g	10.1		1	26.7	12.8	
Ash	g	5.12		1	13.56	6.49	
Sugars, total	g						
Minerals:							
Calcium	mg	302		1	800	383	
Iron	mg	5.71		1	15.12	7.23	
Magnesium	mg	127		1	336	161	
Phosphorus	mg	254		1	673	322	
Potassium	mg	602		1	1594	763	
Sodium	mg	1164		1	3082	1474	
Zinc	mg	2.50		1	6.62	3.17	
Copper	mg	0.684		1	1.811	0.866	
Manganese	mg	1.137		1	3.011	1.440	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.136		1	0.360	0.172	
Riboflavin	mg	0.573		1	1.517	0.726	
Niacin	mg	2.544		1	6.737	3.222	
Pantothenic acid	mg	0.232		1	0.614	0.294	
Vitamin B-6	mg	0.752		1	1.991	0.953	
Folate	µg	74		1	196	94	
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g	0.005		1	0.013	0.006	
16:0	g						
17:0	g	0.005		1	0.013	0.006	
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g
14:1	g
16:1	g
18:1	g
20:1	g
22.1	g
Polyunsaturated, total	g
18:2	g
18:3	g
18:4	g
20:4	g
20:5	g
22:5	g
22:6	g
Cholesterol	mg
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
Other:	
Caffeine	mg
Theobromine	mg
Alcohol	g

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, sauce
Measure 2: 1/2 cup

NDB No. 06139 Sauce, LA VICTORIA, LA VICTORIA Chunky Chili Dip, salsa, 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	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.78		2	27.23		
Energy	kcal	31		0	9		
Energy	kj	130		0	39		
Protein (N x 5.95)	g	0.79		2	0.24		
Total lipid (fat)	g	0.16		2	0.05		
Carbohydrate, by difference	g	6.54		0	1.96		
Fiber, total dietary	g	0.5		1	0.2		
Ash	g	1.72		2	0.52		
Sugars, total	g						
Minerals:							
Calcium	mg	14		1	4		
Iron	mg	0.04		1	0.01		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	493		1	148		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	10.5		1	3.1		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	211		1	63		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g
14:1	g
16:1	g
18:1	g
20:1	g
22.1	g
Polyunsaturated, total	g
18:2	g
18:3	g
18:4	g
20:4	g
20:5	g
22:5	g
22:6	g
Cholesterol	mg
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
Other:	
Caffeine	mg
Theobromine	mg
Alcohol	g

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06140 Sauce, RIDG'S, BULLS-EYE Original Barbecue 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	Samples	Measure 1* 36g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.30		1	19.19		
Energy	kcal	175		0	63		
Energy	kj	732		0	264		
Protein (N x 5.95)	g	1.20		1	0.43		
Total lipid (fat)	g	0.20		1	0.07		
Carbohydrate, by difference	g	42.10		0	15.16		
Fiber, total dietary	g						
Ash	g	3.20		1	1.15		
Sugars, total	g	31.90		1	11.48		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	838		1	302		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g
14:1	g
16:1	g
18:1	g
20:1	g
22.1	g
Polyunsaturated, total	g
18:2	g
18:3	g
18:4	g
20:4	g
20:5	g
22:5	g
22:6	g
Cholesterol	mg
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
Other:	
Caffeine	mg
Theobromine	mg
Alcohol	g

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06141 Sauce, MARZETTI, TEXAS BEST Barbecue Sauce Original 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	Samples	Measure 1* 32g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.75		0	22.96		
Energy	kcal	131		0	42		
Energy	kj	548		0	175		
Protein (N x 5.95)	g	2.02		0	0.65		
Total lipid (fat)	g	8.30		0	2.66		
Carbohydrate, by difference	g	12.61		0	4.04		
Fiber, total dietary	g						
Ash	g	5.32		0	1.70		
Sugars, total	g	8.71		0	2.79		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	984		0	315		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.837		0	0.588		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

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	Samples	Measure 1* 15g	Measure 2* 103g	Measure 3*
Proximates:							
Water	g	59.66		2	8.89	61.35	
Energy	kcal	237		0	35	244	
Energy	kj	992		0	148	1020	
Protein (N x 5.95)	g	12.80		2	1.91	13.16	
Total lipid (fat)	g	18.20		2	2.71	18.72	
Carbohydrate, by difference	g	5.46		0	0.81	5.62	
Fiber, total dietary	g	1.7		2	0.3	1.7	
Ash	g	3.88		2	0.58	3.99	
Sugars, total	g						
Minerals:							
Calcium	mg	20		2	3	21	
Iron	mg	0.94		2	0.14	0.97	
Magnesium	mg	25		2	4	26	
Phosphorus	mg	139		2	21	143	
Potassium	mg	401		2	60	412	
Sodium	mg	1145		2	171	1178	
Zinc	mg	1.41		2	0.21	1.45	
Copper	mg	0.165		2	0.025	0.170	
Manganese	mg	0.191		1	0.028	0.196	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	20.4		2	3.0	21.0	
Thiamin	mg	0.284		2	0.042	0.292	
Riboflavin	mg	0.212		2	0.032	0.218	
Niacin	mg	2.918		2	0.435	3.001	
Pantothenic acid	mg	0.597		2	0.089	0.614	
Vitamin B-6	mg	0.364		2	0.054	0.374	
Folate	µg	43		2	6	44	
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g
14:1	g
16:1	g
18:1	g
20:1	g
22.1	g
Polyunsaturated, total	g
18:2	g
18:3	g
18:4	g
20:4	g
20:5	g
22:5	g
22:6	g
Cholesterol	mg
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
Other:	
Caffeine	mg
Theobromine	mg
Alcohol	g

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1/2 cup

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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	87.10		1			
Energy	kcal	48		0			
Energy	kj	201		0			
Protein (N x 5.95)	g	1.20		1			
Total lipid (fat)	g	0.90		1			
Carbohydrate, by difference	g	8.70		0			
Fiber, total dietary	g						
Ash	g	2.10		1			
Sugars, total	g	4.70		0			
Minerals:							
Calcium	mg	20		1			
Iron	mg	0.90		1			
Magnesium	mg	13		1			
Phosphorus	mg	25		1			
Potassium	mg	292		1			
Sodium	mg	590		1			
Zinc	mg	0.21		1			
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.9		1			
Thiamin	mg	0.030		1			
Riboflavin	mg	0.120		1			
Niacin	mg	0.730		1			
Pantothenic acid	mg						
Vitamin B-6	mg	0.060		1			
Folate	µg						
Vitamin B-12	µg	0.00		1			
Vitamin A	IU	335		0			
Vitamin A, RE	µg	34		1			
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.162		1			
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.120		1			
17:0	g						
18:0	g	0.042		1			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.210	1
14:1	g		
16:1	g		
18:1	g	0.210	1
20:1	g		
22.1	g		
Polyunsaturated, total	g	0.510	1
18:2	g	0.453	1
18:3	g	0.057	1
18:4	g		
20:4	g		
20:5	g		
22:5	g		
22:6	g		
Cholesterol	mg	0	1
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 06147 Soup, beef mushroom, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	85.50		0	214.60	260.77	
Energy	kcal	61		0	153	186	
Energy	kj	255		0	640	778	
Protein (N x 5.95)	g	4.60	0.069	5	11.55	14.03	
Total lipid (fat)	g	2.40	0.114	5	6.02	7.32	
Carbohydrate, by difference	g	5.20		0	13.05	15.86	
Fiber, total dietary	g						
Ash	g	2.30		0	5.77	7.01	
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.220	5	10	12	
Iron	mg	0.70	0.068	5	1.76	2.13	
Magnesium	mg	7		0	18	21	
Phosphorus	mg	29		0	73	88	
Potassium	mg	126		0	316	384	
Sodium	mg	773		0	1940	2358	
Zinc	mg	1.10		0	2.76	3.36	
Copper	mg	0.200		0	0.502	0.610	
Manganese	mg	0.300		0	0.753	0.915	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	5	0.0	0.0	
Thiamin	mg	0.020	0.004	5	0.050	0.061	
Riboflavin	mg	0.060	0.002	5	0.151	0.183	
Niacin	mg	0.900	0.040	5	2.259	2.745	
Pantothenic acid	mg	0.190		0	0.477	0.580	
Vitamin B-6	mg	0.040		0	0.100	0.122	
Folate	µg	7		0	18	21	
Vitamin B-12	µg	0.16		0	0.40	0.49	
Vitamin A	IU	0	0.000	5	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.200		0	3.012	3.660	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020		0	0.050	0.061	
14:0	g	0.090		0	0.226	0.274	
15.0	g						
16:0	g	0.600		0	1.506	1.830	
17:0	g						
18:0	g	0.450		0	1.129	1.373	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.000	0	2.510	3.050
14:1	g				
16:1	g	0.100	0	0.251	0.305
18:1	g	0.860	0	2.159	2.623
20:1	g	0.010	0	0.025	0.031
22.1	g				
Polyunsaturated, total	g	0.100	0	0.251	0.305
18:2	g	0.070	0	0.176	0.214
18:3	g	0.010	0	0.025	0.031
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	0	13	15
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz)

NDB No. 06148 Sauce, sour cream, dehydrated, 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	Samples	Measure 1* 70g	Measure 2* 35g	Measure 3*
Proximates:							
Water	g	1.59	0.229	4	1.12	0.56	
Energy	kcal	512		0	360	180	
Energy	kj	2142		0	1508	754	
Protein (N x 5.95)	g	15.70		3	11.05	5.53	
Total lipid (fat)	g	31.40		3	22.11	11.05	
Carbohydrate, by difference	g	48.31		0	34.01	17.01	
Fiber, total dietary	g						
Ash	g	3.00	0.035	2	2.11	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	363	21.213	2	256	128	
Iron	mg	0.70	0.182	2	0.49	0.25	
Magnesium	mg	21		0	15	7	
Phosphorus	mg	118		0	83	42	
Potassium	mg	515		6	363	181	
Sodium	mg	1260	65.054	2	887	444	
Zinc	mg	1.82	0.015	3	1.28	0.64	
Copper	mg	0.075	0.001	2	0.053	0.026	
Manganese	mg	0.200		0	0.141	0.070	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	0.3	0.1	
Thiamin	mg	0.060		0	0.042	0.021	
Riboflavin	mg	0.440	0.014	2	0.310	0.155	
Niacin	mg	0.500	0.035	2	0.352	0.176	
Pantothenic acid	mg	0.700		0	0.493	0.246	
Vitamin B-6	mg	0.060		0	0.042	0.021	
Folate	µg	4		0	3	1	
Vitamin B-12	µg	0.30		0	0.21	0.11	
Vitamin A	IU	241		0	170	85	
Vitamin A, RE	µg	96		0	68	34	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	15.650		0	11.018	5.509	
4:0	g	0.680		0	0.479	0.239	
6.0	g	0.400		0	0.282	0.141	
8:0	g	0.230		0	0.162	0.081	
10:0	g	0.520		0	0.366	0.183	
12:0	g	0.590		0	0.415	0.208	
14:0	g	2.150		0	1.514	0.757	
15.0	g						
16:0	g	6.990		0	4.921	2.460	
17:0	g						
18:0	g	3.650		0	2.570	1.285	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.710	0	7.540	3.770
14:1	g				
16:1	g	0.470	0	0.331	0.165
18:1	g	9.930	0	6.991	3.495
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.510	0	2.471	1.236
18:2	g	3.040	0	2.140	1.070
18:3	g	0.470	0	0.331	0.165
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	0	56	28
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06149 Soup, chicken mushroom, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	80.40		0	201.80	245.22	
Energy	kcal	109		0	274	332	
Energy	kj	456		0	1145	1391	
Protein (N x 5.95)	g	3.50	0.091	5	8.79	10.68	
Total lipid (fat)	g	7.30	0.120	5	18.32	22.27	
Carbohydrate, by difference	g	7.60		0	19.08	23.18	
Fiber, total dietary	g	0.2		0	0.5	0.6	
Ash	g	1.20		0	3.01	3.66	
Sugars, total	g						
Minerals:							
Calcium	mg	23	0.537	5	58	70	
Iron	mg	0.70	0.129	5	1.76	2.13	
Magnesium	mg	7		0	18	21	
Phosphorus	mg	22		0	55	67	
Potassium	mg	126		0	316	384	
Sodium	mg	773		0	1940	2358	
Zinc	mg	0.80		0	2.01	2.44	
Copper	mg	0.040		0	0.100	0.122	
Manganese	mg	0.100		0	0.251	0.305	
Selenium	µg	2.9		0	7.3	8.8	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	5	0.0	0.0	
Thiamin	mg	0.020	0.005	5	0.050	0.061	
Riboflavin	mg	0.090	0.005	5	0.226	0.274	
Niacin	mg	1.300	0.048	5	3.263	3.965	
Pantothenic acid	mg	0.200		0	0.502	0.610	
Vitamin B-6	mg	0.040		0	0.100	0.122	
Folate	µg	2		0	5	6	
Vitamin B-12	µg	0.05		0	0.13	0.15	
Vitamin A	IU	905	10.706	5	2272	2760	
Vitamin A, RE	µg	90		0	226	275	
Vitamin E, α-TE	mg	0.010		0	0.025	0.031	
Lipids:							
Saturated, total	g	1.920		0	4.819	5.856	
4:0	g	0.010		0	0.025	0.031	
6.0	g	0.010		0	0.025	0.031	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.025	0.031	
12:0	g	0.010		0	0.025	0.031	
14:0	g	0.070		0	0.176	0.214	
15.0	g						
16:0	g	1.260		0	3.163	3.843	
17:0	g						
18:0	g	0.500		0	1.255	1.525	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.210	0	8.057	9.790
14:1	g				
16:1	g	0.210	0	0.527	0.640
18:1	g	2.940	0	7.379	8.967
20:1	g	0.040	0	0.100	0.122
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.850	0	4.644	5.643
18:2	g	1.750	0	4.393	5.338
18:3	g	0.090	0	0.226	0.274
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	8	0	20	24
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz)

NDB No. 06150 Sauce, barbecue 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	Samples	Measure 1* 250g	Measure 2* 9g	Measure 3*
Proximates:							
Water	g	80.90		1	202.25	7.52	
Energy	kcal	75		0	188	7	
Energy	kj	314		0	785	29	
Protein (N x 5.95)	g	1.80		2	4.50	0.17	
Total lipid (fat)	g	1.80		2	4.50	0.17	
Carbohydrate, by difference	g	12.80		0	32.00	1.19	
Fiber, total dietary	g	1.2		0	3.0	0.1	
Ash	g	2.70		1	6.75	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	19		2	48	2	
Iron	mg	0.90		2	2.25	0.08	
Magnesium	mg	18		0	45	2	
Phosphorus	mg	20		1	50	2	
Potassium	mg	174		1	435	16	
Sodium	mg	815		1	2038	76	
Zinc	mg	0.20		0	0.50	0.02	
Copper	mg	0.200		0	0.500	0.019	
Manganese	mg	0.300		0	0.750	0.028	
Selenium	µg	1.3	0.029	3	3.3	0.1	
Vitamins:							
Ascorbic acid	mg	7.0		2	17.5	0.7	
Thiamin	mg	0.030		2	0.075	0.003	
Riboflavin	mg	0.020		2	0.050	0.002	
Niacin	mg	0.900		2	2.250	0.084	
Pantothenic acid	mg	0.300		0	0.750	0.028	
Vitamin B-6	mg	0.075		1	0.188	0.007	
Folate	µg	4		0	10	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	868		2	2170	81	
Vitamin A, RE	µg	87		0	218	8	
Vitamin E, α-TE	mg	1.110		0	2.775	0.103	
Lipids:							
Saturated, total	g	0.270		0	0.675	0.025	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.180		0	0.450	0.017	
17:0	g						
18:0	g	0.090		0	0.225	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.770	0	1.925	0.072
14:1	g				
16:1	g	0.010	0	0.025	0.001
18:1	g	0.770	0	1.925	0.072
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.680	0	1.700	0.063
18:2	g	0.630	0	1.575	0.059
18:3	g	0.050	0	0.125	0.005
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

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	Samples	Measure 1* 305g	Measure 2* 19g	Measure 3*
Proximates:							
Water	g	53.71		2	163.82	10.20	
Energy	kcal	184		0	561	35	
Energy	kj	770		0	2349	146	
Protein (N x 5.95)	g	0.89		2	2.71	0.17	
Total lipid (fat)	g	1.04		2	3.17	0.20	
Carbohydrate, by difference	g	42.81		0	130.57	8.13	
Fiber, total dietary	g	0.7		2	2.1	0.1	
Ash	g	1.56		2	4.76	0.30	
Sugars, total	g						
Minerals:							
Calcium	mg	12		2	37	2	
Iron	mg	1.43		2	4.36	0.27	
Magnesium	mg	12		2	37	2	
Phosphorus	mg	22		2	67	4	
Potassium	mg	259		2	790	49	
Sodium	mg	538		2	1641	102	
Zinc	mg	0.19		2	0.58	0.04	
Copper	mg	0.078		2	0.238	0.015	
Manganese	mg	0.114		2	0.348	0.022	
Selenium	µg	0.4		0	1.2	0.1	
Vitamins:							
Ascorbic acid	mg	0.5		2	1.5	0.1	
Thiamin	mg	0.018		2	0.055	0.003	
Riboflavin	mg	0.084		2	0.256	0.016	
Niacin	mg	1.014		2	3.093	0.193	
Pantothenic acid	mg	0.059		2	0.180	0.011	
Vitamin B-6	mg	0.078		2	0.238	0.015	
Folate	µg	6		0	18	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	44		2	134	8	
Vitamin A, RE	µg	4		0	12	1	
Vitamin E, α-TE	mg	0.195		0	0.595	0.037	
Lipids:							
Saturated, total	g	0.153		0	0.467	0.029	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.002		0	0.006	0.000	
15.0	g						
16:0	g	0.111		0	0.339	0.021	
17:0	g						
18:0	g	0.038		0	0.116	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.240	0	0.732	0.046
14:1	g				
16:1	g	0.002	0	0.006	0.000
18:1	g	0.236	0	0.720	0.045
20:1	g	0.001	0	0.003	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.588	0	1.793	0.112
18:2	g	0.516	0	1.574	0.098
18:3	g	0.069	0	0.210	0.013
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon

NDB No. 06152 Sauce, NESTLE, CONTADINA Deluxe Pizza Sauce, 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	Samples	Measure 1* 3005g	Measure 2* 63g	Measure 3* 63g
Proximates:							
Water	g	86.71		3	2605.64	54.63	54.63
Energy	kcal	54		0	1623	34	34
Energy	kj	226		0	6791	142	142
Protein (N x 5.95)	g	2.18		3	65.51	1.37	1.37
Total lipid (fat)	g	1.15		3	34.56	0.72	0.72
Carbohydrate, by difference	g	8.67		0	260.53	5.46	5.46
Fiber, total dietary	g	2.0		3	60.1	1.3	1.3
Ash	g	1.30		3	39.06	0.82	0.82
Sugars, total	g	1.75		3	52.59	1.10	1.10
Minerals:							
Calcium	mg	54		3	1623	34	34
Iron	mg	0.90		3	27.05	0.57	0.57
Magnesium	mg	21		0	631	13	13
Phosphorus	mg	50		0	1503	32	32
Potassium	mg	354		0	10638	223	223
Sodium	mg	185		3	5559	117	117
Zinc	mg	0.25		0	7.51	0.16	0.16
Copper	mg	0.137		0	4.117	0.086	0.086
Manganese	mg	0.221		0	6.641	0.139	0.139
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	11.3		3	339.6	7.1	7.1
Thiamin	mg	0.061		0	1.833	0.038	0.038
Riboflavin	mg	0.053		0	1.593	0.033	0.033
Niacin	mg	1.421		0	42.701	0.895	0.895
Pantothenic acid	mg	0.374		0	11.239	0.236	0.236
Vitamin B-6	mg	0.136		0	4.087	0.086	0.086
Folate	µg	10		0	301	6	6
Vitamin B-12	µg	0.02		0	0.60	0.01	0.01
Vitamin A	IU	667		3	20043	420	420
Vitamin A, RE	µg	67		0	2013	42	42
Vitamin E, α-TE	mg	2.541		0	76.357	1.601	1.601
Lipids:							
Saturated, total	g	0.460		3	13.823	0.290	0.290
4:0	g	0.032		0	0.962	0.020	0.020
6.0	g	0.012		0	0.361	0.008	0.008
8:0	g	0.006		0	0.180	0.004	0.004
10:0	g	0.016		0	0.481	0.010	0.010
12:0	g	0.021		0	0.631	0.013	0.013
14:0	g	0.071		0	2.134	0.045	0.045
15.0	g						
16:0	g	0.216		0	6.491	0.136	0.136
17:0	g						
18:0	g	0.067		0	2.013	0.042	0.042
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.461	0	13.853	0.290	0.290
14:1	g					
16:1	g	0.013	0	0.391	0.008	0.008
18:1	g	0.434	0	13.042	0.273	0.273
20:1	g	0.001	0	0.030	0.001	0.001
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.099	0	2.975	0.062	0.062
18:2	g	0.082	0	2.464	0.052	0.052
18:3	g	0.014	0	0.421	0.009	0.009
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	3	3	90	2	2
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving
Measure 3: 1/4 cup

NDB No. 06153 Sauce, NESTLE, QUE BUENO Enchilada Sauce, 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	Samples	Measure 1* 3855g	Measure 2* 30g	Measure 3* 30g
Proximates:							
Water	g	88.53		3	3412.83	26.56	26.56
Energy	kcal	50		0	1928	15	15
Energy	kj	209		0	8057	63	63
Protein (N x 5.95)	g	1.45		3	55.90	0.44	0.44
Total lipid (fat)	g	1.98		3	76.33	0.59	0.59
Carbohydrate, by difference	g	6.71		0	258.67	2.01	2.01
Fiber, total dietary	g	1.0		3	38.5	0.3	0.3
Ash	g	1.33		3	51.27	0.40	0.40
Sugars, total	g	0.58		3	22.36	0.17	0.17
Minerals:							
Calcium	mg	24		3	925	7	7
Iron	mg	1.03		3	39.71	0.31	0.31
Magnesium	mg	17		0	655	5	5
Phosphorus	mg	35		0	1349	11	11
Potassium	mg	278		0	10717	83	83
Sodium	mg	258		3	9946	77	77
Zinc	mg	0.19		0	7.32	0.06	0.06
Copper	mg	0.102		0	3.932	0.031	0.031
Manganese	mg	0.166		0	6.399	0.050	0.050
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	7.1		3	273.7	2.1	2.1
Thiamin	mg	0.055		0	2.120	0.017	0.017
Riboflavin	mg	0.036		0	1.388	0.011	0.011
Niacin	mg	1.060		0	40.863	0.318	0.318
Pantothenic acid	mg	0.266		0	10.254	0.080	0.080
Vitamin B-6	mg	0.145		0	5.590	0.044	0.044
Folate	µg	8		0	308	2	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	411		3	15844	123	123
Vitamin A, RE	µg	41		0	1581	12	12
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.290		3	11.179	0.087	0.087
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.004		0	0.154	0.001	0.001
15.0	g						
16:0	g	0.221		0	8.520	0.066	0.066
17:0	g						
18:0	g	0.059		0	2.274	0.018	0.018
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.560	0	21.588	0.168	0.168
14:1	g					
16:1	g	0.004	0	0.154	0.001	0.001
18:1	g	0.552	0	21.280	0.166	0.166
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.941	0	36.276	0.282	0.282
18:2	g	0.871	0	33.577	0.261	0.261
18:3	g	0.053	0	2.043	0.016	0.016
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving
Measure 3: 2 tablespoons

NDB No. 06154 Sauce, hollandaise, with vegetable oil, dehydrated, 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	Samples	Measure 1* 17g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	5.00		1	0.83	1.24	
Energy	kcal	374		0	62	93	
Energy	kj	1565		0	258	388	
Protein (N x 5.95)	g	13.75		1	2.27	3.41	
Total lipid (fat)	g	9.30		1	1.53	2.31	
Carbohydrate, by difference	g	62.45		0	10.30	15.49	
Fiber, total dietary	g						
Ash	g	9.50		1	1.57	2.36	
Sugars, total	g						
Minerals:							
Calcium	mg	255		0	42	63	
Iron	mg	0.30		0	0.05	0.07	
Magnesium	mg	27		0	4	7	
Phosphorus	mg	211		0	35	52	
Potassium	mg	377		0	62	93	
Sodium	mg	2600		1	429	645	
Zinc	mg	0.90		0	0.15	0.22	
Copper	mg	0.100		0	0.017	0.025	
Manganese	mg	0.100		0	0.017	0.025	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		0	0.2	0.2	
Thiamin	mg	0.100		0	0.017	0.025	
Riboflavin	mg	0.400		0	0.066	0.099	
Niacin	mg	0.600		0	0.099	0.149	
Pantothenic acid	mg	0.800		0	0.132	0.198	
Vitamin B-6	mg	0.100		0	0.017	0.025	
Folate	µg	14		0	2	3	
Vitamin B-12	µg	0.80		0	0.13	0.20	
Vitamin A	IU	7		0	1	2	
Vitamin A, RE	µg	2		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.930		0	0.318	0.479	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.020		0	0.003	0.005	
15.0	g						
16:0	g	1.220		0	0.201	0.303	
17:0	g						
18:0	g	0.690		0	0.114	0.171	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.090	0	0.675	1.014
14:1	g				
16:1	g	0.030	0	0.005	0.007
18:1	g	4.060	0	0.670	1.007
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.750	0	0.454	0.682
18:2	g	2.620	0	0.432	0.650
18:3	g	0.120	0	0.020	0.030
18:4	g				
20:4	g	0.010	0	0.002	0.002
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06155 Sauce, hollandaise, with butter fat, dehydrated, 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	Samples	Measure 1* 45g	Measure 2* 34g	Measure 3*
Proximates:							
Water	g	2.12		3	0.95	0.71	
Energy	kcal	554		0	249	187	
Energy	kj	2318		0	1041	781	
Protein (N x 5.95)	g	11.00		3	4.94	3.71	
Total lipid (fat)	g	46.04		3	20.67	15.52	
Carbohydrate, by difference	g	32.10		0	14.41	10.82	
Fiber, total dietary	g	1.1		0	0.5	0.4	
Ash	g	8.75		3	3.93	2.95	
Sugars, total	g						
Minerals:							
Calcium	mg	289	4.596	2	130	97	
Iron	mg	2.10	0.000	2	0.94	0.71	
Magnesium	mg	18		0	8	6	
Phosphorus	mg	293		0	132	99	
Potassium	mg	291		6	131	98	
Sodium	mg	3650	127.986	2	1639	1230	
Zinc	mg	1.60		0	0.72	0.54	
Copper	mg	0.300		0	0.135	0.101	
Manganese	mg	0.100		0	0.045	0.034	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		0	0.4	0.3	
Thiamin	mg	0.100		0	0.045	0.034	
Riboflavin	mg	0.421	0.014	2	0.189	0.142	
Niacin	mg	0.130	0.283	2	0.058	0.044	
Pantothenic acid	mg	2.000		0	0.898	0.674	
Vitamin B-6	mg	1.200		0	0.539	0.404	
Folate	µg	49		0	22	17	
Vitamin B-12	µg	1.80		0	0.81	0.61	
Vitamin A	IU	1700		0	763	573	
Vitamin A, RE	µg	510		0	229	172	
Vitamin E, α-TE	mg	0.903		0	0.405	0.304	
Lipids:							
Saturated, total	g	27.050		0	12.145	9.116	
4:0	g	1.330		0	0.597	0.448	
6.0	g	0.790		0	0.355	0.266	
8:0	g	0.460		0	0.207	0.155	
10:0	g	1.030		0	0.462	0.347	
12:0	g	1.150		0	0.516	0.388	
14:0	g	4.140		0	1.859	1.395	
15.0	g						
16:0	g	11.900		0	5.343	4.010	
17:0	g						
18:0	g	5.360		0	2.407	1.806	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.850	0	6.219	4.667
14:1	g				
16:1	g	1.090	0	0.489	0.367
18:1	g	12.150	0	5.455	4.095
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.170	0	0.974	0.731
18:2	g	1.480	0	0.665	0.499
18:3	g	0.610	0	0.274	0.206
18:4	g				
20:4	g	0.040	0	0.018	0.013
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	118	0	53	40
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06156 Sauce, NESTLE, CHEF-MATE Hot Dog Chili Sauce, 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	Samples	Measure 1* 3062g	Measure 2* 63g	Measure 3* 63g
Proximates:							
Water	g	74.97		3	2295.58	47.23	47.23
Energy	kcal	110		0	3368	69	69
Energy	kj	460		0	14085	290	290
Protein (N x 5.95)	g	4.27		3	130.75	2.69	2.69
Total lipid (fat)	g	3.78		3	115.74	2.38	2.38
Carbohydrate, by difference	g	14.65		0	448.58	9.23	9.23
Fiber, total dietary	g	2.7		3	82.7	1.7	1.7
Ash	g	2.33		3	71.34	1.47	1.47
Sugars, total	g	1.76		3	53.89	1.11	1.11
Minerals:							
Calcium	mg	31		3	949	20	20
Iron	mg	1.55		3	47.46	0.98	0.98
Magnesium	mg	20		0	612	13	13
Phosphorus	mg	63		0	1929	40	40
Potassium	mg	237		0	7257	149	149
Sodium	mg	633		3	19382	399	399
Zinc	mg	0.87		0	26.64	0.55	0.55
Copper	mg	0.110		0	3.368	0.069	0.069
Manganese	mg	0.204		0	6.246	0.129	0.129
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		3	3.1	0.1	0.1
Thiamin	mg	0.078		0	2.388	0.049	0.049
Riboflavin	mg	0.075		0	2.297	0.047	0.047
Niacin	mg	1.049		0	32.120	0.661	0.661
Pantothenic acid	mg	0.220		0	6.736	0.139	0.139
Vitamin B-6	mg	0.117		0	3.583	0.074	0.074
Folate	µg	35		0	1072	22	22
Vitamin B-12	µg	0.21		0	6.43	0.13	0.13
Vitamin A	IU	672		3	20577	423	423
Vitamin A, RE	µg	67		0	2052	42	42
Vitamin E, α-TE	mg	0.457		0	13.993	0.288	0.288
Lipids:							
Saturated, total	g	1.540		0	47.155	0.970	0.970
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.005		0	0.153	0.003	0.003
12:0	g	0.007		0	0.214	0.004	0.004
14:0	g	0.113		0	3.460	0.071	0.071
15.0	g						
16:0	g	0.886		0	27.129	0.558	0.558
17:0	g						
18:0	g	0.447		0	13.687	0.282	0.282
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.537	0	47.063	0.968	0.968
14:1	g					
16:1	g	0.147	0	4.501	0.093	0.093
18:1	g	1.320	0	40.418	0.832	0.832
20:1	g	0.004	0	0.122	0.003	0.003
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.343	0	10.503	0.216	0.216
18:2	g	0.252	0	7.716	0.159	0.159
18:3	g	0.073	0	2.235	0.046	0.046
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.013	0	0.398	0.008	0.008
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	7	3	214	4	4
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving
Measure 3: 1/4 cup

NDB No. 06157 Sauce, NESTLE, QUE BUENO Picante Sauce, 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	Samples	Measure 1* 3855g	Measure 2* 30g	Measure 3* 30g
Proximates:							
Water	g	89.23		3	3439.82	26.77	26.77
Energy	kcal	34		0	1311	10	10
Energy	kj	142		0	5474	43	43
Protein (N x 5.95)	g	1.22		3	47.03	0.37	0.37
Total lipid (fat)	g	0.23		3	8.87	0.07	0.07
Carbohydrate, by difference	g	6.66		0	256.74	2.00	2.00
Fiber, total dietary	g	0.0		3	0.0	0.0	0.0
Ash	g	2.67		3	102.93	0.80	0.80
Sugars, total	g	0.78		3	30.07	0.23	0.23
Minerals:							
Calcium	mg	42		3	1619	13	13
Iron	mg	0.50		3	19.27	0.15	0.15
Magnesium	mg	15		0	578	5	5
Phosphorus	mg	28		0	1079	8	8
Potassium	mg	268		0	10331	80	80
Sodium	mg	840		3	32382	252	252
Zinc	mg	0.17		0	6.55	0.05	0.05
Copper	mg	0.103		0	3.971	0.031	0.031
Manganese	mg	0.157		0	6.052	0.047	0.047
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.9		3	73.2	0.6	0.6
Thiamin	mg	0.052		0	2.005	0.016	0.016
Riboflavin	mg	0.042		0	1.619	0.013	0.013
Niacin	mg	0.965		0	37.201	0.289	0.289
Pantothenic acid	mg	0.264		0	10.177	0.079	0.079
Vitamin B-6	mg	0.124		0	4.780	0.037	0.037
Folate	µg	10		0	386	3	3
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	278		3	10717	83	83
Vitamin A, RE	µg	28		0	1079	8	8
Vitamin E, α-TE	mg	1.237		0	47.686	0.371	0.371
Lipids:							
Saturated, total	g	0.021		3	0.810	0.006	0.006
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.007		0	0.270	0.002	0.002
17:0	g						
18:0	g	0.002		0	0.077	0.001	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.034	0	1.311	0.010	0.010
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.017	0	0.655	0.005	0.005
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.100	0	3.855	0.030	0.030
18:2	g	0.047	0	1.812	0.014	0.014
18:3	g	0.002	0	0.077	0.001	0.001
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving
Measure 3: 2 tablespoons

NDB No. 06158 Soup, tomato bisque, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 257g	Measure 2* 312g	Measure 3*
Proximates:							
Water	g	75.32	0.277	13	193.57	235.00	
Energy	kcal	96		0	247	300	
Energy	kj	402		0	1033	1254	
Protein (N x 5.95)	g	1.76	0.058	13	4.52	5.49	
Total lipid (fat)	g	1.95	0.058	13	5.01	6.08	
Carbohydrate, by difference	g	18.47		0	47.47	57.63	
Fiber, total dietary	g	0.8		0	2.1	2.5	
Ash	g	2.49	0.035	13	6.40	7.77	
Sugars, total	g						
Minerals:							
Calcium	mg	31	2.333	13	80	97	
Iron	mg	0.64	0.046	13	1.64	2.00	
Magnesium	mg	7		1	18	22	
Phosphorus	mg	47		1	121	147	
Potassium	mg	325		1	835	1014	
Sodium	mg	816	38.192	8	2097	2546	
Zinc	mg	0.46		5	1.17	1.43	
Copper	mg	0.100		1	0.257	0.312	
Manganese	mg	0.200		1	0.514	0.624	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.6		1	11.8	14.4	
Thiamin	mg	0.051	0.001	13	0.131	0.159	
Riboflavin	mg	0.055	0.002	13	0.141	0.172	
Niacin	mg	0.894	0.023	13	2.298	2.789	
Pantothenic acid	mg	0.100		0	0.257	0.312	
Vitamin B-6	mg	0.070		1	0.180	0.218	
Folate	µg	12		0	31	37	
Vitamin B-12	µg	0.00		1	0.00	0.00	
Vitamin A	IU	562		13	1444	1753	
Vitamin A, RE	µg	56		0	144	175	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.420		0	1.079	1.310	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.020		0	0.051	0.062	
15.0	g						
16:0	g	0.240		0	0.617	0.749	
17:0	g						
18:0	g	0.090		0	0.231	0.281	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.530	0	1.362	1.654
14:1	g				
16:1	g	0.010	0	0.026	0.031
18:1	g	0.510	0	1.311	1.591
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.870	0	2.236	2.714
18:2	g	0.750	0	1.928	2.340
18:3	g	0.110	0	0.283	0.343
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	0	10	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.046	0.056
Threonine	g	0.052	0	0.134	0.162
Isoleucine	g	0.060	0	0.154	0.187
Leucine	g	0.098	0	0.252	0.306
Lysine	g	0.070	0	0.180	0.218
Methionine	g	0.023	0	0.059	0.072
Cystine	g	0.019	0	0.049	0.059
Phenylalanine	g	0.060	0	0.154	0.187
Tyrosine	g	0.046	0	0.118	0.144
Valine	g	0.068	0	0.175	0.212
Arginine	g	0.051	0	0.131	0.159
Histidine	g	0.034	0	0.087	0.106
Alanine	g	0.050	0	0.129	0.156
Aspartic acid	g	0.154	0	0.396	0.480
Glutamic acid	g	0.605	0	1.555	1.888
Glycine	g	0.040	0	0.103	0.125
Proline	g	0.108	0	0.278	0.337
Serine	g	0.069	0	0.177	0.215
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11 oz), undiluted

NDB No. 06159 Soup, tomato, canned, condensed, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	81.25	0.343	13	203.94	247.81	
Energy	kcal	68		0	171	207	
Energy	kj	285		0	715	869	
Protein (N x 5.95)	g	1.64	0.031	10	4.12	5.00	
Total lipid (fat)	g	1.53	0.030	10	3.84	4.67	
Carbohydrate, by difference	g	13.22		0	33.18	40.32	
Fiber, total dietary	g	0.4		0	1.0	1.2	
Ash	g	2.36	0.031	10	5.92	7.20	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.718	10	28	34	
Iron	mg	1.40	0.132	10	3.51	4.27	
Magnesium	mg	6		1	15	18	
Phosphorus	mg	27		1	68	82	
Potassium	mg	210		1	527	641	
Sodium	mg	554		0	1391	1690	
Zinc	mg	0.19		3	0.49	0.59	
Copper	mg	0.200		1	0.502	0.610	
Manganese	mg	0.200		1	0.502	0.610	
Selenium	µg	0.4	0.177	2	1.0	1.2	
Vitamins:							
Ascorbic acid	mg	53.0	3.000	10	133.0	161.7	
Thiamin	mg	0.070	0.004	10	0.176	0.214	
Riboflavin	mg	0.040	0.002	10	0.100	0.122	
Niacin	mg	1.130	0.040	10	2.836	3.446	
Pantothenic acid	mg	0.120		0	0.301	0.366	
Vitamin B-6	mg	0.090		1	0.226	0.274	
Folate	µg	12	1.014	3	29	36	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	555		10	1393	1693	
Vitamin A, RE	µg	56		0	141	171	
Vitamin E, α-TE	mg	2.020		0	5.070	6.161	
Lipids:							
Saturated, total	g	0.290		0	0.728	0.884	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.010		1	0.025	0.031	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.020		1	0.050	0.061	
15.0	g						
16:0	g	0.160		1	0.402	0.488	
17:0	g						
18:0	g	0.070		1	0.176	0.214	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.340	0	0.853	1.037
14:1	g				
16:1	g	0.010	1	0.025	0.031
18:1	g	0.330	1	0.828	1.006
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.760	0	1.908	2.318
18:2	g	0.630	1	1.581	1.922
18:3	g	0.130	1	0.326	0.397
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.016	0	0.040	0.049
Threonine	g	0.041	0	0.103	0.125
Isoleucine	g	0.047	0	0.118	0.143
Leucine	g	0.079	0	0.198	0.241
Lysine	g	0.040	0	0.100	0.122
Methionine	g	0.018	0	0.045	0.055
Cystine	g	0.022	0	0.055	0.067
Phenylalanine	g	0.056	0	0.141	0.171
Tyrosine	g	0.034	0	0.085	0.104
Valine	g	0.053	0	0.133	0.162
Arginine	g	0.048	0	0.120	0.146
Histidine	g	0.029	0	0.073	0.088
Alanine	g	0.044	0	0.110	0.134
Aspartic acid	g	0.128	0	0.321	0.390
Glutamic acid	g	0.617	0	1.549	1.882
Glycine	g	0.042	0	0.105	0.128
Proline	g	0.107	0	0.269	0.326
Serine	g	0.063	0	0.158	0.192
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 can (10.75 oz)

NDB No. 06164 Sauce, ready-to-serve, salsa

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 259g	Measure 2* 16g	Measure 3* 9g
Proximates:							
Water	g	90.46	1.080	5	234.29	14.47	8.05
Energy	kcal	28		0	73	4	2
Energy	kj	117		0	303	19	10
Protein (N x 5.95)	g	1.27	0.100	5	3.29	0.20	0.11
Total lipid (fat)	g	0.24	0.040	5	0.62	0.04	0.02
Carbohydrate, by difference	g	6.24		0	16.16	1.00	0.56
Fiber, total dietary	g	1.6	0.290	5	4.1	0.3	0.1
Ash	g	1.78	0.250	5	4.61	0.28	0.16
Sugars, total	g						
Minerals:							
Calcium	mg	30	9.720	4	78	5	3
Iron	mg	0.97	0.460	4	2.51	0.16	0.09
Magnesium	mg	13	1.450	3	34	2	1
Phosphorus	mg	26	3.380	3	67	4	2
Potassium	mg	213	28.340	3	552	34	19
Sodium	mg	434	89.210	5	1124	69	39
Zinc	mg	0.25	0.090	3	0.65	0.04	0.02
Copper	mg	0.320	0.240	3	0.829	0.051	0.028
Manganese	mg	0.100	0.014	2	0.259	0.016	0.009
Selenium	µg	0.4		0	1.0	0.1	0.0
Vitamins:							
Ascorbic acid	mg	13.9	4.090	4	36.0	2.2	1.2
Thiamin	mg	0.040	0.016	3	0.104	0.006	0.004
Riboflavin	mg	0.032	0.007	3	0.083	0.005	0.003
Niacin	mg	0.830	0.130	3	2.150	0.133	0.074
Pantothenic acid	mg	0.144	0.011	2	0.373	0.023	0.013
Vitamin B-6	mg	0.120	0.010	3	0.311	0.019	0.011
Folate	µg	16	2.520	3	41	3	1
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	602	93.200	5	1559	96	54
Vitamin A, RE	µg	60		0	155	10	5
Vitamin E, α-TE	mg	0.600		1	1.554	0.096	0.053
Lipids:							
Saturated, total	g	0.030		0	0.078	0.005	0.003
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		1	0.003	0.000	0.000
15.0	g						
16:0	g	0.022		1	0.057	0.004	0.002
17:0	g						
18:0	g	0.006		1	0.016	0.001	0.001
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.025	0	0.065	0.004	0.002
14:1	g					
16:1	g	0.001	1	0.003	0.000	0.000
18:1	g	0.025	1	0.065	0.004	0.002
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.115	0	0.298	0.018	0.010
18:2	g	0.109	1	0.282	0.017	0.010
18:3	g	0.005	1	0.013	0.001	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 tablespoon
Measure 3: 1 packet

NDB No. 06165 Sauce, homemade, white, thin

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 125g	Measure 3*
Proximates:							
Water	g	80.66		0	201.65	100.83	
Energy	kcal	105		0	263	131	
Energy	kj	439		0	1098	549	
Protein (N x 5.95)	g	3.77		0	9.43	4.71	
Total lipid (fat)	g	6.73		0	16.82	8.41	
Carbohydrate, by difference	g	7.40		0	18.50	9.25	
Fiber, total dietary	g	0.1		0	0.3	0.1	
Ash	g	1.45		0	3.63	1.81	
Sugars, total	g						
Minerals:							
Calcium	mg	126		0	315	158	
Iron	mg	0.21		0	0.53	0.26	
Magnesium	mg	15		0	38	19	
Phosphorus	mg	101		0	253	126	
Potassium	mg	163		0	408	204	
Sodium	mg	328		0	820	410	
Zinc	mg	0.42		0	1.05	0.53	
Copper	mg	0.013		0	0.033	0.016	
Manganese	mg	0.024		0	0.060	0.030	
Selenium	µg	3.3		0	8.3	4.1	
Vitamins:							
Ascorbic acid	mg	0.8		0	2.0	1.0	
Thiamin	mg	0.055		0	0.138	0.069	
Riboflavin	mg	0.184		0	0.460	0.230	
Niacin	mg	0.261		0	0.653	0.326	
Pantothenic acid	mg	0.339		0	0.848	0.424	
Vitamin B-6	mg	0.041		0	0.103	0.051	
Folate	µg	6		0	15	8	
Vitamin B-12	µg	0.30		0	0.75	0.38	
Vitamin A	IU	403		0	1008	504	
Vitamin A, RE	µg	40		0	100	50	
Vitamin E, α-TE	mg	0.715		0	1.788	0.894	
Lipids:							
Saturated, total	g	2.152		0	5.380	2.690	
4:0	g	0.065		0	0.163	0.081	
6.0	g	0.039		0	0.098	0.049	
8:0	g	0.022		0	0.055	0.028	
10:0	g	0.050		0	0.125	0.063	
12:0	g	0.057		0	0.142	0.071	
14:0	g	0.214		0	0.535	0.268	
15.0	g						
16:0	g	1.106		0	2.765	1.383	
17:0	g						
18:0	g	0.592		0	1.480	0.740	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.670	0	6.675	3.337
14:1	g				
16:1	g	0.045	0	0.113	0.056
18:1	g	2.621	0	6.553	3.276
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.586	0	3.965	1.983
18:2	g	1.491	0	3.728	1.864
18:3	g	0.095	0	0.238	0.119
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	8	0	20	10
Phytosterols	mg	16	0	40	20
Amino acids:					
Tryptophan	g	0.046	0	0.115	0.058
Threonine	g	0.147	0	0.368	0.184
Isoleucine	g	0.198	0	0.495	0.248
Leucine	g	0.320	0	0.800	0.400
Lysine	g	0.259	0	0.648	0.324
Methionine	g	0.082	0	0.205	0.103
Cystine	g	0.030	0	0.075	0.038
Phenylalanine	g	0.157	0	0.393	0.196
Tyrosine	g	0.157	0	0.393	0.196
Valine	g	0.219	0	0.548	0.274
Arginine	g	0.118	0	0.295	0.148
Histidine	g	0.089	0	0.223	0.111
Alanine	g	0.112	0	0.280	0.140
Aspartic acid	g	0.248	0	0.620	0.310
Glutamic acid	g	0.684	0	1.710	0.855
Glycine	g	0.069	0	0.173	0.086
Proline	g	0.316	0	0.790	0.395
Serine	g	0.177	0	0.443	0.221
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/2 cup

NDB No. 06166 Sauce, homemade, white, 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	Samples	Measure 1* 250g	Measure 2* 125g	Measure 3*
Proximates:							
Water	g	74.89		0	187.22	93.61	
Energy	kcal	147		0	368	184	
Energy	kj	615		0	1538	769	
Protein (N x 5.95)	g	3.84		0	9.60	4.80	
Total lipid (fat)	g	10.63		0	26.57	13.29	
Carbohydrate, by difference	g	9.17		0	22.93	11.46	
Fiber, total dietary	g	0.2		0	0.5	0.3	
Ash	g	1.47		0	3.67	1.84	
Sugars, total	g						
Minerals:							
Calcium	mg	118		0	295	148	
Iron	mg	0.33		0	0.83	0.41	
Magnesium	mg	14		0	35	18	
Phosphorus	mg	98		0	245	123	
Potassium	mg	156		0	390	195	
Sodium	mg	354		0	885	443	
Zinc	mg	0.41		0	1.02	0.51	
Copper	mg	0.016		0	0.040	0.020	
Manganese	mg	0.043		0	0.108	0.054	
Selenium	µg	4.1		0	10.3	5.1	
Vitamins:							
Ascorbic acid	mg	0.8		0	2.0	1.0	
Thiamin	mg	0.069		0	0.173	0.086	
Riboflavin	mg	0.185		0	0.463	0.231	
Niacin	mg	0.402		0	1.005	0.502	
Pantothenic acid	mg	0.326		0	0.815	0.408	
Vitamin B-6	mg	0.040		0	0.100	0.050	
Folate	µg	8		0	20	10	
Vitamin B-12	µg	0.28		0	0.70	0.35	
Vitamin A	IU	553		0	1383	691	
Vitamin A, RE	µg	55		0	138	69	
Vitamin E, α-TE	mg	1.357		0	3.393	1.696	
Lipids:							
Saturated, total	g	2.854		0	7.135	3.567	
4:0	g	0.060		0	0.150	0.075	
6.0	g	0.036		0	0.090	0.045	
8:0	g	0.020		0	0.050	0.025	
10:0	g	0.047		0	0.118	0.059	
12:0	g	0.052		0	0.130	0.065	
14:0	g	0.209		0	0.523	0.261	
15.0	g						
16:0	g	1.555		0	3.888	1.944	
17:0	g						
18:0	g	0.869		0	2.172	1.086	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.420	0	11.050	5.525
14:1	g				
16:1	g	0.042	0	0.105	0.053
18:1	g	4.375	0	10.938	5.469
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.862	0	7.155	3.578
18:2	g	2.713	0	6.782	3.391
18:3	g	0.148	0	0.370	0.185
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	7	0	18	9
Phytosterols	mg	29	0	73	36
Amino acids:					
Tryptophan	g	0.043	0	0.108	0.054
Threonine	g	0.138	0	0.345	0.173
Isoleucine	g	0.186	0	0.465	0.233
Leucine	g	0.300	0	0.750	0.375
Lysine	g	0.243	0	0.608	0.304
Methionine	g	0.077	0	0.193	0.096
Cystine	g	0.028	0	0.070	0.035
Phenylalanine	g	0.148	0	0.370	0.185
Tyrosine	g	0.148	0	0.370	0.185
Valine	g	0.205	0	0.512	0.256
Arginine	g	0.111	0	0.278	0.139
Histidine	g	0.083	0	0.208	0.104
Alanine	g	0.105	0	0.263	0.131
Aspartic acid	g	0.233	0	0.583	0.291
Glutamic acid	g	0.642	0	1.605	0.803
Glycine	g	0.065	0	0.163	0.081
Proline	g	0.297	0	0.743	0.371
Serine	g	0.166	0	0.415	0.208
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/2 cup

NDB No. 06167 Sauce, homemade, white, thick

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 125g	Measure 3*
Proximates:							
Water	g	69.10		0	172.75	86.38	
Energy	kcal	186		0	465	233	
Energy	kj	778		0	1945	973	
Protein (N x 5.95)	g	3.99		0	9.97	4.99	
Total lipid (fat)	g	13.83		0	34.58	17.29	
Carbohydrate, by difference	g	11.61		0	29.02	14.51	
Fiber, total dietary	g	0.3		0	0.8	0.4	
Ash	g	1.47		0	3.67	1.84	
Sugars, total	g						
Minerals:							
Calcium	mg	111		0	278	139	
Iron	mg	0.50		0	1.25	0.63	
Magnesium	mg	14		0	35	18	
Phosphorus	mg	96		0	240	120	
Potassium	mg	149		0	373	186	
Sodium	mg	373		0	933	466	
Zinc	mg	0.40		0	1.00	0.50	
Copper	mg	0.021		0	0.053	0.026	
Manganese	mg	0.067		0	0.168	0.084	
Selenium	µg	5.2		0	13.0	6.5	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.8	0.9	
Thiamin	mg	0.088		0	0.220	0.110	
Riboflavin	mg	0.190		0	0.475	0.238	
Niacin	mg	0.589		0	1.472	0.736	
Pantothenic acid	mg	0.315		0	0.788	0.394	
Vitamin B-6	mg	0.038		0	0.095	0.048	
Folate	µg	11		0	28	14	
Vitamin B-12	µg	0.26		0	0.65	0.33	
Vitamin A	IU	673		0	1683	841	
Vitamin A, RE	µg	67		0	168	84	
Vitamin E, α-TE	mg	1.879		0	4.697	2.349	
Lipids:							
Saturated, total	g	3.416		0	8.540	4.270	
4:0	g	0.055		0	0.138	0.069	
6.0	g	0.033		0	0.083	0.041	
8:0	g	0.019		0	0.048	0.024	
10:0	g	0.043		0	0.108	0.054	
12:0	g	0.048		0	0.120	0.060	
14:0	g	0.202		0	0.505	0.253	
15.0	g						
16:0	g	1.919		0	4.798	2.399	
17:0	g						
18:0	g	1.093		0	2.733	1.366	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.851	0	14.627	7.314
14:1	g				
16:1	g	0.038	0	0.095	0.048
18:1	g	5.809	0	14.523	7.261
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.914	0	9.785	4.893
18:2	g	3.722	0	9.305	4.652
18:3	g	0.192	0	0.480	0.240
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	6	0	15	8
Phytosterols	mg	40	0	100	50
Amino acids:					
Tryptophan	g	0.040	0	0.100	0.050
Threonine	g	0.129	0	0.323	0.161
Isoleucine	g	0.173	0	0.433	0.216
Leucine	g	0.280	0	0.700	0.350
Lysine	g	0.227	0	0.568	0.284
Methionine	g	0.071	0	0.178	0.089
Cystine	g	0.026	0	0.065	0.033
Phenylalanine	g	0.138	0	0.345	0.173
Tyrosine	g	0.138	0	0.345	0.173
Valine	g	0.191	0	0.478	0.239
Arginine	g	0.103	0	0.258	0.129
Histidine	g	0.078	0	0.195	0.098
Alanine	g	0.098	0	0.245	0.123
Aspartic acid	g	0.217	0	0.543	0.271
Glutamic acid	g	0.598	0	1.495	0.748
Glycine	g	0.061	0	0.153	0.076
Proline	g	0.276	0	0.690	0.345
Serine	g	0.155	0	0.388	0.194
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1/2 cup

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	Samples	Measure 1* 5g	Measure 2* 1g	Measure 3*
Proximates:							
Water	g	89.98		1	4.23	1.08	
Energy	kcal	11		0	1	0	
Energy	kj	46		0	2	1	
Protein (N x 5.95)	g	0.51		1	0.02	0.01	
Total lipid (fat)	g	0.37		1	0.02	0.00	
Carbohydrate, by difference	g	1.75		0	0.08	0.02	
Fiber, total dietary	g	1.2		1	0.1	0.0	
Ash	g	7.39		1	0.35	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	8		1	0	0	
Iron	mg	0.48		1	0.02	0.01	
Magnesium	mg	5		1	0	0	
Phosphorus	mg	11		1	1	0	
Potassium	mg	144		1	7	2	
Sodium	mg	2643		1	124	32	
Zinc	mg	0.11		1	0.01	0.00	
Copper	mg	0.028		1	0.001	0.000	
Manganese	mg	0.049		1	0.002	0.001	
Selenium	µg	0.0		0	0.0	0.0	
Vitamins:							
Ascorbic acid	mg	74.8		1	3.5	0.9	
Thiamin	mg	0.036		1	0.002	0.000	
Riboflavin	mg	0.082		1	0.004	0.001	
Niacin	mg	0.254		1	0.012	0.003	
Pantothenic acid	mg	0.110		1	0.005	0.001	
Vitamin B-6	mg	0.157		1	0.007	0.002	
Folate	µg	6		1	0	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	303		1	14	4	
Vitamin A, RE	µg	30		0	1	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.052		0	0.002	0.001	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.001		1	0.000	0.000	
15.0	g						
16:0	g	0.044		1	0.002	0.001	
17:0	g						
18:0	g	0.007		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.030	0	0.001	0.000
14:1	g				
16:1	g	0.001	1	0.000	0.000
18:1	g	0.029	1	0.001	0.000
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.196	0	0.009	0.002
18:2	g	0.195	1	0.009	0.002
18:3	g	0.001	1	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.007	0	0.000	0.000
Threonine	g	0.019	0	0.001	0.000
Isoleucine	g	0.017	0	0.001	0.000
Leucine	g	0.027	0	0.001	0.000
Lysine	g	0.023	0	0.001	0.000
Methionine	g	0.006	0	0.000	0.000
Cystine	g	0.010	0	0.000	0.000
Phenylalanine	g	0.016	0	0.001	0.000
Tyrosine	g	0.011	0	0.001	0.000
Valine	g	0.022	0	0.001	0.000
Arginine	g	0.025	0	0.001	0.000
Histidine	g	0.010	0	0.000	0.000
Alanine	g	0.021	0	0.001	0.000
Aspartic acid	g	0.073	0	0.003	0.001
Glutamic acid	g	0.067	0	0.003	0.001
Glycine	g	0.019	0	0.001	0.000
Proline	g	0.022	0	0.001	0.000
Serine	g	0.021	0	0.001	0.000
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 teaspoon
Measure 2: 1/4 teaspoon

NDB No. 06169 Sauce, ready-to-serve, pepper, TABASCO

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 5g	Measure 2* 1g	Measure 3*
Proximates:							
Water	g	95.17		1	4.47	1.14	
Energy	kcal	12		0	1	0	
Energy	kj	50		0	2	1	
Protein (N x 5.95)	g	1.29		1	0.06	0.02	
Total lipid (fat)	g	0.76		1	0.04	0.01	
Carbohydrate, by difference	g	0.80		0	0.04	0.01	
Fiber, total dietary	g	0.6		1	0.0	0.0	
Ash	g	1.98		1	0.09	0.02	
Sugars, total	g						
Minerals:							
Calcium	mg	12		1	1	0	
Iron	mg	1.16		1	0.05	0.01	
Magnesium	mg	12		1	1	0	
Phosphorus	mg	23		1	1	0	
Potassium	mg	128		1	6	2	
Sodium	mg	633		1	30	8	
Zinc	mg	0.16		1	0.01	0.00	
Copper	mg	0.075		1	0.004	0.001	
Manganese	mg	0.107		1	0.005	0.001	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.5		1	0.2	0.1	
Thiamin	mg	0.032		1	0.002	0.000	
Riboflavin	mg	0.084		1	0.004	0.001	
Niacin	mg	0.178		1	0.008	0.002	
Pantothenic acid	mg	0.110		1	0.005	0.001	
Vitamin B-6	mg	0.154		1	0.007	0.002	
Folate	µg	1		1	0	0	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1640		1	77	20	
Vitamin A, RE	µg	164		0	8	2	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.106		0	0.005	0.001	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.002		1	0.000	0.000	
15.0	g						
16:0	g	0.090		1	0.004	0.001	
17:0	g						
18:0	g	0.014		1	0.001	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.061	0	0.003	0.001
14:1	g				
16:1	g	0.002	1	0.000	0.000
18:1	g	0.058	1	0.003	0.001
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.401	0	0.019	0.005
18:2	g	0.398	1	0.019	0.005
18:3	g	0.003	1	0.000	0.000
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	0	0.001	0.000
Threonine	g	0.048	0	0.002	0.001
Isoleucine	g	0.042	0	0.002	0.001
Leucine	g	0.068	0	0.003	0.001
Lysine	g	0.057	0	0.003	0.001
Methionine	g	0.016	0	0.001	0.000
Cystine	g	0.025	0	0.001	0.000
Phenylalanine	g	0.040	0	0.002	0.000
Tyrosine	g	0.027	0	0.001	0.000
Valine	g	0.055	0	0.003	0.001
Arginine	g	0.062	0	0.003	0.001
Histidine	g	0.026	0	0.001	0.000
Alanine	g	0.053	0	0.002	0.001
Aspartic acid	g	0.185	0	0.009	0.002
Glutamic acid	g	0.171	0	0.008	0.002
Glycine	g	0.048	0	0.002	0.001
Proline	g	0.056	0	0.003	0.001
Serine	g	0.052	0	0.002	0.001
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 teaspoon
Measure 2: 1/4 teaspoon

NDB No. 06174 Soup, stock, fish, home-prepared

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 233g	Measure 2*	Measure 3*
Proximates:							
Water	g	96.96		2	225.92		
Energy	kcal	17		0	40		
Energy	kj	71		0	165		
Protein (N x 5.95)	g	2.26		2	5.27		
Total lipid (fat)	g	0.81		2	1.89		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.74		2	1.72		
Sugars, total	g						
Minerals:							
Calcium	mg	3		2	7		
Iron	mg	0.01		2	0.02		
Magnesium	mg	7		2	16		
Phosphorus	mg	56		2	130		
Potassium	mg	144		2	336		
Sodium	mg	156		2	363		
Zinc	mg	0.06		2	0.14		
Copper	mg	0.058		2	0.135		
Manganese	mg	0.052		2	0.121		
Selenium	µg	1.0		0	2.3		
Vitamins:							
Ascorbic acid	mg	0.1		2	0.2		
Thiamin	mg	0.033		2	0.077		
Riboflavin	mg	0.076		2	0.177		
Niacin	mg	1.186		2	2.763		
Pantothenic acid	mg	0.329		2	0.767		
Vitamin B-6	mg	0.037		2	0.086		
Folate	µg	20		2	47		
Vitamin B-12	µg	0.69		2	1.61		
Vitamin A	IU	0		2	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	1.286		0	2.996		
Lipids:							
Saturated, total	g	0.203		2	0.473		
4:0	g	0.000		2	0.000		
6.0	g	0.000		2	0.000		
8:0	g	0.000		2	0.000		
10:0	g	0.000		2	0.000		
12:0	g	0.000		2	0.000		
14:0	g	0.015		2	0.035		
15.0	g						
16:0	g	0.138		2	0.322		
17:0	g						
18:0	g	0.035		2	0.082		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.236	2	0.550
14:1	g			
16:1	g	0.073	2	0.170
18:1	g	0.148	2	0.345
20:1	g	0.006	2	0.014
22.1	g	0.000	2	0.000
Polyunsaturated, total	g	0.138	2	0.322
18:2	g	0.009	2	0.021
18:3	g	0.006	2	0.014
18:4	g	0.003	2	0.007
20:4	g	0.011	2	0.026
20:5	g	0.035	2	0.082
22:5	g	0.017	2	0.040
22:6	g	0.049	2	0.114
Cholesterol	mg	1	2	2
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06175 Sauce, hoisin, 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	Samples	Measure 1* 16g	Measure 2*	Measure 3*
Proximates:							
Water	g	44.23		5	7.08		
Energy	kcal	220		0	35		
Energy	kj	920		0	147		
Protein (N x 5.95)	g	3.31		5	0.53		
Total lipid (fat)	g	3.39		5	0.54		
Carbohydrate, by difference	g	44.08		0	7.05		
Fiber, total dietary	g	2.8		5	0.4		
Ash	g	4.98		5	0.80		
Sugars, total	g						
Minerals:							
Calcium	mg	32		5	5		
Iron	mg	1.01		5	0.16		
Magnesium	mg	24		2	4		
Phosphorus	mg	38		2	6		
Potassium	mg	119		2	19		
Sodium	mg	1615		5	258		
Zinc	mg	0.32		2	0.05		
Copper	mg	0.128		2	0.020		
Manganese	mg	0.254		2	0.041		
Selenium	µg	1.8		0	0.3		
Vitamins:							
Ascorbic acid	mg	0.4		5	0.1		
Thiamin	mg	0.004		2	0.001		
Riboflavin	mg	0.217		2	0.035		
Niacin	mg	1.170		2	0.187		
Pantothenic acid	mg	0.068		2	0.011		
Vitamin B-6	mg	0.062		2	0.010		
Folate	µg	23		2	4		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	10		5	2		
Vitamin A, RE	µg	1		0	0		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	0.568		5	0.091		
4:0	g	0.000		2	0.000		
6.0	g	0.000		2	0.000		
8:0	g	0.000		2	0.000		
10:0	g	0.000		2	0.000		
12:0	g	0.000		2	0.000		
14:0	g	0.000		2	0.000		
15.0	g						
16:0	g	0.368		2	0.059		
17:0	g						
18:0	g	0.170		2	0.027		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.963	2	0.154
14:1	g			
16:1	g	0.000	2	0.000
18:1	g	0.963	2	0.154
20:1	g	0.000	2	0.000
22.1	g	0.000	2	0.000
Polyunsaturated, total	g	1.698	2	0.272
18:2	g	1.524	2	0.244
18:3	g	0.175	2	0.028
18:4	g	0.000	2	0.000
20:4	g	0.000	2	0.000
20:5	g	0.000	2	0.000
22:5	g	0.000	2	0.000
22:6	g	0.000	2	0.000
Cholesterol	mg	3	2	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon

NDB No. 06176 Sauce, oyster, 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	Samples	Measure 1* 4g	Measure 2*	Measure 3*
Proximates:							
Water	g	80.00		2	3.20		
Energy	kcal	51		0	2		
Energy	kj	213		0	9		
Protein (N x 5.95)	g	1.35		2	0.05		
Total lipid (fat)	g	0.25		2	0.01		
Carbohydrate, by difference	g	10.92		0	0.44		
Fiber, total dietary	g	0.3		2	0.0		
Ash	g	7.49		2	0.30		
Sugars, total	g						
Minerals:							
Calcium	mg	32		2	1		
Iron	mg	0.18		2	0.01		
Magnesium	mg	4		2	0		
Phosphorus	mg	22		2	1		
Potassium	mg	54		2	2		
Sodium	mg	2733		2	109		
Zinc	mg	0.09		2	0.00		
Copper	mg	0.147		0	0.006		
Manganese	mg	0.053		0	0.002		
Selenium	µg	4.4		0	0.2		
Vitamins:							
Ascorbic acid	mg	0.1		2	0.0		
Thiamin	mg	0.010		2	0.000		
Riboflavin	mg	0.124		2	0.005		
Niacin	mg	1.474		2	0.059		
Pantothenic acid	mg	0.016		2	0.001		
Vitamin B-6	mg	0.016		2	0.001		
Folate	µg	15		2	1		
Vitamin B-12	µg	0.41		0	0.02		
Vitamin A	IU	23		2	1		
Vitamin A, RE	µg	7		0	0		
Vitamin E, α-TE	mg	0.035		0	0.001		
Lipids:							
Saturated, total	g	0.043		2	0.002		
4:0	g	0.000		2	0.000		
6.0	g	0.000		2	0.000		
8:0	g	0.000		2	0.000		
10:0	g	0.000		2	0.000		
12:0	g	0.001		2	0.000		
14:0	g	0.001		2	0.000		
15.0	g						
16:0	g	0.029		2	0.001		
17:0	g						
18:0	g	0.010		2	0.000		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.073	2	0.003
14:1	g			
16:1	g	0.005	2	0.000
18:1	g	0.067	2	0.003
20:1	g	0.001	2	0.000
22.1	g	0.000	2	0.000
Polyunsaturated, total	g	0.066	2	0.003
18:2	g	0.062	2	0.002
18:3	g	0.002	2	0.000
18:4	g	0.000	2	0.000
20:4	g	0.000	2	0.000
20:5	g	0.001	2	0.000
22:5	g	0.000	2	0.000
22:6	g	0.001	2	0.000
Cholesterol	mg	0	2	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon

NDB No. 06179 Sauce, fish, 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	Samples	Measure 1* 18g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	71.07		2	12.79	20.15	
Energy	kcal	35		0	6	10	
Energy	kj	146		0	26	41	
Protein (N x 5.95)	g	5.06		2	0.91	1.43	
Total lipid (fat)	g	0.01		2	0.00	0.00	
Carbohydrate, by difference	g	3.64		0	0.66	1.03	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	20.22		0	3.64	5.73	
Sugars, total	g						
Minerals:							
Calcium	mg	43		2	8	12	
Iron	mg	0.78		2	0.14	0.22	
Magnesium	mg	175		2	32	50	
Phosphorus	mg	7		2	1	2	
Potassium	mg	288		2	52	82	
Sodium	mg	7720		2	1390	2189	
Zinc	mg	0.20		2	0.04	0.06	
Copper	mg	0.050		2	0.009	0.014	
Manganese	mg	0.233		2	0.042	0.066	
Selenium	µg	9.1		0	1.6	2.6	
Vitamins:							
Ascorbic acid	mg	0.5		2	0.1	0.1	
Thiamin	mg	0.012		2	0.002	0.003	
Riboflavin	mg	0.057		2	0.010	0.016	
Niacin	mg	2.313		2	0.416	0.656	
Pantothenic acid	mg	0.118		2	0.021	0.033	
Vitamin B-6	mg	0.396		2	0.071	0.112	
Folate	µg	51		2	9	14	
Vitamin B-12	µg	0.48		2	0.09	0.14	
Vitamin A	IU	2		2	0	1	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.001		0	0.000	0.000	
Lipids:							
Saturated, total	g	0.003		0	0.001	0.001	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.001		0	0.000	0.000	
15.0	g						
16:0	g	0.001		0	0.000	0.000	
17:0	g						
18:0	g	0.001		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.002	0	0.000	0.001
14:1	g				
16:1	g	0.001	0	0.000	0.000
18:1	g	0.001	0	0.000	0.000
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.003	0	0.001	0.001
18:2	g	0.000	0	0.000	0.000
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.001	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.002	0	0.000	0.001
Cholesterol	mg	0	2	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 fl oz

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	Samples	Measure 1* 216g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.13		2	194.68		
Energy	kcal	46		0	99		
Energy	kj	192		0	415		
Protein (N x 5.95)	g	3.20		2	6.91		
Total lipid (fat)	g	2.00		2	4.32		
Carbohydrate, by difference	g	3.80		0	8.21		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.87		2	1.88		
Sugars, total	g						
Minerals:							
Calcium	mg	10		2	22		
Iron	mg	0.94		2	2.03		
Magnesium	mg	7		2	15		
Phosphorus	mg	21		2	45		
Potassium	mg	53		2	114		
Sodium	mg	501		2	1082		
Zinc	mg	0.82		2	1.77		
Copper	mg	0.108		2	0.233		
Manganese	mg	0.024		2	0.052		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		2	0.2		
Thiamin	mg	0.027		2	0.058		
Riboflavin	mg	0.039		2	0.084		
Niacin	mg	0.493		2	1.065		
Pantothenic acid	mg	0.130		2	0.281		
Vitamin B-6	mg	0.026		2	0.056		
Folate	µg	9		2	19		
Vitamin B-12	µg	0.19		2	0.41		
Vitamin A	IU	0		2	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	3.176		0	6.860		
Lipids:							
Saturated, total	g	0.501		0	1.082		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.037		0	0.080		
15.0	g						
16:0	g	0.341		0	0.737		
17:0	g						
18:0	g	0.086		0	0.186		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.583	0	1.259
14:1	g			
16:1	g	0.180	0	0.389
18:1	g	0.365	0	0.788
20:1	g	0.015	0	0.032
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.341	0	0.737
18:2	g	0.022	0	0.048
18:3	g	0.015	0	0.032
18:4	g	0.007	0	0.015
20:4	g	0.027	0	0.058
20:5	g	0.086	0	0.186
22:5	g	0.042	0	0.091
22:6	g	0.121	0	0.261
Cholesterol	mg	2	0	4
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06181 Sauce, NESTLE, CHEF-MATE Italian Sauce, 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	Samples	Measure 1* 128g	Measure 2* 1956g	Measure 3* 62g
Proximates:							
Water	g	75.90		3	97.15	1484.60	47.06
Energy	kcal	98		0	125	1917	61
Energy	kj	410		0	525	8020	254
Protein (N x 5.95)	g	1.68		3	2.15	32.86	1.04
Total lipid (fat)	g	1.90		3	2.43	37.16	1.18
Carbohydrate, by difference	g	18.49		0	23.67	361.66	11.46
Fiber, total dietary	g	1.4		3	1.8	27.4	0.9
Ash	g	2.04		3	2.61	39.90	1.26
Sugars, total	g	5.60		3	7.17	109.54	3.47
Minerals:							
Calcium	mg	55		3	70	1076	34
Iron	mg	0.62		3	0.79	12.13	0.38
Magnesium	mg	32		0	41	626	20
Phosphorus	mg	69		0	88	1350	43
Potassium	mg	608		0	778	11892	377
Sodium	mg	490		3	627	9584	304
Zinc	mg	0.42		0	0.54	8.22	0.26
Copper	mg	0.242		0	0.310	4.734	0.150
Manganese	mg	0.409		0	0.524	8.000	0.254
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.7		3	8.6	131.1	4.2
Thiamin	mg	0.123		0	0.157	2.406	0.076
Riboflavin	mg	0.073		0	0.093	1.428	0.045
Niacin	mg	1.822		0	2.332	35.638	1.130
Pantothenic acid	mg	0.554		0	0.709	10.836	0.343
Vitamin B-6	mg	0.276		0	0.353	5.399	0.171
Folate	µg	26		0	33	509	16
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	394		3	504	7707	244
Vitamin A, RE	µg	39		0	50	763	24
Vitamin E, α-TE	mg	1.932		0	2.473	37.790	1.198
Lipids:							
Saturated, total	g	0.260		0	0.333	5.086	0.161
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.001		0	0.001	0.020	0.001
15.0	g						
16:0	g	0.210		0	0.269	4.108	0.130
17:0	g						
18:0	g	0.044		0	0.056	0.861	0.027
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.192	0	1.526	23.316	0.739
14:1	g					
16:1	g	0.013	0	0.017	0.254	0.008
18:1	g	1.174	0	1.503	22.963	0.728
20:1	g	0.005	0	0.006	0.098	0.003
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.271	0	0.347	5.301	0.168
18:2	g	0.256	0	0.328	5.007	0.159
18:3	g	0.016	0	0.020	0.313	0.010
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06191 Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, 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	Samples	Measure 1* 245g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.00		0	215.60		
Energy	kcal	40		0	99		
Energy	kj	169		0	414		
Protein (N x 5.95)	g	1.42		0	3.48		
Total lipid (fat)	g	0.40		0	0.98		
Carbohydrate, by difference	g	7.77		0	19.04		
Fiber, total dietary	g	1.6		0	4.0		
Ash	g	1.30		0	3.19		
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	56		
Iron	mg	0.67		0	1.64		
Magnesium	mg	12		0	29		
Phosphorus	mg	27		0	66		
Potassium	mg	124		0	304		
Sodium	mg	196		0	480		
Zinc	mg	0.19		0	0.47		
Copper	mg	0.051		0	0.125		
Manganese	mg	0.091		0	0.223		
Selenium	µg	1.8		0	4.4		
Vitamins:							
Ascorbic acid	mg	1.8		0	4.4		
Thiamin	mg	0.070		0	0.172		
Riboflavin	mg	0.039		0	0.096		
Niacin	mg	0.650		0	1.593		
Pantothenic acid	mg	0.187		0	0.458		
Vitamin B-6	mg	0.045		0	0.110		
Folate	µg	10		0	25		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	550		0	1348		
Vitamin A, RE	µg	55		0	135		
Vitamin E, α-TE	mg	0.231		0	0.566		
Lipids:							
Saturated, total	g	0.070		0	0.172		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.061		0	0.149		
17:0	g						
18:0	g	0.008		0	0.020		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.206	0	0.505
14:1	g			
16:1	g	0.002	0	0.005
18:1	g	0.204	0	0.500
20:1	g	0.001	0	0.002
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.147	0	0.360
18:2	g	0.139	0	0.341
18:3	g	0.008	0	0.020
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06192 Soup, PROGRESSO HEALTHY CLASSICS SPLIT PEA, 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	Samples	Measure 1* 253g	Measure 2*	Measure 3*
Proximates:							
Water	g	82.40		0	208.47		
Energy	kcal	71		0	180		
Energy	kj	297		0	751		
Protein (N x 5.95)	g	3.85		0	9.74		
Total lipid (fat)	g	0.92		0	2.33		
Carbohydrate, by difference	g	11.83		0	29.93		
Fiber, total dietary	g	1.9		0	4.9		
Ash	g	1.00		0	2.53		
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	43		
Iron	mg	0.77		0	1.95		
Magnesium	mg	14		0	35		
Phosphorus	mg	54		0	137		
Potassium	mg	183		0	463		
Sodium	mg	166		0	420		
Zinc	mg	0.40		0	1.01		
Copper	mg	0.110		0	0.278		
Manganese	mg	0.200		0	0.506		
Selenium	µg	0.3		0	0.8		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.070		0	0.177		
Riboflavin	mg	0.029		0	0.073		
Niacin	mg	0.457		0	1.156		
Pantothenic acid	mg	0.237		0	0.600		
Vitamin B-6	mg	0.073		0	0.185		
Folate	µg	20		0	51		
Vitamin B-12	µg	0.01		0	0.03		
Vitamin A	IU	730		0	1847		
Vitamin A, RE	µg	73		0	185		
Vitamin E, α-TE	mg	0.121		0	0.306		
Lipids:							
Saturated, total	g	0.300		0	0.759		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.003		0	0.008		
12:0	g	0.003		0	0.008		
14:0	g	0.012		0	0.030		
15.0	g						
16:0	g	0.191		0	0.483		
17:0	g						
18:0	g	0.090		0	0.228		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.370	0	0.936
14:1	g			
16:1	g	0.024	0	0.061
18:1	g	0.345	0	0.873
20:1	g	0.001	0	0.003
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.168	0	0.425
18:2	g	0.147	0	0.372
18:3	g	0.021	0	0.053
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	2	0	5
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06197 Soup, PROGRESSO HEALTHY CLASSICS GARLIC AND PASTA, 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	Samples	Measure 1* 243g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.00		0	213.84		
Energy	kcal	41		0	100		
Energy	kj	172		0	418		
Protein (N x 5.95)	g	1.81		0	4.40		
Total lipid (fat)	g	0.53		0	1.29		
Carbohydrate, by difference	g	7.33		0	17.81		
Fiber, total dietary	g	1.2		0	2.9		
Ash	g	1.30		0	3.16		
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	50		
Iron	mg	0.36		0	0.87		
Magnesium	mg	14		0	34		
Phosphorus	mg	36		0	87		
Potassium	mg	123		0	299		
Sodium	mg	185		0	450		
Zinc	mg	0.23		0	0.56		
Copper	mg	0.039		0	0.095		
Manganese	mg	0.105		0	0.255		
Selenium	µg	4.1		0	10.0		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.096		0	0.233		
Riboflavin	mg	0.052		0	0.126		
Niacin	mg	0.839		0	2.039		
Pantothenic acid	mg	0.238		0	0.578		
Vitamin B-6	mg	0.041		0	0.100		
Folate	µg	26		0	63		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	1270		0	3086		
Vitamin A, RE	µg	127		0	309		
Vitamin E, α-TE	mg	0.106		0	0.258		
Lipids:							
Saturated, total	g	0.130		0	0.316		
4:0	g	0.002		0	0.005		
6.0	g	0.001		0	0.002		
8:0	g	0.001		0	0.002		
10:0	g	0.002		0	0.005		
12:0	g	0.002		0	0.005		
14:0	g	0.008		0	0.019		
15.0	g						
16:0	g	0.091		0	0.221		
17:0	g						
18:0	g	0.019		0	0.046		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.147	0	0.357
14:1	g			
16:1	g	0.007	0	0.017
18:1	g	0.137	0	0.333
20:1	g	0.001	0	0.002
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.192	0	0.467
18:2	g	0.174	0	0.423
18:3	g	0.017	0	0.041
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	2	0	5
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06198 Soup, PROGRESSO HEALTHY CLASSICS BEEF 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	85.00		0			
Energy	kcal	64		0			
Energy	kj	268		0			
Protein (N x 5.95)	g	4.18		0			
Total lipid (fat)	g	0.64		0			
Carbohydrate, by difference	g	10.25		0			
Fiber, total dietary	g	2.4		0			
Ash	g	0.98		0			
Sugars, total	g						
Minerals:							
Calcium	mg	6		0			
Iron	mg	0.74		0			
Magnesium	mg	13		0			
Phosphorus	mg	41		0			
Potassium	mg	251		0			
Sodium	mg	168		0			
Zinc	mg	0.53		0			
Copper	mg	0.103		0			
Manganese	mg	0.121		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.9		0			
Thiamin	mg	0.045		0			
Riboflavin	mg	0.048		0			
Niacin	mg	1.168		0			
Pantothenic acid	mg	0.191		0			
Vitamin B-6	mg	0.103		0			
Folate	µg	10		0			
Vitamin B-12	µg	0.13		0			
Vitamin A	IU	862		0			
Vitamin A, RE	µg	86		0			
Vitamin E, α-TE	mg	0.199		0			
Lipids:							
Saturated, total	g	0.250		0			
4:0	g	0.000		0			
6.0	g	0.000		0			
8:0	g	0.000		0			
10:0	g	0.000		0			
12:0	g	0.001		0			
14:0	g	0.017		0			
15.0	g						
16:0	g	0.140		0			
17:0	g						
18:0	g	0.074		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.236	0
14:1	g		
16:1	g	0.020	0
18:1	g	0.215	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.072	0
18:2	g	0.063	0
18:3	g	0.007	0
18:4	g	0.000	0
20:4	g	0.002	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	6	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 06199 Soup, PROGRESSO HEALTHY CLASSICS BEEF BARLEY, 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	Samples	Measure 1* 241g	Measure 2*	Measure 3*
Proximates:							
Water	g	85.00		0	204.85		
Energy	kcal	59		0	142		
Energy	kj	247		0	595		
Protein (N x 5.95)	g	4.70		0	11.33		
Total lipid (fat)	g	0.80		0	1.93		
Carbohydrate, by difference	g	8.30		0	20.00		
Fiber, total dietary	g	1.3		0	3.1		
Ash	g	0.93		0	2.24		
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	29		
Iron	mg	0.77		0	1.86		
Magnesium	mg	13		0	31		
Phosphorus	mg	49		0	118		
Potassium	mg	152		0	366		
Sodium	mg	195		0	470		
Zinc	mg	0.64		0	1.54		
Copper	mg	0.063		0	0.152		
Manganese	mg	0.152		0	0.366		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.5		0	3.6		
Thiamin	mg	0.053		0	0.128		
Riboflavin	mg	0.052		0	0.125		
Niacin	mg	1.211		0	2.919		
Pantothenic acid	mg	0.122		0	0.294		
Vitamin B-6	mg	0.077		0	0.186		
Folate	µg	10		0	24		
Vitamin B-12	µg	0.15		0	0.36		
Vitamin A	IU	970		0	2338		
Vitamin A, RE	µg	97		0	234		
Vitamin E, α-TE	mg	0.111		0	0.268		
Lipids:							
Saturated, total	g	0.310		0	0.747		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.002		
14:0	g	0.021		0	0.051		
15.0	g						
16:0	g	0.176		0	0.424		
17:0	g						
18:0	g	0.088		0	0.212		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.286	0	0.689
14:1	g			
16:1	g	0.024	0	0.058
18:1	g	0.260	0	0.627
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.104	0	0.251
18:2	g	0.093	0	0.224
18:3	g	0.008	0	0.019
18:4	g	0.000	0	0.000
20:4	g	0.002	0	0.005
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	8	0	19
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06200 Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 237g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.50		0	216.85		
Energy	kcal	32		0	76		
Energy	kj	134		0	318		
Protein (N x 5.95)	g	2.42		0	5.74		
Total lipid (fat)	g	0.69		0	1.64		
Carbohydrate, by difference	g	3.98		0	9.43		
Fiber, total dietary	g	0.5		0	1.2		
Ash	g	0.80		0	1.90		
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	19		
Iron	mg	0.47		0	1.11		
Magnesium	mg	4		0	9		
Phosphorus	mg	36		0	85		
Potassium	mg	88		0	209		
Sodium	mg	194		0	460		
Zinc	mg	0.17		0	0.40		
Copper	mg	0.054		0	0.128		
Manganese	mg	0.107		0	0.254		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.7		
Thiamin	mg	0.047		0	0.111		
Riboflavin	mg	0.047		0	0.111		
Niacin	mg	1.453		0	3.444		
Pantothenic acid	mg	0.087		0	0.206		
Vitamin B-6	mg	0.022		0	0.052		
Folate	µg	14		0	33		
Vitamin B-12	µg	0.09		0	0.21		
Vitamin A	IU	388		0	920		
Vitamin A, RE	µg	40		0	95		
Vitamin E, α-TE	mg	0.029		0	0.069		
Lipids:							
Saturated, total	g	0.176		0	0.417		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.008		0	0.019		
15.0	g						
16:0	g	0.130		0	0.308		
17:0	g						
18:0	g	0.033		0	0.078		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.247	0	0.585
14:1	g			
16:1	g	0.029	0	0.069
18:1	g	0.209	0	0.495
20:1	g	0.003	0	0.007
22.1	g	0.001	0	0.002
Polyunsaturated, total	g	0.161	0	0.382
18:2	g	0.133	0	0.315
18:3	g	0.010	0	0.024
18:4	g	0.000	0	0.000
20:4	g	0.003	0	0.007
20:5	g	0.000	0	0.000
22:5	g	0.001	0	0.002
22:6	g	0.001	0	0.002
Cholesterol	mg	8	0	19
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06201 Soup, cream of asparagus, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 602g	Measure 3*
Proximates:							
Water	g	86.00		0	213.28	517.72	
Energy	kcal	65		0	161	391	
Energy	kj	272		0	675	1637	
Protein (N x 5.95)	g	2.55		0	6.32	15.35	
Total lipid (fat)	g	3.30		0	8.18	19.87	
Carbohydrate, by difference	g	6.61		0	16.39	39.79	
Fiber, total dietary	g	0.3		0	0.7	1.8	
Ash	g	1.55		0	3.84	9.33	
Sugars, total	g						
Minerals:							
Calcium	mg	70		0	174	421	
Iron	mg	0.35		0	0.87	2.11	
Magnesium	mg	8		0	20	48	
Phosphorus	mg	62		0	154	373	
Potassium	mg	145		0	360	873	
Sodium	mg	420		0	1042	2528	
Zinc	mg	0.37		0	0.93	2.25	
Copper	mg	0.056		0	0.139	0.337	
Manganese	mg	0.153		0	0.379	0.921	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.6		0	4.0	9.6	
Thiamin	mg	0.041		0	0.102	0.247	
Riboflavin	mg	0.111		0	0.275	0.668	
Niacin	mg	0.355		0	0.880	2.137	
Pantothenic acid	mg	0.210		0	0.521	1.264	
Vitamin B-6	mg	0.026		0	0.064	0.157	
Folate	µg	12		0	30	72	
Vitamin B-12	µg	0.20		0	0.50	1.20	
Vitamin A	IU	242		0	600	1457	
Vitamin A, RE	µg	34		0	84	205	
Vitamin E, α-TE	mg	0.340		0	0.843	2.047	
Lipids:							
Saturated, total	g	1.340		0	3.323	8.067	
4:0	g	0.070		0	0.174	0.421	
6.0	g	0.040		0	0.099	0.241	
8:0	g	0.030		0	0.074	0.181	
10:0	g	0.050		0	0.124	0.301	
12:0	g	0.060		0	0.149	0.361	
14:0	g	0.210		0	0.521	1.264	
15.0	g						
16:0	g	0.570		0	1.414	3.431	
17:0	g						
18:0	g	0.260		0	0.645	1.565	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.840	0	2.083	5.057
14:1	g				
16:1	g	0.050	0	0.124	0.301
18:1	g	0.760	0	1.885	4.575
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.900	0	2.232	5.418
18:2	g	0.860	0	2.133	5.177
18:3	g	0.040	0	0.099	0.241
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	9	0	22	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.034	0	0.084	0.205
Threonine	g	0.105	0	0.260	0.632
Isoleucine	g	0.137	0	0.340	0.825
Leucine	g	0.225	0	0.558	1.355
Lysine	g	0.174	0	0.432	1.047
Methionine	g	0.058	0	0.144	0.349
Cystine	g	0.027	0	0.067	0.163
Phenylalanine	g	0.117	0	0.290	0.704
Tyrosine	g	0.109	0	0.270	0.656
Valine	g	0.155	0	0.384	0.933
Arginine	g	0.093	0	0.231	0.560
Histidine	g	0.064	0	0.159	0.385
Alanine	g	0.093	0	0.231	0.560
Aspartic acid	g	0.193	0	0.479	1.162
Glutamic acid	g	0.576	0	1.428	3.468
Glycine	g	0.062	0	0.154	0.373
Proline	g	0.241	0	0.598	1.451
Serine	g	0.131	0	0.325	0.789
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06202 Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, 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	Samples	Measure 1* 239g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.00		0	217.49		
Energy	kcal	37		0	88		
Energy	kj	155		0	370		
Protein (N x 5.95)	g	2.62		0	6.26		
Total lipid (fat)	g	0.62		0	1.48		
Carbohydrate, by difference	g	5.23		0	12.50		
Fiber, total dietary	g	0.3		0	0.7		
Ash	g	0.60		0	1.43		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	24		
Iron	mg	0.50		0	1.20		
Magnesium	mg	10		0	24		
Phosphorus	mg	37		0	88		
Potassium	mg	115		0	275		
Sodium	mg	192		0	459		
Zinc	mg	0.18		0	0.43		
Copper	mg	0.041		0	0.098		
Manganese	mg	0.099		0	0.237		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.7		
Thiamin	mg	0.052		0	0.124		
Riboflavin	mg	0.030		0	0.072		
Niacin	mg	1.084		0	2.591		
Pantothenic acid	mg	0.211		0	0.504		
Vitamin B-6	mg	0.030		0	0.072		
Folate	µg	15		0	36		
Vitamin B-12	µg	0.04		0	0.10		
Vitamin A	IU	688		0	1644		
Vitamin A, RE	µg	69		0	165		
Vitamin E, α-TE	mg	0.046		0	0.110		
Lipids:							
Saturated, total	g	0.180		0	0.430		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.001		0	0.002		
14:0	g	0.005		0	0.012		
15.0	g						
16:0	g	0.108		0	0.258		
17:0	g						
18:0	g	0.022		0	0.053		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.211	0	0.504
14:1	g			
16:1	g	0.017	0	0.041
18:1	g	0.189	0	0.452
20:1	g	0.004	0	0.010
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.201	0	0.480
18:2	g	0.185	0	0.442
18:3	g	0.009	0	0.022
18:4	g	0.000	0	0.000
20:4	g	0.004	0	0.010
20:5	g	0.000	0	0.000
22:5	g	0.001	0	0.002
22:6	g	0.001	0	0.002
Cholesterol	mg	7	0	17
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06203 Soup, PROGRESSO HEALTHY CLASSICS CREAM OF BROCCOLI, 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	Samples	Measure 1* 244g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.00		0	224.48		
Energy	kcal	36		0	88		
Energy	kj	151		0	368		
Protein (N x 5.95)	g	0.97		0	2.37		
Total lipid (fat)	g	1.15		0	2.81		
Carbohydrate, by difference	g	5.46		0	13.32		
Fiber, total dietary	g	1.0		0	2.4		
Ash	g	0.63		0	1.54		
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	41		
Iron	mg	0.50		0	1.22		
Magnesium	mg	6		0	15		
Phosphorus	mg	16		0	39		
Potassium	mg	66		0	161		
Sodium	mg	237		0	578		
Zinc	mg	0.11		0	0.27		
Copper	mg	0.015		0	0.037		
Manganese	mg	0.054		0	0.132		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.4		0	5.9		
Thiamin	mg	0.012		0	0.029		
Riboflavin	mg	0.024		0	0.059		
Niacin	mg	0.130		0	0.317		
Pantothenic acid	mg	0.111		0	0.271		
Vitamin B-6	mg	0.030		0	0.073		
Folate	µg	12		0	29		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	120		0	293		
Vitamin A, RE	µg	13		0	32		
Vitamin E, α-TE	mg	0.157		0	0.383		
Lipids:							
Saturated, total	g	0.270		0	0.659		
4:0	g	0.019		0	0.046		
6.0	g	0.011		0	0.027		
8:0	g	0.006		0	0.015		
10:0	g	0.014		0	0.034		
12:0	g	0.015		0	0.037		
14:0	g	0.061		0	0.149		
15.0	g						
16:0	g	0.221		0	0.539		
17:0	g						
18:0	g	0.097		0	0.237		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.377	0	0.920
14:1	g			
16:1	g	0.017	0	0.041
18:1	g	0.351	0	0.856
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.235	0	0.573
18:2	g	0.183	0	0.447
18:3	g	0.052	0	0.127
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	2	0	5
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06204 Soup, PROGRESSO HEALTHY CLASSICS LENTIL, 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	Samples	Measure 1* 242g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.02		0	213.01		
Energy	kcal	52		0	126		
Energy	kj	218		0	528		
Protein (N x 5.95)	g	3.22		0	7.79		
Total lipid (fat)	g	0.62		0	1.50		
Carbohydrate, by difference	g	8.39		0	20.30		
Fiber, total dietary	g	2.3		0	5.6		
Ash	g	0.97		0	2.35		
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	41		
Iron	mg	1.10		0	2.66		
Magnesium	mg	17		0	41		
Phosphorus	mg	53		0	128		
Potassium	mg	139		0	336		
Sodium	mg	183		0	443		
Zinc	mg	0.43		0	1.04		
Copper	mg	0.089		0	0.215		
Manganese	mg	0.224		0	0.542		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	1.0		
Thiamin	mg	0.045		0	0.109		
Riboflavin	mg	0.036		0	0.087		
Niacin	mg	0.291		0	0.704		
Pantothenic acid	mg	0.226		0	0.547		
Vitamin B-6	mg	0.067		0	0.162		
Folate	µg	42		0	102		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	393		0	951		
Vitamin A, RE	µg	39		0	94		
Vitamin E, α-TE	mg	0.243		0	0.588		
Lipids:							
Saturated, total	g	0.110		0	0.266		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.065		0	0.157		
17:0	g						
18:0	g	0.011		0	0.027		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.337	0	0.816
14:1	g			
16:1	g	0.004	0	0.010
18:1	g	0.331	0	0.801
20:1	g	0.002	0	0.005
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.100	0	0.242
18:2	g	0.080	0	0.194
18:3	g	0.020	0	0.048
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06205 Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, 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	Samples	Measure 1* 244g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.15		0	217.53		
Energy	kcal	48		0	117		
Energy	kj	201		0	490		
Protein (N x 5.95)	g	2.13		0	5.20		
Total lipid (fat)	g	0.81		0	1.98		
Carbohydrate, by difference	g	8.11		0	19.79		
Fiber, total dietary	g	0.5		0	1.2		
Ash	g	0.76		0	1.85		
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17		
Iron	mg	0.37		0	0.90		
Magnesium	mg	5		0	12		
Phosphorus	mg	24		0	59		
Potassium	mg	116		0	283		
Sodium	mg	217		0	529		
Zinc	mg	0.17		0	0.41		
Copper	mg	0.071		0	0.173		
Manganese	mg	0.067		0	0.163		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.1		0	5.1		
Thiamin	mg	0.022		0	0.054		
Riboflavin	mg	0.036		0	0.088		
Niacin	mg	0.353		0	0.861		
Pantothenic acid	mg	0.102		0	0.249		
Vitamin B-6	mg	0.035		0	0.085		
Folate	µg	12		0	29		
Vitamin B-12	µg	2.53		0	6.17		
Vitamin A	IU	100		0	244		
Vitamin A, RE	µg	24		0	59		
Vitamin E, α-TE	mg	0.226		0	0.551		
Lipids:							
Saturated, total	g	0.210		0	0.512		
4:0	g	0.012		0	0.029		
6.0	g	0.007		0	0.017		
8:0	g	0.004		0	0.010		
10:0	g	0.009		0	0.022		
12:0	g	0.010		0	0.024		
14:0	g	0.037		0	0.090		
15.0	g						
16:0	g	0.138		0	0.337		
17:0	g						
18:0	g	0.063		0	0.154		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.274	0	0.669
14:1	g			
16:1	g	0.016	0	0.039
18:1	g	0.251	0	0.612
20:1	g	0.001	0	0.002
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.174	0	0.425
18:2	g	0.142	0	0.346
18:3	g	0.016	0	0.039
18:4	g	0.001	0	0.002
20:4	g	0.002	0	0.005
20:5	g	0.004	0	0.010
22:5	g	0.003	0	0.007
22:6	g	0.004	0	0.010
Cholesterol	mg	2	0	5
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06206 Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, 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	Samples	Measure 1* 241g	Measure 2*	Measure 3*
Proximates:							
Water	g	86.67		0	208.87		
Energy	kcal	51		0	123		
Energy	kj	213		0	513		
Protein (N x 5.95)	g	1.98		0	4.77		
Total lipid (fat)	g	1.05		0	2.53		
Carbohydrate, by difference	g	8.44		0	20.34		
Fiber, total dietary	g	0.5		0	1.2		
Ash	g	0.89		0	2.14		
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	39		
Iron	mg	0.70		0	1.69		
Magnesium	mg	13		0	31		
Phosphorus	mg	36		0	87		
Potassium	mg	127		0	306		
Sodium	mg	195		0	470		
Zinc	mg	0.27		0	0.65		
Copper	mg	0.072		0	0.174		
Manganese	mg	0.152		0	0.366		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.7		
Thiamin	mg	0.062		0	0.149		
Riboflavin	mg	0.033		0	0.080		
Niacin	mg	0.429		0	1.034		
Pantothenic acid	mg	0.124		0	0.299		
Vitamin B-6	mg	0.057		0	0.137		
Folate	µg	25		0	60		
Vitamin B-12	µg	0.00		0	0.00		
Vitamin A	IU	563		0	1357		
Vitamin A, RE	µg	56		0	135		
Vitamin E, α-TE	mg	0.284		0	0.684		
Lipids:							
Saturated, total	g	0.170		0	0.410		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.001		0	0.002		
15.0	g						
16:0	g	0.107		0	0.258		
17:0	g						
18:0	g	0.044		0	0.106		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.385	0	0.928
14:1	g			
16:1	g	0.004	0	0.010
18:1	g	0.380	0	0.916
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.409	0	0.986
18:2	g	0.000	0	0.000
18:3	g	0.364	0	0.877
18:4	g	0.038	0	0.092
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06207 Soup, PROGRESSO HEALTHY CLASSICS 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	Samples	Measure 1* 238g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.00		0	216.58		
Energy	kcal	34		0	81		
Energy	kj	142		0	338		
Protein (N x 5.95)	g	1.76		0	4.19		
Total lipid (fat)	g	0.54		0	1.29		
Carbohydrate, by difference	g	5.56		0	13.23		
Fiber, total dietary	g	0.6		0	1.4		
Ash	g	0.63		0	1.50		
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	31		
Iron	mg	0.64		0	1.52		
Magnesium	mg	9		0	21		
Phosphorus	mg	31		0	74		
Potassium	mg	122		0	290		
Sodium	mg	196		0	466		
Zinc	mg	0.16		0	0.38		
Copper	mg	0.052		0	0.124		
Manganese	mg	0.124		0	0.295		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6		0	1.4		
Thiamin	mg	0.033		0	0.079		
Riboflavin	mg	0.029		0	0.069		
Niacin	mg	0.767		0	1.825		
Pantothenic acid	mg	0.104		0	0.248		
Vitamin B-6	mg	0.031		0	0.074		
Folate	µg	12		0	29		
Vitamin B-12	µg	0.03		0	0.07		
Vitamin A	IU	1343		0	3196		
Vitamin A, RE	µg	134		0	319		
Vitamin E, α-TE	mg	0.060		0	0.143		
Lipids:							
Saturated, total	g	0.140		0	0.333		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.007		0	0.017		
15.0	g						
16:0	g	0.104		0	0.248		
17:0	g						
18:0	g	0.024		0	0.057		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.187	0	0.445
14:1	g			
16:1	g	0.021	0	0.050
18:1	g	0.159	0	0.378
20:1	g	0.007	0	0.017
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.147	0	0.350
18:2	g	0.129	0	0.307
18:3	g	0.017	0	0.040
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	2	0	5
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 cup

NDB No. 06210 Soup, cream of celery, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 602g	Measure 3*
Proximates:							
Water	g	86.46		0	214.42	520.49	
Energy	kcal	66		0	164	397	
Energy	kj	276		0	684	1662	
Protein (N x 5.95)	g	2.29		0	5.68	13.79	
Total lipid (fat)	g	3.91		0	9.70	23.54	
Carbohydrate, by difference	g	5.86		0	14.53	35.28	
Fiber, total dietary	g	0.3		0	0.7	1.8	
Ash	g	1.49		0	3.70	8.97	
Sugars, total	g						
Minerals:							
Calcium	mg	75		0	186	452	
Iron	mg	0.28		0	0.69	1.69	
Magnesium	mg	9		0	22	54	
Phosphorus	mg	61		0	151	367	
Potassium	mg	125		0	310	753	
Sodium	mg	407		0	1009	2450	
Zinc	mg	0.08		0	0.20	0.48	
Copper	mg	0.062		0	0.154	0.373	
Manganese	mg	0.102		0	0.253	0.614	
Selenium	µg	1.9		0	4.7	11.4	
Vitamins:							
Ascorbic acid	mg	0.6		0	1.5	3.6	
Thiamin	mg	0.030		0	0.074	0.181	
Riboflavin	mg	0.100		0	0.248	0.602	
Niacin	mg	0.176		0	0.436	1.060	
Pantothenic acid	mg	0.610		0	1.513	3.672	
Vitamin B-6	mg	0.026		0	0.064	0.157	
Folate	µg	3		0	8	20	
Vitamin B-12	µg	0.20		0	0.50	1.20	
Vitamin A	IU	186		0	461	1120	
Vitamin A, RE	µg	27		0	67	163	
Vitamin E, α-TE	mg	0.390		0	0.967	2.348	
Lipids:							
Saturated, total	g	1.590		0	3.943	9.572	
4:0	g	0.080		0	0.198	0.482	
6.0	g	0.050		0	0.124	0.301	
8:0	g	0.030		0	0.074	0.181	
10:0	g	0.060		0	0.149	0.361	
12:0	g	0.070		0	0.174	0.421	
14:0	g	0.250		0	0.620	1.505	
15.0	g						
16:0	g	0.670		0	1.662	4.033	
17:0	g						
18:0	g	0.310		0	0.769	1.866	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.990	0	2.455	5.960
14:1	g				
16:1	g	0.060	0	0.149	0.361
18:1	g	0.900	0	2.232	5.418
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.070	0	2.654	6.441
18:2	g	1.020	0	2.530	6.140
18:3	g	0.050	0	0.124	0.301
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	13	0	32	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.030	0	0.074	0.181
Threonine	g	0.097	0	0.241	0.584
Isoleucine	g	0.130	0	0.322	0.783
Leucine	g	0.209	0	0.518	1.258
Lysine	g	0.159	0	0.394	0.957
Methionine	g	0.053	0	0.131	0.319
Cystine	g	0.022	0	0.055	0.132
Phenylalanine	g	0.110	0	0.273	0.662
Tyrosine	g	0.100	0	0.248	0.602
Valine	g	0.145	0	0.360	0.873
Arginine	g	0.083	0	0.206	0.500
Histidine	g	0.060	0	0.149	0.361
Alanine	g	0.080	0	0.198	0.482
Aspartic acid	g	0.170	0	0.422	1.023
Glutamic acid	g	0.495	0	1.228	2.980
Glycine	g	0.055	0	0.136	0.331
Proline	g	0.213	0	0.528	1.282
Serine	g	0.119	0	0.295	0.716
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06211 Soup, cheese, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 609g	Measure 3*
Proximates:							
Water	g	82.44		0	206.92	502.06	
Energy	kcal	92		0	231	560	
Energy	kj	385		0	966	2345	
Protein (N x 5.95)	g	3.77		0	9.46	22.96	
Total lipid (fat)	g	5.80		0	14.56	35.32	
Carbohydrate, by difference	g	6.47		0	16.24	39.40	
Fiber, total dietary	g	0.4		0	1.0	2.4	
Ash	g	1.52		0	3.82	9.26	
Sugars, total	g						
Minerals:							
Calcium	mg	115		0	289	700	
Iron	mg	0.32		0	0.80	1.95	
Magnesium	mg	8		0	20	49	
Phosphorus	mg	100		0	251	609	
Potassium	mg	136		0	341	828	
Sodium	mg	406		0	1019	2473	
Zinc	mg	0.27		0	0.69	1.67	
Copper	mg	0.056		0	0.141	0.341	
Manganese	mg	0.103		0	0.259	0.627	
Selenium	µg	2.8		0	7.0	17.1	
Vitamins:							
Ascorbic acid	mg	0.5		0	1.3	3.0	
Thiamin	mg	0.025		0	0.063	0.152	
Riboflavin	mg	0.133		0	0.334	0.810	
Niacin	mg	0.200		0	0.502	1.218	
Pantothenic acid	mg	0.190		0	0.477	1.157	
Vitamin B-6	mg	0.031		0	0.078	0.189	
Folate	µg	4		0	10	24	
Vitamin B-12	µg	0.17		0	0.43	1.04	
Vitamin A	IU	495		0	1242	3015	
Vitamin A, RE	µg	59		0	148	359	
Vitamin E, α-TE	mg	0.100		0	0.251	0.609	
Lipids:							
Saturated, total	g	3.630		0	9.111	22.107	
4:0	g	0.180		0	0.452	1.096	
6.0	g	0.100		0	0.251	0.609	
8:0	g	0.050		0	0.126	0.305	
10:0	g	0.110		0	0.276	0.670	
12:0	g	0.110		0	0.276	0.670	
14:0	g	0.580		0	1.456	3.532	
15.0	g						
16:0	g	1.650		0	4.141	10.048	
17:0	g						
18:0	g	0.690		0	1.732	4.202	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.630	0	4.091	9.927
14:1	g				
16:1	g	0.160	0	0.402	0.974
18:1	g	1.390	0	3.489	8.465
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.180	0	0.452	1.096
18:2	g	0.110	0	0.276	0.670
18:3	g	0.070	0	0.176	0.426
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	19	0	48	116
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.051	0	0.128	0.311
Threonine	g	0.148	0	0.371	0.901
Isoleucine	g	0.226	0	0.567	1.376
Leucine	g	0.361	0	0.906	2.198
Lysine	g	0.279	0	0.700	1.699
Methionine	g	0.087	0	0.218	0.530
Cystine	g	0.033	0	0.083	0.201
Phenylalanine	g	0.189	0	0.474	1.151
Tyrosine	g	0.177	0	0.444	1.078
Valine	g	0.259	0	0.650	1.577
Arginine	g	0.123	0	0.309	0.749
Histidine	g	0.102	0	0.256	0.621
Alanine	g	0.125	0	0.314	0.761
Aspartic acid	g	0.274	0	0.688	1.669
Glutamic acid	g	1.002	0	2.515	6.102
Glycine	g	0.081	0	0.203	0.493
Proline	g	0.383	0	0.961	2.332
Serine	g	0.187	0	0.469	1.139
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (11 oz), prepared

NDB No. 06216 Soup, cream of chicken, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 31g	Measure 3* 602g
Proximates:							
Water	g	84.83		0	210.38	26.30	510.68
Energy	kcal	77		0	191	24	464
Energy	kj	322		0	799	100	1938
Protein (N x 5.95)	g	3.01		0	7.46	0.93	18.12
Total lipid (fat)	g	4.62		0	11.46	1.43	27.81
Carbohydrate, by difference	g	6.04		0	14.98	1.87	36.36
Fiber, total dietary	g	0.1		0	0.2	0.0	0.6
Ash	g	1.51		0	3.74	0.47	9.09
Sugars, total	g						
Minerals:							
Calcium	mg	73		0	181	23	439
Iron	mg	0.27		0	0.67	0.08	1.63
Magnesium	mg	7		0	17	2	42
Phosphorus	mg	61		0	151	19	367
Potassium	mg	110		0	273	34	662
Sodium	mg	422		0	1047	131	2540
Zinc	mg	0.27		0	0.67	0.08	1.64
Copper	mg	0.056		0	0.139	0.017	0.337
Manganese	mg	0.153		0	0.379	0.047	0.921
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	1.2	0.2	3.0
Thiamin	mg	0.030		0	0.074	0.009	0.181
Riboflavin	mg	0.104		0	0.258	0.032	0.626
Niacin	mg	0.372		0	0.923	0.115	2.239
Pantothenic acid	mg	0.230		0	0.570	0.071	1.385
Vitamin B-6	mg	0.027		0	0.067	0.008	0.163
Folate	µg	3		0	8	1	19
Vitamin B-12	µg	0.22		0	0.55	0.07	1.32
Vitamin A	IU	288		0	714	89	1734
Vitamin A, RE	µg	38		0	94	12	229
Vitamin E, α-TE	mg	0.095		0	0.236	0.029	0.572
Lipids:							
Saturated, total	g	1.870		0	4.638	0.580	11.257
4:0	g	0.070		0	0.174	0.022	0.421
6.0	g	0.050		0	0.124	0.016	0.301
8:0	g	0.030		0	0.074	0.009	0.181
10:0	g	0.050		0	0.124	0.016	0.301
12:0	g	0.060		0	0.149	0.019	0.361
14:0	g	0.230		0	0.570	0.071	1.385
15.0	g						
16:0	g	0.960		0	2.381	0.298	5.779
17:0	g						
18:0	g	0.360		0	0.893	0.112	2.167
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.800	0	4.464	0.558	10.836
14:1	g					
16:1	g	0.160	0	0.397	0.050	0.963
18:1	g	1.600	0	3.968	0.496	9.632
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.660	0	1.637	0.205	3.973
18:2	g	0.610	0	1.513	0.189	3.672
18:3	g	0.050	0	0.124	0.016	0.301
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	11	0	27	3	66
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.040	0	0.099	0.012	0.241
Threonine	g	0.126	0	0.312	0.039	0.759
Isoleucine	g	0.167	0	0.414	0.052	1.005
Leucine	g	0.265	0	0.657	0.082	1.595
Lysine	g	0.215	0	0.533	0.067	1.294
Methionine	g	0.073	0	0.181	0.023	0.439
Cystine	g	0.035	0	0.087	0.011	0.211
Phenylalanine	g	0.140	0	0.347	0.043	0.843
Tyrosine	g	0.126	0	0.312	0.039	0.759
Valine	g	0.179	0	0.444	0.055	1.078
Arginine	g	0.126	0	0.312	0.039	0.759
Histidine	g	0.081	0	0.201	0.025	0.488
Alanine	g	0.116	0	0.288	0.036	0.698
Aspartic acid	g	0.221	0	0.548	0.069	1.330
Glutamic acid	g	0.655	0	1.624	0.203	3.943
Glycine	g	0.089	0	0.221	0.028	0.536
Proline	g	0.261	0	0.647	0.081	1.571
Serine	g	0.149	0	0.370	0.046	0.897
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (10.75 oz), prepared

NDB No. 06230 Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 248g	Measure 3* 31g
Proximates:							
Water	g	85.23		0	211.37	211.37	26.42
Energy	kcal	66		0	164	164	20
Energy	kj	276		0	684	684	86
Protein (N x 5.95)	g	3.82		0	9.47	9.47	1.18
Total lipid (fat)	g	2.66		0	6.60	6.60	0.82
Carbohydrate, by difference	g	6.70		0	16.62	16.62	2.08
Fiber, total dietary	g	0.6		0	1.5	1.5	0.2
Ash	g	1.60		0	3.97	3.97	0.50
Sugars, total	g						
Minerals:							
Calcium	mg	75		0	186	186	23
Iron	mg	0.60		0	1.49	1.49	0.19
Magnesium	mg	9		0	22	22	3
Phosphorus	mg	63		0	156	156	20
Potassium	mg	121		0	300	300	38
Sodium	mg	400		0	992	992	124
Zinc	mg	0.32		0	0.80	0.80	0.10
Copper	mg	0.056		0	0.139	0.139	0.017
Manganese	mg	0.102		0	0.253	0.253	0.032
Selenium	µg	5.2		0	12.9	12.9	1.6
Vitamins:							
Ascorbic acid	mg	1.4		0	3.5	3.5	0.4
Thiamin	mg	0.027		0	0.067	0.067	0.008
Riboflavin	mg	0.095		0	0.236	0.236	0.029
Niacin	mg	0.416		0	1.032	1.032	0.129
Pantothenic acid	mg	0.280		0	0.694	0.694	0.087
Vitamin B-6	mg	0.051		0	0.126	0.126	0.016
Folate	µg	4		0	10	10	1
Vitamin B-12	µg	4.13		0	10.24	10.24	1.28
Vitamin A	IU	66		0	164	164	20
Vitamin A, RE	µg	16		0	40	40	5
Vitamin E, α-TE	mg	0.060		0	0.149	0.149	0.019
Lipids:							
Saturated, total	g	1.190		0	2.951	2.951	0.369
4:0	g	0.060		0	0.149	0.149	0.019
6.0	g	0.030		0	0.074	0.074	0.009
8:0	g	0.020		0	0.050	0.050	0.006
10:0	g	0.040		0	0.099	0.099	0.012
12:0	g	0.050		0	0.124	0.124	0.016
14:0	g	0.170		0	0.422	0.422	0.053
15.0	g						
16:0	g	0.540		0	1.339	1.339	0.167
17:0	g						
18:0	g	0.250		0	0.620	0.620	0.078
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.910	0	2.257	2.257	0.282
14:1	g					
16:1	g	0.040	0	0.099	0.099	0.012
18:1	g	0.850	0	2.108	2.108	0.263
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.440	0	1.091	1.091	0.136
18:2	g	0.390	0	0.967	0.967	0.121
18:3	g	0.050	0	0.124	0.124	0.016
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	9	0	22	22	3
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.047	0	0.117	0.117	0.015
Threonine	g	0.141	0	0.350	0.350	0.044
Isoleucine	g	0.182	0	0.451	0.451	0.056
Leucine	g	0.290	0	0.719	0.719	0.090
Lysine	g	0.244	0	0.605	0.605	0.076
Methionine	g	0.082	0	0.203	0.203	0.025
Cystine	g	0.041	0	0.102	0.102	0.013
Phenylalanine	g	0.151	0	0.374	0.374	0.047
Tyrosine	g	0.136	0	0.337	0.337	0.042
Valine	g	0.197	0	0.489	0.489	0.061
Arginine	g	0.164	0	0.407	0.407	0.051
Histidine	g	0.107	0	0.265	0.265	0.033
Alanine	g	0.171	0	0.424	0.424	0.053
Aspartic acid	g	0.327	0	0.811	0.811	0.101
Glutamic acid	g	0.977	0	2.423	2.423	0.303
Glycine	g	0.139	0	0.345	0.345	0.043
Proline	g	0.241	0	0.598	0.598	0.075
Serine	g	0.151	0	0.374	0.374	0.047
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup (8 fl oz)
Measure 3: 1 fl oz

NDB No. 06243 Soup, cream of mushroom, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 602g	Measure 3*
Proximates:							
Water	g	84.56		0	209.71	509.05	
Energy	kcal	82		0	203	494	
Energy	kj	343		0	851	2065	
Protein (N x 5.95)	g	2.44		0	6.05	14.69	
Total lipid (fat)	g	5.48		0	13.59	32.99	
Carbohydrate, by difference	g	6.05		0	15.00	36.42	
Fiber, total dietary	g	0.2		0	0.5	1.2	
Ash	g	1.47		0	3.65	8.85	
Sugars, total	g						
Minerals:							
Calcium	mg	72		0	179	433	
Iron	mg	0.24		0	0.60	1.44	
Magnesium	mg	8		0	20	48	
Phosphorus	mg	63		0	156	379	
Potassium	mg	109		0	270	656	
Sodium	mg	370		0	918	2227	
Zinc	mg	0.26		0	0.64	1.55	
Copper	mg	0.056		0	0.139	0.337	
Manganese	mg	0.102		0	0.253	0.614	
Selenium	µg	1.6		0	4.0	9.6	
Vitamins:							
Ascorbic acid	mg	0.9		0	2.2	5.4	
Thiamin	mg	0.031		0	0.077	0.187	
Riboflavin	mg	0.113		0	0.280	0.680	
Niacin	mg	0.368		0	0.913	2.215	
Pantothenic acid	mg	0.250		0	0.620	1.505	
Vitamin B-6	mg	0.026		0	0.064	0.157	
Folate	µg	4		0	10	24	
Vitamin B-12	µg	0.20		0	0.50	1.20	
Vitamin A	IU	62		0	154	373	
Vitamin A, RE	µg	15		0	37	90	
Vitamin E, α-TE	mg	0.540		0	1.339	3.251	
Lipids:							
Saturated, total	g	2.070		0	5.134	12.461	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.040		0	0.099	0.241	
8:0	g	0.030		0	0.074	0.181	
10:0	g	0.060		0	0.149	0.361	
12:0	g	0.060		0	0.149	0.361	
14:0	g	0.240		0	0.595	1.445	
15.0	g						
16:0	g	1.180		0	2.926	7.104	
17:0	g						
18:0	g	0.340		0	0.843	2.047	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.200	0	2.976	7.224
14:1	g				
16:1	g	0.070	0	0.174	0.421
18:1	g	1.100	0	2.728	6.622
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.860	0	4.613	11.197
18:2	g	1.820	0	4.514	10.956
18:3	g	0.040	0	0.099	0.241
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	8	0	20	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.034	0	0.084	0.205
Threonine	g	0.105	0	0.260	0.632
Isoleucine	g	0.137	0	0.340	0.825
Leucine	g	0.223	0	0.553	1.342
Lysine	g	0.173	0	0.429	1.041
Methionine	g	0.057	0	0.141	0.343
Cystine	g	0.025	0	0.062	0.151
Phenylalanine	g	0.116	0	0.288	0.698
Tyrosine	g	0.109	0	0.270	0.656
Valine	g	0.152	0	0.377	0.915
Arginine	g	0.093	0	0.231	0.560
Histidine	g	0.063	0	0.156	0.379
Alanine	g	0.088	0	0.218	0.530
Aspartic acid	g	0.181	0	0.449	1.090
Glutamic acid	g	0.527	0	1.307	3.173
Glycine	g	0.061	0	0.151	0.367
Proline	g	0.226	0	0.560	1.361
Serine	g	0.129	0	0.320	0.777
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06246 Soup, cream of onion, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 602g	Measure 3*
Proximates:							
Water	g	84.50		0	209.56	508.69	
Energy	kcal	75		0	186	452	
Energy	kj	314		0	779	1890	
Protein (N x 5.95)	g	2.74		0	6.80	16.49	
Total lipid (fat)	g	3.78		0	9.37	22.76	
Carbohydrate, by difference	g	7.40		0	18.35	44.55	
Fiber, total dietary	g	0.3		0	0.7	1.8	
Ash	g	1.50		0	3.72	9.03	
Sugars, total	g						
Minerals:							
Calcium	mg	72		0	179	433	
Iron	mg	0.28		0	0.69	1.69	
Magnesium	mg	9		0	22	54	
Phosphorus	mg	62		0	154	373	
Potassium	mg	125		0	310	753	
Sodium	mg	405		0	1004	2438	
Zinc	mg	0.25		0	0.62	1.50	
Copper	mg	0.060		0	0.149	0.361	
Manganese	mg	0.100		0	0.248	0.602	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		0	2.5	6.0	
Thiamin	mg	0.039		0	0.097	0.235	
Riboflavin	mg	0.110		0	0.273	0.662	
Niacin	mg	0.244		0	0.605	1.469	
Pantothenic acid	mg	0.280		0	0.694	1.686	
Vitamin B-6	mg	0.030		0	0.074	0.181	
Folate	µg	9		0	22	54	
Vitamin B-12	µg	0.20		0	0.50	1.20	
Vitamin A	IU	182		0	451	1096	
Vitamin A, RE	µg	28		0	69	169	
Vitamin E, α-TE	mg	0.030		0	0.074	0.181	
Lipids:							
Saturated, total	g	1.630		0	4.042	9.813	
4:0	g	0.070		0	0.174	0.421	
6.0	g	0.040		0	0.099	0.241	
8:0	g	0.030		0	0.074	0.181	
10:0	g	0.050		0	0.124	0.301	
12:0	g	0.060		0	0.149	0.361	
14:0	g	0.230		0	0.570	1.385	
15.0	g						
16:0	g	0.740		0	1.835	4.455	
17:0	g						
18:0	g	0.360		0	0.893	2.167	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.320	0	3.274	7.946
14:1	g				
16:1	g	0.060	0	0.149	0.361
18:1	g	1.230	0	3.050	7.405
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.640	0	1.587	3.853
18:2	g	0.580	0	1.438	3.492
18:3	g	0.070	0	0.174	0.421
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	13	0	32	78
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06248 Soup, oyster stew, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 245g	Measure 2* 595g	Measure 3*
Proximates:							
Water	g	88.94		0	217.90	529.19	
Energy	kcal	55		0	135	327	
Energy	kj	230		0	564	1369	
Protein (N x 5.95)	g	2.51		0	6.15	14.93	
Total lipid (fat)	g	3.24		0	7.94	19.28	
Carbohydrate, by difference	g	3.99		0	9.78	23.74	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.34		0	3.28	7.97	
Sugars, total	g						
Minerals:							
Calcium	mg	68		0	167	405	
Iron	mg	0.43		0	1.05	2.56	
Magnesium	mg	8		0	20	48	
Phosphorus	mg	66		0	162	393	
Potassium	mg	96		0	235	571	
Sodium	mg	425		0	1041	2529	
Zinc	mg	4.22		0	10.34	25.11	
Copper	mg	0.655		0	1.605	3.897	
Manganese	mg	0.151		0	0.370	0.898	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.8		0	4.4	10.7	
Thiamin	mg	0.027		0	0.066	0.161	
Riboflavin	mg	0.095		0	0.233	0.565	
Niacin	mg	0.137		0	0.336	0.815	
Pantothenic acid	mg	0.200		0	0.490	1.190	
Vitamin B-6	mg	0.026		0	0.064	0.155	
Folate	µg	4		0	10	24	
Vitamin B-12	µg	1.07		0	2.62	6.37	
Vitamin A	IU	92		0	225	547	
Vitamin A, RE	µg	18		0	44	107	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.060		0	5.047	12.257	
4:0	g	0.120		0	0.294	0.714	
6.0	g	0.070		0	0.172	0.417	
8:0	g	0.040		0	0.098	0.238	
10:0	g	0.090		0	0.221	0.536	
12:0	g	0.090		0	0.221	0.536	
14:0	g	0.340		0	0.833	2.023	
15.0	g						
16:0	g	0.830		0	2.034	4.938	
17:0	g						
18:0	g	0.390		0	0.956	2.321	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.850	0	2.083	5.058
14:1	g				
16:1	g	0.060	0	0.147	0.357
18:1	g	0.750	0	1.837	4.463
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.130	0	0.319	0.774
18:2	g	0.090	0	0.221	0.536
18:3	g	0.030	0	0.074	0.179
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	13	0	32	77
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz), prepared

NDB No. 06249 Soup, pea, green, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 254g	Measure 2* 616g	Measure 3*
Proximates:							
Water	g	77.93		0	197.94	480.05	
Energy	kcal	94		0	239	579	
Energy	kj	393		0	998	2421	
Protein (N x 5.95)	g	4.97		0	12.62	30.62	
Total lipid (fat)	g	2.77		0	7.04	17.06	
Carbohydrate, by difference	g	12.69		0	32.23	78.17	
Fiber, total dietary	g	1.1		0	2.8	6.8	
Ash	g	1.65		0	4.19	10.16	
Sugars, total	g						
Minerals:							
Calcium	mg	68		0	173	419	
Iron	mg	0.79		0	2.01	4.87	
Magnesium	mg	22		0	56	136	
Phosphorus	mg	94		0	239	579	
Potassium	mg	148		0	376	912	
Sodium	mg	382		0	970	2353	
Zinc	mg	0.69		0	1.76	4.26	
Copper	mg	0.154		0	0.391	0.949	
Manganese	mg	0.260		0	0.660	1.602	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.1		0	2.8	6.8	
Thiamin	mg	0.061		0	0.155	0.376	
Riboflavin	mg	0.105		0	0.267	0.647	
Niacin	mg	0.528		0	1.341	3.252	
Pantothenic acid	mg	0.220		0	0.559	1.355	
Vitamin B-6	mg	0.041		0	0.104	0.253	
Folate	µg	3		0	8	19	
Vitamin B-12	µg	0.17		0	0.43	1.05	
Vitamin A	IU	140		0	356	862	
Vitamin A, RE	µg	23		0	58	142	
Vitamin E, α-TE	mg	0.070		0	0.178	0.431	
Lipids:							
Saturated, total	g	1.580		0	4.013	9.733	
4:0	g	0.080		0	0.203	0.493	
6.0	g	0.040		0	0.102	0.246	
8:0	g	0.030		0	0.076	0.185	
10:0	g	0.060		0	0.152	0.370	
12:0	g	0.070		0	0.178	0.431	
14:0	g	0.250		0	0.635	1.540	
15.0	g						
16:0	g	0.680		0	1.727	4.189	
17:0	g						
18:0	g	0.320		0	0.813	1.971	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.860	0	2.184	5.298
14:1	g				
16:1	g	0.060	0	0.152	0.370
18:1	g	0.770	0	1.956	4.743
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.210	0	0.533	1.294
18:2	g	0.170	0	0.432	1.047
18:3	g	0.040	0	0.102	0.246
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	7	0	18	43
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.051	0	0.130	0.314
Threonine	g	0.191	0	0.485	1.177
Isoleucine	g	0.213	0	0.541	1.312
Leucine	g	0.400	0	1.016	2.464
Lysine	g	0.327	0	0.831	2.014
Methionine	g	0.081	0	0.206	0.499
Cystine	g	0.046	0	0.117	0.283
Phenylalanine	g	0.225	0	0.572	1.386
Tyrosine	g	0.176	0	0.447	1.084
Valine	g	0.280	0	0.711	1.725
Arginine	g	0.336	0	0.853	2.070
Histidine	g	0.110	0	0.279	0.678
Alanine	g	0.200	0	0.508	1.232
Aspartic acid	g	0.467	0	1.186	2.877
Glutamic acid	g	0.969	0	2.461	5.969
Glycine	g	0.169	0	0.429	1.041
Proline	g	0.328	0	0.833	2.020
Serine	g	0.223	0	0.566	1.374
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11.25 oz), prepared

NDB No. 06253 Soup, cream of potato, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 602g	Measure 3*
Proximates:							
Water	g	86.67		0	214.94	521.75	
Energy	kcal	60		0	149	361	
Energy	kj	251		0	622	1511	
Protein (N x 5.95)	g	2.33		0	5.78	14.03	
Total lipid (fat)	g	2.60		0	6.45	15.65	
Carbohydrate, by difference	g	6.92		0	17.16	41.66	
Fiber, total dietary	g	0.2		0	0.5	1.2	
Ash	g	1.47		0	3.65	8.85	
Sugars, total	g						
Minerals:							
Calcium	mg	67		0	166	403	
Iron	mg	0.22		0	0.55	1.32	
Magnesium	mg	7		0	17	42	
Phosphorus	mg	65		0	161	391	
Potassium	mg	130		0	322	783	
Sodium	mg	428		0	1061	2577	
Zinc	mg	0.27		0	0.67	1.64	
Copper	mg	0.106		0	0.263	0.638	
Manganese	mg	0.153		0	0.379	0.921	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	1.2	3.0	
Thiamin	mg	0.033		0	0.082	0.199	
Riboflavin	mg	0.095		0	0.236	0.572	
Niacin	mg	0.259		0	0.642	1.559	
Pantothenic acid	mg	0.680		0	1.686	4.094	
Vitamin B-6	mg	0.036		0	0.089	0.217	
Folate	µg	4		0	9	22	
Vitamin B-12	µg	0.20		0	0.50	1.20	
Vitamin A	IU	179		0	444	1078	
Vitamin A, RE	µg	27		0	67	163	
Vitamin E, α-TE	mg	0.040		0	0.099	0.241	
Lipids:							
Saturated, total	g	1.520		0	3.770	9.150	
4:0	g	0.100		0	0.248	0.602	
6.0	g	0.050		0	0.124	0.301	
8:0	g	0.030		0	0.074	0.181	
10:0	g	0.060		0	0.149	0.361	
12:0	g	0.070		0	0.174	0.421	
14:0	g	0.240		0	0.595	1.445	
15.0	g						
16:0	g	0.650		0	1.612	3.913	
17:0	g						
18:0	g	0.280		0	0.694	1.686	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.700	0	1.736	4.214
14:1	g				
16:1	g	0.050	0	0.124	0.301
18:1	g	0.610	0	1.513	3.672
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.230	0	0.570	1.385
18:2	g	0.190	0	0.471	1.144
18:3	g	0.040	0	0.099	0.241
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	9	0	22	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.033	0	0.082	0.199
Threonine	g	0.098	0	0.243	0.590
Isoleucine	g	0.129	0	0.320	0.777
Leucine	g	0.207	0	0.513	1.246
Lysine	g	0.162	0	0.402	0.975
Methionine	g	0.053	0	0.131	0.319
Cystine	g	0.026	0	0.064	0.157
Phenylalanine	g	0.112	0	0.278	0.674
Tyrosine	g	0.103	0	0.255	0.620
Valine	g	0.146	0	0.362	0.879
Arginine	g	0.089	0	0.221	0.536
Histidine	g	0.060	0	0.149	0.361
Alanine	g	0.078	0	0.193	0.470
Aspartic acid	g	0.226	0	0.560	1.361
Glutamic acid	g	0.507	0	1.257	3.052
Glycine	g	0.056	0	0.139	0.337
Proline	g	0.210	0	0.521	1.264
Serine	g	0.122	0	0.303	0.734
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06256 Soup, cream of shrimp, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 31g	Measure 3* 602g
Proximates:							
Water	g	86.40		0	214.27	26.78	520.13
Energy	kcal	66		0	164	20	397
Energy	kj	276		0	684	86	1662
Protein (N x 5.95)	g	2.75		0	6.82	0.85	16.55
Total lipid (fat)	g	3.75		0	9.30	1.16	22.57
Carbohydrate, by difference	g	5.61		0	13.91	1.74	33.77
Fiber, total dietary	g	0.1		0	0.2	0.0	0.6
Ash	g	1.50		0	3.72	0.47	9.03
Sugars, total	g						
Minerals:							
Calcium	mg	66		0	164	20	397
Iron	mg	0.24		0	0.60	0.07	1.44
Magnesium	mg	9		0	22	3	54
Phosphorus	mg	59		0	146	18	355
Potassium	mg	100		0	248	31	602
Sodium	mg	418		0	1037	130	2516
Zinc	mg	0.32		0	0.80	0.10	1.94
Copper	mg	0.055		0	0.136	0.017	0.331
Manganese	mg	0.160		0	0.397	0.050	0.963
Selenium	µg	3.2		0	7.9	1.0	19.3
Vitamins:							
Ascorbic acid	mg	0.5		0	1.2	0.2	3.0
Thiamin	mg	0.026		0	0.064	0.008	0.157
Riboflavin	mg	0.091		0	0.226	0.028	0.548
Niacin	mg	0.214		0	0.531	0.066	1.288
Pantothenic acid	mg	0.220		0	0.546	0.068	1.324
Vitamin B-6	mg	0.180		0	0.446	0.056	1.084
Folate	µg	4		0	10	1	24
Vitamin B-12	µg	0.42		0	1.04	0.13	2.53
Vitamin A	IU	126		0	312	39	759
Vitamin A, RE	µg	22		0	55	7	132
Vitamin E, α-TE	mg	0.350		0	0.868	0.109	2.107
Lipids:							
Saturated, total	g	2.330		0	5.778	0.722	14.027
4:0	g	0.120		0	0.298	0.037	0.722
6.0	g	0.070		0	0.174	0.022	0.421
8:0	g	0.040		0	0.099	0.012	0.241
10:0	g	0.090		0	0.223	0.028	0.542
12:0	g	0.110		0	0.273	0.034	0.662
14:0	g	0.380		0	0.942	0.118	2.288
15.0	g						
16:0	g	0.990		0	2.455	0.307	5.960
17:0	g						
18:0	g	0.460		0	1.141	0.143	2.769
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.080	0	2.678	0.335	6.502
14:1	g					
16:1	g	0.080	0	0.198	0.025	0.482
18:1	g	0.940	0	2.331	0.291	5.659
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.140	0	0.347	0.043	0.843
18:2	g	0.090	0	0.223	0.028	0.542
18:3	g	0.060	0	0.149	0.019	0.361
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	14	0	35	4	84
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (10.75 oz), prepared

NDB No. 06257 Sauce, LA VICTORIA, LA VICTORIA Red Taco Sauce, mild

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 16g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.62		1	13.74		
Energy	kcal	42		0	7		
Energy	kj	176		0	28		
Protein (N x 5.95)	g	1.34		1	0.21		
Total lipid (fat)	g	0.42		1	0.07		
Carbohydrate, by difference	g	8.21		0	1.29		
Fiber, total dietary	g	0.5		1	0.1		
Ash	g	2.41		1	0.38		
Sugars, total	g	6.16		1	0.97		
Minerals:							
Calcium	mg	21		1	3		
Iron	mg	0.18		1	0.03		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	655		1	103		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	17.9		1	2.8		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1600		1	251		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon

NDB No. 06258 Sauce, LA VICTORIA, LA VICTORIA Red Taco Sauce, 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	Samples	Measure 1* 16g	Measure 2*	Measure 3*
Proximates:							
Water	g	87.62		1	13.74		
Energy	kcal	42		0	7		
Energy	kj	176		0	28		
Protein (N x 5.95)	g	1.34		1	0.21		
Total lipid (fat)	g	0.42		1	0.07		
Carbohydrate, by difference	g	8.21		0	1.29		
Fiber, total dietary	g	0.6		1	0.1		
Ash	g	2.41		1	0.38		
Sugars, total	g	6.16		1	0.97		
Minerals:							
Calcium	mg	21		1	3		
Iron	mg	0.18		1	0.03		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	655		1	103		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	17.9		1	2.8		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1600		1	251		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon

NDB No. 06259 Sauce, LA VICTORIA, LA VICTORIA Green Taco Sauce, Mild

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 15g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.98		1	13.73		
Energy	kcal	30		0	5		
Energy	kj	126		0	19		
Protein (N x 5.95)	g	0.79		1	0.12		
Total lipid (fat)	g	0.36		1	0.05		
Carbohydrate, by difference	g	5.82		0	0.88		
Fiber, total dietary	g	0.6		1	0.1		
Ash	g	2.05		1	0.31		
Sugars, total	g	2.39		1	0.36		
Minerals:							
Calcium	mg	8		1	1		
Iron	mg	0.05		1	0.01		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	634		1	96		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.8		1	0.7		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	79		1	12		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon

NDB No. 06260 Sauce, LA VICTORIA, LA VICTORIA Green Taco Sauce, 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	Samples	Measure 1* 15g	Measure 2*	Measure 3*
Proximates:							
Water	g	90.98		1	13.73		
Energy	kcal	30		0	5		
Energy	kj	126		0	19		
Protein (N x 5.95)	g	0.79		1	0.12		
Total lipid (fat)	g	0.36		1	0.05		
Carbohydrate, by difference	g	5.82		0	0.88		
Fiber, total dietary	g	0.6		1	0.1		
Ash	g	2.05		1	0.31		
Sugars, total	g	2.39		1	0.36		
Minerals:							
Calcium	mg	8		1	1		
Iron	mg	0.05		1	0.01		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	634		1	96		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.8		1	0.7		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	79		1	12		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon

NDB No. 06261 Sauce, LA VICTORIA, Salsa Brava, 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	Samples	Measure 1* 5g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.67		1	4.47		
Energy	kcal	40		0	2		
Energy	kj	167		0	8		
Protein (N x 5.95)	g	1.36		1	0.07		
Total lipid (fat)	g	1.11		1	0.06		
Carbohydrate, by difference	g	6.16		0	0.31		
Fiber, total dietary	g	0.3		1	0.0		
Ash	g	2.70		1	0.14		
Sugars, total	g	3.33		1	0.17		
Minerals:							
Calcium	mg	20		1	1		
Iron	mg	0.57		1	0.03		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	648		1	33		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	7.2		1	0.4		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	2050		1	103		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon

NDB No. 06262 Sauce, LA VICTORIA, LA VICTORIA Salsa Victoria, 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	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.41		1	27.87		
Energy	kcal	24		0	7		
Energy	kj	100		0	30		
Protein (N x 5.95)	g	0.92		1	0.28		
Total lipid (fat)	g	0.27		1	0.08		
Carbohydrate, by difference	g	4.43		0	1.34		
Fiber, total dietary	g	0.7		1	0.2		
Ash	g	1.97		1	0.59		
Sugars, total	g	2.07		1	0.62		
Minerals:							
Calcium	mg	8		1	2		
Iron	mg	0.04		1	0.01		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	541		1	163		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	11.9		1	3.6		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	172		1	52		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06263 Sauce, LA VICTORIA, LA VICTORIA Salsa Ranchera, 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	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.00		1	27.72		
Energy	kcal	30		0	9		
Energy	kj	126		0	38		
Protein (N x 5.95)	g	1.29		1	0.39		
Total lipid (fat)	g	0.30		1	0.09		
Carbohydrate, by difference	g	5.44		0	1.66		
Fiber, total dietary	g	0.2		1	0.1		
Ash	g	1.97		1	0.60		
Sugars, total	g	2.65		1	0.81		
Minerals:							
Calcium	mg	16		1	5		
Iron	mg	0.14		1	0.04		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	563		1	171		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.3		1	1.3		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1190		1	362		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 2 tablespoons

NDB No. 06265 Sauce, LA VICTORIA, LA VICTORIA Salsa Picante, Mild

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.53		1	27.88		
Energy	kcal	27		0	8		
Energy	kj	113		0	34		
Protein (N x 5.95)	g	1.19		1	0.36		
Total lipid (fat)	g	0.29		1	0.09		
Carbohydrate, by difference	g	4.82		0	1.47		
Fiber, total dietary	g	0.3		1	0.1		
Ash	g	2.17		1	0.66		
Sugars, total	g	2.95		1	0.90		
Minerals:							
Calcium	mg	15		1	5		
Iron	mg	0.11		1	0.03		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	596		1	182		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.1		1	1.9		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	413		1	126		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06266 Sauce, LA VICTORIA, LA VICTORIA Salsa Picante, 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	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.53		1	27.61		
Energy	kcal	28		0	8		
Energy	kj	117		0	35		
Protein (N x 5.95)	g	1.22		1	0.37		
Total lipid (fat)	g	0.34		1	0.10		
Carbohydrate, by difference	g	4.97		0	1.50		
Fiber, total dietary	g	0.5		1	0.2		
Ash	g	1.94		1	0.59		
Sugars, total	g	3.02		1	0.91		
Minerals:							
Calcium	mg	14		1	4		
Iron	mg	0.06		1	0.02		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	499		1	150		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	8.2		1	2.5		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	465		1	140		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06267 Sauce, LA VICTORIA, LA VICTORIA Salsa Suprema, Mild

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.47		1	27.86		
Energy	kcal	27		0	8		
Energy	kj	113		0	34		
Protein (N x 5.95)	g	0.79		1	0.24		
Total lipid (fat)	g	0.30		1	0.09		
Carbohydrate, by difference	g	5.40		0	1.64		
Fiber, total dietary	g	0.6		1	0.2		
Ash	g	2.04		1	0.62		
Sugars, total	g	3.07		1	0.94		
Minerals:							
Calcium	mg	15		1	5		
Iron	mg	0.17		1	0.05		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	587		1	179		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	14.3		1	4.4		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	608		1	185		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06268 Sauce, LA VICTORIA, LA VICTORIA Salsa Suprema, 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	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.88		1	27.71		
Energy	kcal	26		0	8		
Energy	kj	109		0	33		
Protein (N x 5.95)	g	1.16		1	0.35		
Total lipid (fat)	g	0.26		1	0.08		
Carbohydrate, by difference	g	4.65		0	1.40		
Fiber, total dietary	g	0.8		1	0.2		
Ash	g	2.05		1	0.62		
Sugars, total	g	3.24		1	0.98		
Minerals:							
Calcium	mg	9		1	3		
Iron	mg	0.06		1	0.02		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	550		1	166		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.1		1	1.5		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	324		1	98		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06269 Sauce, LA VICTORIA, LA VICTORIA Green Chile Salsa, Mild

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.07		1	28.04		
Energy	kcal	25		0	8		
Energy	kj	105		0	32		
Protein (N x 5.95)	g	1.30		1	0.40		
Total lipid (fat)	g	0.25		1	0.08		
Carbohydrate, by difference	g	4.30		0	1.31		
Fiber, total dietary	g	0.4		1	0.1		
Ash	g	2.08		1	0.63		
Sugars, total	g	1.52		1	0.46		
Minerals:							
Calcium	mg	15		1	5		
Iron	mg	0.91		1	0.28		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	574		1	175		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	13.4		1	4.1		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	455		1	139		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g
14:1	g
16:1	g
18:1	g
20:1	g
22.1	g
Polyunsaturated, total	g
18:2	g
18:3	g
18:4	g
20:4	g
20:5	g
22:5	g
22:6	g
Cholesterol	mg
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
Other:	
Caffeine	mg
Theobromine	mg
Alcohol	g

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06270 Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Mild

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.08		1	27.77		
Energy	kcal	26		0	8		
Energy	kj	109		0	33		
Protein (N x 5.95)	g	0.88		1	0.27		
Total lipid (fat)	g	0.29		1	0.09		
Carbohydrate, by difference	g	4.88		0	1.47		
Fiber, total dietary	g	0.8		1	0.2		
Ash	g	1.87		1	0.56		
Sugars, total	g	3.58		1	1.08		
Minerals:							
Calcium	mg	18		1	5		
Iron	mg	0.12		1	0.04		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	519		1	157		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	14.4		1	4.3		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	767		1	231		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06271 Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky 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	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.07		1	28.04		
Energy	kcal	25		0	8		
Energy	kj	105		0	32		
Protein (N x 5.95)	g	1.19		1	0.36		
Total lipid (fat)	g	0.34		1	0.10		
Carbohydrate, by difference	g	4.39		0	1.34		
Fiber, total dietary	g	0.9		1	0.3		
Ash	g	2.01		1	0.61		
Sugars, total	g	3.12		1	0.95		
Minerals:							
Calcium	mg	19		1	6		
Iron	mg	0.15		1	0.05		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	525		1	160		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	14.3		1	4.4		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	576		1	175		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06272 Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, 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	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.70		1	27.93		
Energy	kcal	28		0	9		
Energy	kj	117		0	36		
Protein (N x 5.95)	g	1.53		1	0.47		
Total lipid (fat)	g	0.35		1	0.11		
Carbohydrate, by difference	g	4.63		0	1.41		
Fiber, total dietary	g	0.5		1	0.2		
Ash	g	1.79		1	0.55		
Sugars, total	g	3.33		1	1.01		
Minerals:							
Calcium	mg	11		1	3		
Iron	mg	0.08		1	0.02		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	436		1	133		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.1		1	1.6		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	523		1	159		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06273 Sauce, LA VICTORIA, Green Salsa Jalapena

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.28		1	27.53		
Energy	kcal	32		0	10		
Energy	kj	134		0	40		
Protein (N x 5.95)	g	0.92		1	0.28		
Total lipid (fat)	g	1.09		1	0.33		
Carbohydrate, by difference	g	4.70		0	1.42		
Fiber, total dietary	g	0.9		1	0.3		
Ash	g	2.01		1	0.61		
Sugars, total	g	2.00		1	0.60		
Minerals:							
Calcium	mg	16		1	5		
Iron	mg	0.40		1	0.12		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	600		1	181		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	12.0		1	3.6		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	282		1	85		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06274 Sauce, LA VICTORIA, Red Salsa Jalapena

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	88.74		1	27.03		
Energy	kcal	40		0	12		
Energy	kj	167		0	51		
Protein (N x 5.95)	g	1.45		1	0.44		
Total lipid (fat)	g	0.59		1	0.18		
Carbohydrate, by difference	g	7.24		0	2.21		
Fiber, total dietary	g	1.3		1	0.4		
Ash	g	1.98		1	0.60		
Sugars, total	g	3.97		1	1.21		
Minerals:							
Calcium	mg	21		1	6		
Iron	mg	0.17		1	0.05		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	487		1	148		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	32.1		1	9.8		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	2480		1	755		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 tablespoons

NDB No. 06275 Sauce, LA VICTORIA, LA VICTORIA Enchilada 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	Samples	Measure 1* 60g	Measure 2*	Measure 3*
Proximates:							
Water	g	91.87		1	55.42		
Energy	kcal	33		0	20		
Energy	kj	138		0	83		
Protein (N x 5.95)	g	0.32		1	0.19		
Total lipid (fat)	g	1.45		1	0.87		
Carbohydrate, by difference	g	4.62		0	2.79		
Fiber, total dietary	g	0.7		1	0.4		
Ash	g	1.74		1	1.05		
Sugars, total	g	1.04		1	0.63		
Minerals:							
Calcium	mg	12		1	7		
Iron	mg	0.12		1	0.07		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	658		1	397		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.4		1	2.7		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	2310		1	1393		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1/4 cup

NDB No. 06276 Sauce, LA VICTORIA, Mole Poblano

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	6.22		1	3.55		
Energy	kcal	421		0	240		
Energy	kj	1761		0	1004		
Protein (N x 5.95)	g	14.50		1	8.27		
Total lipid (fat)	g	18.14		1	10.34		
Carbohydrate, by difference	g	49.82		0	28.40		
Fiber, total dietary	g	16.1		1	9.2		
Ash	g	11.32		1	6.45		
Sugars, total	g	19.32		1	11.01		
Minerals:							
Calcium	mg	102		1	58		
Iron	mg	2.79		1	1.59		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	3240		1	1847		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	20600		1	11742		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 oz

NDB No. 06277 Sauce, LA VICTORIA, Cheddar Cheese 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	Samples	Measure 1* 65g	Measure 2*	Measure 3*
Proximates:							
Water	g	72.87		1	47.49		
Energy	kcal	161		0	105		
Energy	kj	674		0	439		
Protein (N x 5.95)	g	1.86		1	1.21		
Total lipid (fat)	g	13.05		1	8.50		
Carbohydrate, by difference	g	9.07		0	5.91		
Fiber, total dietary	g	0.0		1	0.0		
Ash	g	3.15		1	2.05		
Sugars, total	g	2.93		1	1.91		
Minerals:							
Calcium	mg	92		1	60		
Iron	mg	0.77		1	0.50		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	971		1	633		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	172		1	112		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.459		1	2.254		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.838	1	3.805
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.840	1	1.851
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	3	1	2
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1/4 cup

NDB No. 06278 Sauce, LA VICTORIA, Nacho Cheese Sauce with Jalapeno Peppers, 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	Samples	Measure 1* 72g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.88		1	51.44		
Energy	kcal	170		0	122		
Energy	kj	711		0	509		
Protein (N x 5.95)	g	1.82		1	1.30		
Total lipid (fat)	g	13.49		1	9.65		
Carbohydrate, by difference	g	10.26		0	7.34		
Fiber, total dietary	g	0.3		1	0.2		
Ash	g	2.55		1	1.82		
Sugars, total	g	2.60		1	1.86		
Minerals:							
Calcium	mg	89		1	64		
Iron	mg	1.20		1	0.86		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	765		1	547		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.6		1	1.1		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	54		1	39		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.739		1	2.676		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.323	1	4.525
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.484	1	1.778
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	5	1	4
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1/4 cup

NDB No. 06279 Soup, LIPTON, SOUP SECRETS EXTRA NOODLE, 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	Samples	Measure 1* 23g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.26		0	0.98		
Energy	kcal	374		0	86		
Energy	kj	1565		0	360		
Protein (N x 5.95)	g	14.06		0	3.23		
Total lipid (fat)	g	6.77		0	1.56		
Carbohydrate, by difference	g	65.10		0	14.97		
Fiber, total dietary	g	2.5		0	0.6		
Ash	g	9.79		0	2.25		
Sugars, total	g	6.52		0	1.50		
Minerals:							
Calcium	mg	15		0	3		
Iron	mg	3.72		0	0.86		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	2961		0	681		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2		0	0.0		
Thiamin	mg	1.486		0	0.342		
Riboflavin	mg	0.603		0	0.139		
Niacin	mg	7.666		0	1.763		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	147		0	34		
Vitamin B-12	µg						
Vitamin A	IU	73		0	17		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.479		0	0.570		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	101	0	23
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06280 Soup, LIPTON, SOUP SECRETS SPIRAL PASTA SOUP, 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	Samples	Measure 1* 18g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.72		
Energy	kcal	353		0	64		
Energy	kj	1477		0	266		
Protein (N x 5.95)	g	12.22		0	2.20		
Total lipid (fat)	g	4.88		0	0.88		
Carbohydrate, by difference	g	63.63		0	11.45		
Fiber, total dietary	g	2.3		0	0.4		
Ash	g	15.27		0	2.75		
Sugars, total	g	8.63		0	1.55		
Minerals:							
Calcium	mg	30		0	5		
Iron	mg	2.38		0	0.43		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	3651		0	657		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1		
Thiamin	mg	1.289		0	0.232		
Riboflavin	mg	0.492		0	0.089		
Niacin	mg	6.553		0	1.180		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	136		0	24		
Vitamin B-12	µg						
Vitamin A	IU	94		0	17		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.600		0	0.288		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	10	0	2
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06281 Soup, LIPTON, SOUP SECRETS CHICKEN NOODLE, 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	Samples	Measure 1* 20g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.80		
Energy	kcal	385		0	77		
Energy	kj	1611		0	322		
Protein (N x 5.95)	g	17.31		0	3.46		
Total lipid (fat)	g	9.91		0	1.98		
Carbohydrate, by difference	g	56.52		0	11.30		
Fiber, total dietary	g	2.0		0	0.4		
Ash	g	12.26		0	2.45		
Sugars, total	g	7.99		0	1.60		
Minerals:							
Calcium	mg	48		0	10		
Iron	mg	3.41		0	0.68		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	3452		0	690		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1		
Thiamin	mg	1.192		0	0.238		
Riboflavin	mg	0.423		0	0.085		
Niacin	mg	8.108		0	1.622		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	0		0	0		
Vitamin B-12	µg						
Vitamin A	IU	115		0	23		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.936		0	0.587		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	75	0	15
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06282 Soup, LIPTON, SOUP SECRETS RING-O-NOODLE

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 17g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.68		
Energy	kcal	388		0	66		
Energy	kj	1623		0	276		
Protein (N x 5.95)	g	12.96		0	2.20		
Total lipid (fat)	g	11.65		0	1.98		
Carbohydrate, by difference	g	58.28		0	9.91		
Fiber, total dietary	g	2.1		0	0.4		
Ash	g	13.11		0	2.23		
Sugars, total	g	7.23		0	1.23		
Minerals:							
Calcium	mg	20		0	3		
Iron	mg	3.32		0	0.56		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	4259		0	724		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1		
Thiamin	mg	1.332		0	0.226		
Riboflavin	mg	0.500		0	0.085		
Niacin	mg	6.594		0	1.121		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	128		0	22		
Vitamin B-12	µg						
Vitamin A	IU	105		0	18		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.761		0	0.639		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	92	0	16
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06283 Soup, LIPTON, SOUP SECRETS GIGGLE NOODLE, 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	Samples	Measure 1* 19g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.89		0	0.74		
Energy	kcal	387		0	74		
Energy	kj	1619		0	308		
Protein (N x 5.95)	g	13.28		0	2.52		
Total lipid (fat)	g	11.19		0	2.13		
Carbohydrate, by difference	g	60.34		0	11.46		
Fiber, total dietary	g	2.2		0	0.4		
Ash	g	11.30		0	2.15		
Sugars, total	g	6.87		0	1.31		
Minerals:							
Calcium	mg	19		0	4		
Iron	mg	3.44		0	0.65		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	3874		0	736		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.1		
Thiamin	mg	1.361		0	0.259		
Riboflavin	mg	0.515		0	0.098		
Niacin	mg	6.799		0	1.292		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	133		0	25		
Vitamin B-12	µg						
Vitamin A	IU	99		0	19		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.624		0	0.689		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	94	0	18
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06284 Soup, LIPTON, SOUP SECRETS NOODLE WITH REAL CHICKEN BROTH, 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	Samples	Measure 1* 16g	Measure 2*	Measure 3*
Proximates:							
Water	g	3.62		0	0.58		
Energy	kcal	388		0	62		
Energy	kj	1623		0	260		
Protein (N x 5.95)	g	12.83		0	2.05		
Total lipid (fat)	g	12.04		0	1.93		
Carbohydrate, by difference	g	57.37		0	9.18		
Fiber, total dietary	g	2.1		0	0.3		
Ash	g	14.14		0	2.26		
Sugars, total	g	7.52		0	1.20		
Minerals:							
Calcium	mg	21		0	3		
Iron	mg	3.29		0	0.53		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	4524		0	724		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1		
Thiamin	mg	1.337		0	0.214		
Riboflavin	mg	0.498		0	0.080		
Niacin	mg	6.537		0	1.046		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	124		0	20		
Vitamin B-12	µg						
Vitamin A	IU	114		0	18		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.878		0	0.620		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	90	0	14
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06286 Soup, LIPTON, CUP-A-SOUP BROCCOLI & CHEESE, 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	Samples	Measure 1* 16g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.64		
Energy	kcal	418		0	67		
Energy	kj	1749		0	280		
Protein (N x 5.95)	g	11.35		0	1.82		
Total lipid (fat)	g	18.30		0	2.93		
Carbohydrate, by difference	g	55.64		0	8.90		
Fiber, total dietary	g	4.5		0	0.7		
Ash	g	10.71		0	1.71		
Sugars, total	g	13.43		0	2.15		
Minerals:							
Calcium	mg	290		0	46		
Iron	mg	0.98		0	0.16		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	3408		0	545		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	18.8		0	3.0		
Thiamin	mg	0.028		0	0.004		
Riboflavin	mg	0.053		0	0.008		
Niacin	mg	0.372		0	0.060		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	23		0	4		
Vitamin B-12	µg						
Vitamin A	IU	295		0	47		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.974		0	0.796		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	18	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06287 Soup, LIPTON, CUP-A-SOUP HEARTY CHICKEN SUPREME, 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	Samples	Measure 1* 21g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.84		
Energy	kcal	429		0	90		
Energy	kj	1795		0	377		
Protein (N x 5.95)	g	5.02		0	1.05		
Total lipid (fat)	g	17.86		0	3.75		
Carbohydrate, by difference	g	64.87		0	13.62		
Fiber, total dietary	g	3.1		0	0.7		
Ash	g	8.25		0	1.73		
Sugars, total	g	9.68		0	2.03		
Minerals:							
Calcium	mg	109		0	23		
Iron	mg	0.89		0	0.19		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	3023		0	635		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6		0	0.1		
Thiamin	mg	0.272		0	0.057		
Riboflavin	mg	0.253		0	0.053		
Niacin	mg	2.834		0	0.595		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	0		0	0		
Vitamin B-12	µg						
Vitamin A	IU	118		0	25		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.623		0	1.391		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	3	0	1
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 06288 Soup, LIPTON, CUP-A-SOUP HEARTY CHICKEN NOODLE, 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	Samples	Measure 1* 16g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.64		
Energy	kcal	384		0	61		
Energy	kj	1607		0	257		
Protein (N x 5.95)	g	16.07		0	2.57		
Total lipid (fat)	g	7.29		0	1.17		
Carbohydrate, by difference	g	63.53		0	10.16		
Fiber, total dietary	g	1.9		0	0.3		
Ash	g	9.11		0	1.46		
Sugars, total	g	1.20		0	0.19		
Minerals:							
Calcium	mg	37		0	6		
Iron	mg	3.07		0	0.49		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	3696		0	591		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.8		0	0.1		
Thiamin	mg	0.771		0	0.123		
Riboflavin	mg	0.395		0	0.063		
Niacin	mg	7.878		0	1.260		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	106		0	17		
Vitamin B-12	µg						
Vitamin A	IU	257		0	41		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.667		0	0.427		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	89	0	14
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 envelope

NDB No. 06289 Soup, LIPTON, CUP-A-SOUP CHICKEN NOODLE WITH MEAT

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 100g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	4.00		
Energy	kcal	381		0	381		
Energy	kj	1594		0	1594		
Protein (N x 5.95)	g	15.76		0	15.76		
Total lipid (fat)	g	8.02		0	8.02		
Carbohydrate, by difference	g	61.85		0	61.85		
Fiber, total dietary	g	2.3		0	2.3		
Ash	g	10.37		0	10.37		
Sugars, total	g	1.58		0	1.58		
Minerals:							
Calcium	mg	44		0	44		
Iron	mg	3.09		0	3.09		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	4177		0	4177		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.5		0	1.5		
Thiamin	mg	0.765		0	0.765		
Riboflavin	mg	0.407		0	0.407		
Niacin	mg	7.647		0	7.647		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	98		0	98		
Vitamin B-12	µg						
Vitamin A	IU	777		0	777		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.917		0	2.917		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	88	0	88
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06290 Soup, LIPTON, CUP-A-SOUP CREAM OF CHICKEN, 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	Samples	Measure 1* 17g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.68		
Energy	kcal	401		0	68		
Energy	kj	1678		0	285		
Protein (N x 5.95)	g	4.52		0	0.77		
Total lipid (fat)	g	12.80		0	2.18		
Carbohydrate, by difference	g	68.67		0	11.67		
Fiber, total dietary	g	3.0		0	0.5		
Ash	g	10.01		0	1.70		
Sugars, total	g	11.98		0	2.04		
Minerals:							
Calcium	mg	111		0	19		
Iron	mg	0.39		0	0.07		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	3739		0	636		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.8		0	0.1		
Thiamin	mg	0.337		0	0.057		
Riboflavin	mg	0.313		0	0.053		
Niacin	mg	3.505		0	0.596		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	0		0	0		
Vitamin B-12	µg						
Vitamin A	IU	145		0	25		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.916		0	0.326		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	3	0	1
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 envelope

NDB No. 06291 Soup, LIPTON, CUP-A-SOUP CHICKEN FLAVOR VEGETABLE

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.56		
Energy	kcal	374		0	52		
Energy	kj	1565		0	219		
Protein (N x 5.95)	g	9.87		0	1.38		
Total lipid (fat)	g	7.40		0	1.04		
Carbohydrate, by difference	g	68.85		0	9.64		
Fiber, total dietary	g	2.1		0	0.3		
Ash	g	9.88		0	1.38		
Sugars, total	g	2.84		0	0.40		
Minerals:							
Calcium	mg	42		0	6		
Iron	mg	2.82		0	0.39		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	3703		0	518		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.5		0	0.5		
Thiamin	mg	0.549		0	0.077		
Riboflavin	mg	0.221		0	0.031		
Niacin	mg	3.888		0	0.544		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	95		0	13		
Vitamin B-12	µg						
Vitamin A	IU	14450		0	2023		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.551		0	0.357		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	69	0	10
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06292 Soup, LIPTON, CUP-A-SOUP RING NOODLE, 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	Samples	Measure 1* 14g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.56		
Energy	kcal	381		0	53		
Energy	kj	1594		0	223		
Protein (N x 5.95)	g	11.09		0	1.55		
Total lipid (fat)	g	7.92		0	1.11		
Carbohydrate, by difference	g	66.68		0	9.34		
Fiber, total dietary	g	1.5		0	0.2		
Ash	g	10.31		0	1.44		
Sugars, total	g	1.27		0	0.18		
Minerals:							
Calcium	mg	30		0	4		
Iron	mg	3.13		0	0.44		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	3976		0	557		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.1		0	0.2		
Thiamin	mg	0.774		0	0.108		
Riboflavin	mg	0.351		0	0.049		
Niacin	mg	5.760		0	0.806		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	120		0	17		
Vitamin B-12	µg						
Vitamin A	IU	13290		0	1861		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.722		0	0.381		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	83	0	12
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06293 Soup, LIPTON, CUP-A-SOUP TOMATO, 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	Samples	Measure 1* 26g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	1.04		
Energy	kcal	366		0	95		
Energy	kj	1531		0	398		
Protein (N x 5.95)	g	8.84		0	2.30		
Total lipid (fat)	g	3.45		0	0.90		
Carbohydrate, by difference	g	76.79		0	19.97		
Fiber, total dietary	g	2.2		0	0.6		
Ash	g	6.92		0	1.80		
Sugars, total	g	53.74		0	13.97		
Minerals:							
Calcium	mg	350		0	91		
Iron	mg	1.25		0	0.33		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	1948		0	506		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	14.9		0	3.9		
Thiamin	mg	0.640		0	0.166		
Riboflavin	mg	1.307		0	0.340		
Niacin	mg	3.688		0	0.959		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	22		0	6		
Vitamin B-12	µg						
Vitamin A	IU	779		0	203		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.629		0	0.424		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	9	0	2
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 envelope

NDB No. 06294 Soup, LIPTON, CUP-A-SOUP GREEN PEA, 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	Samples	Measure 1* 21g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.84		
Energy	kcal	358		0	75		
Energy	kj	1498		0	315		
Protein (N x 5.95)	g	21.20		0	4.45		
Total lipid (fat)	g	5.40		0	1.13		
Carbohydrate, by difference	g	58.61		0	12.31		
Fiber, total dietary	g	14.9		0	3.1		
Ash	g	10.79		0	2.27		
Sugars, total	g	4.18		0	0.88		
Minerals:							
Calcium	mg	3		0	1		
Iron	mg	3.03		0	0.64		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	2476		0	520		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2		0	0.0		
Thiamin	mg	0.047		0	0.010		
Riboflavin	mg	0.103		0	0.022		
Niacin	mg	1.005		0	0.211		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	0		0	0		
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.862		0	0.181		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06295 Soup, LIPTON, CUP-A-SOUP CREAM OF MUSHROOM, 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	Samples	Measure 1* 15g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.60		
Energy	kcal	399		0	60		
Energy	kj	1669		0	250		
Protein (N x 5.95)	g	5.15		0	0.77		
Total lipid (fat)	g	14.09		0	2.11		
Carbohydrate, by difference	g	65.23		0	9.78		
Fiber, total dietary	g	3.3		0	0.5		
Ash	g	11.53		0	1.73		
Sugars, total	g	9.58		0	1.44		
Minerals:							
Calcium	mg	114		0	17		
Iron	mg	0.58		0	0.09		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	4051		0	608		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.8		0	0.1		
Thiamin	mg	0.077		0	0.012		
Riboflavin	mg	0.150		0	0.023		
Niacin	mg	1.495		0	0.224		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	0		0	0		
Vitamin B-12	µg						
Vitamin A	IU	6		0	1		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.083		0	0.312		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	4	0	1
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06296 Soup, LIPTON, CUP-A-SOUP SPRING VEGETABLE, 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	Samples	Measure 1* 13g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.52		
Energy	kcal	361		0	47		
Energy	kj	1510		0	196		
Protein (N x 5.95)	g	13.26		0	1.72		
Total lipid (fat)	g	7.58		0	0.99		
Carbohydrate, by difference	g	63.32		0	8.23		
Fiber, total dietary	g	5.0		0	0.7		
Ash	g	11.84		0	1.54		
Sugars, total	g	9.40		0	1.22		
Minerals:							
Calcium	mg	29		0	4		
Iron	mg	2.98		0	0.39		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	3820		0	497		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.8		0	0.6		
Thiamin	mg	0.633		0	0.082		
Riboflavin	mg	0.313		0	0.041		
Niacin	mg	4.767		0	0.620		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	104		0	14		
Vitamin B-12	µg						
Vitamin A	IU	13580		0	1765		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.632		0	0.212		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	8
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 envelope

NDB No. 06297 Soup, LIPTON, FAT FREE CUP-A-SOUP CHICKEN BROTH, 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	Samples	Measure 1* 6g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.24		
Energy	kcal	307		0	18		
Energy	kj	1284		0	77		
Protein (N x 5.95)	g	20.10		0	1.21		
Total lipid (fat)	g	2.28		0	0.14		
Carbohydrate, by difference	g	54.02		0	3.24		
Fiber, total dietary	g	0.1		0	0.0		
Ash	g	19.60		0	1.18		
Sugars, total	g	3.77		0	0.23		
Minerals:							
Calcium	mg	32		0	2		
Iron	mg	1.52		0	0.09		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	7359		0	442		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	0.0		
Thiamin	mg	0.008		0	0.000		
Riboflavin	mg	0.054		0	0.003		
Niacin	mg	2.794		0	0.168		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	0		0	0		
Vitamin B-12	µg						
Vitamin A	IU	11		0	1		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.427		0	0.026		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	1	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06298 Soup, LIPTON, FAT FREE CUP-A-SOUP CHICKEN/PASTA, 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	Samples	Measure 1* 13g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.52		
Energy	kcal	340		0	44		
Energy	kj	1423		0	185		
Protein (N x 5.95)	g	16.30		0	2.12		
Total lipid (fat)	g	2.60		0	0.34		
Carbohydrate, by difference	g	64.00		0	8.32		
Fiber, total dietary	g	1.2		0	0.2		
Ash	g	13.10		0	1.70		
Sugars, total	g	1.40		0	0.18		
Minerals:							
Calcium	mg	22		0	3		
Iron	mg	2.93		0	0.38		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	3457		0	449		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	0.1		
Thiamin	mg	0.608		0	0.079		
Riboflavin	mg	0.247		0	0.032		
Niacin	mg	5.288		0	0.687		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	108		0	14		
Vitamin B-12	µg						
Vitamin A	IU	8317		0	1081		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.363		0	0.047		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 06299 Soup, LIPTON, KETTLE CREATIONS HOMESTYLE LENTIL, 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	Samples	Measure 1* 36g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	1.44		
Energy	kcal	354		0	127		
Energy	kj	1481		0	533		
Protein (N x 5.95)	g	20.71		0	7.46		
Total lipid (fat)	g	3.29		0	1.18		
Carbohydrate, by difference	g	62.49		0	22.50		
Fiber, total dietary	g	14.6		0	5.3		
Ash	g	9.51		0	3.42		
Sugars, total	g	3.25		0	1.17		
Minerals:							
Calcium	mg	22		0	8		
Iron	mg	5.05		0	1.82		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	2092		0	753		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.2		0	1.2		
Thiamin	mg	0.094		0	0.034		
Riboflavin	mg	0.056		0	0.020		
Niacin	mg	0.551		0	0.198		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	80		0	29		
Vitamin B-12	µg						
Vitamin A	IU	1297		0	467		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.384		0	0.138		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 06300 Soup, LIPTON, KETTLE CREATIONS CHICKEN WITH PASTA & BEAN, 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	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	1.20		
Energy	kcal	353		0	106		
Energy	kj	1477		0	443		
Protein (N x 5.95)	g	15.57		0	4.67		
Total lipid (fat)	g	4.29		0	1.29		
Carbohydrate, by difference	g	64.71		0	19.41		
Fiber, total dietary	g	8.6		0	2.6		
Ash	g	11.43		0	3.43		
Sugars, total	g	4.69		0	1.41		
Minerals:							
Calcium	mg	125		0	38		
Iron	mg	3.65		0	1.09		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	2329		0	699		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.6		0	1.7		
Thiamin	mg	0.683		0	0.205		
Riboflavin	mg	0.461		0	0.138		
Niacin	mg	5.264		0	1.579		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	98		0	29		
Vitamin B-12	µg						
Vitamin A	IU	1551		0	465		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.924		0	0.277		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	19	0	6
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06301 Soup, LIPTON, RECIPE SECRETS VEGETABLE, 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	Samples	Measure 1* 10g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.40		
Energy	kcal	276		0	28		
Energy	kj	1155		0	116		
Protein (N x 5.95)	g	8.11		0	0.81		
Total lipid (fat)	g	2.32		0	0.23		
Carbohydrate, by difference	g	64.71		0	6.47		
Fiber, total dietary	g	10.2		0	1.0		
Ash	g	20.86		0	2.09		
Sugars, total	g	19.92		0	1.99		
Minerals:							
Calcium	mg	196		0	20		
Iron	mg	3.24		0	0.32		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	6028		0	603		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	83.6		0	8.4		
Thiamin	mg	0.163		0	0.016		
Riboflavin	mg	0.189		0	0.019		
Niacin	mg	1.332		0	0.133		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	0		0	0		
Vitamin B-12	µg						
Vitamin A	IU	202		0	20		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.395		0	0.040		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 06302 Soup, LIPTON, RECIPE SECRETS ONION MUSHROOM, Mix, Dry
l

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 10g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.40		
Energy	kcal	322		0	32		
Energy	kj	1347		0	135		
Protein (N x 5.95)	g	8.42		0	0.84		
Total lipid (fat)	g	7.86		0	0.79		
Carbohydrate, by difference	g	57.45		0	5.75		
Fiber, total dietary	g	3.2		0	0.3		
Ash	g	22.26		0	2.23		
Sugars, total	g	0.58		0	0.06		
Minerals:							
Calcium	mg	101		0	10		
Iron	mg	1.24		0	0.12		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	6257		0	626		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.2		0	0.5		
Thiamin	mg	2.053		0	0.205		
Riboflavin	mg	0.214		0	0.021		
Niacin	mg	3.029		0	0.303		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	0		0	0		
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.069		0	0.107		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 06305 Soup, LIPTON, RECIPE SECRETS SAVORY HERB WITH GARLIC, 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	Samples	Measure 1* 9g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.36		
Energy	kcal	343		0	31		
Energy	kj	1435		0	129		
Protein (N x 5.95)	g	10.54		0	0.95		
Total lipid (fat)	g	4.42		0	0.40		
Carbohydrate, by difference	g	67.09		0	6.04		
Fiber, total dietary	g	3.2		0	0.3		
Ash	g	13.95		0	1.26		
Sugars, total	g	6.12		0	0.55		
Minerals:							
Calcium	mg	77		0	7		
Iron	mg	1.98		0	0.18		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	5299		0	477		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	18.4		0	1.7		
Thiamin	mg	0.300		0	0.027		
Riboflavin	mg	0.350		0	0.032		
Niacin	mg	3.360		0	0.302		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	0		0	0		
Vitamin B-12	µg						
Vitamin A	IU	493		0	44		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.060		0	0.095		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	16	0	1
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06358 Soup, tomato bisque, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 609g	Measure 3*
Proximates:							
Water	g	81.51		0	204.59	496.40	
Energy	kcal	79		0	198	481	
Energy	kj	331		0	831	2016	
Protein (N x 5.95)	g	2.51		0	6.30	15.29	
Total lipid (fat)	g	2.63		0	6.60	16.02	
Carbohydrate, by difference	g	11.73		0	29.44	71.44	
Fiber, total dietary	g	0.2		0	0.5	1.2	
Ash	g	1.63		0	4.09	9.93	
Sugars, total	g						
Minerals:							
Calcium	mg	74		0	186	451	
Iron	mg	0.35		0	0.88	2.13	
Magnesium	mg	10		0	25	61	
Phosphorus	mg	69		0	173	420	
Potassium	mg	241		0	605	1468	
Sodium	mg	442		0	1109	2692	
Zinc	mg	0.25		0	0.63	1.53	
Copper	mg	0.056		0	0.141	0.341	
Manganese	mg	0.103		0	0.259	0.627	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.8		0	7.0	17.1	
Thiamin	mg	0.045		0	0.113	0.274	
Riboflavin	mg	0.107		0	0.269	0.652	
Niacin	mg	0.499		0	1.252	3.039	
Pantothenic acid	mg	0.200		0	0.502	1.218	
Vitamin B-6	mg	0.056		0	0.141	0.341	
Folate	µg	9		0	21	52	
Vitamin B-12	µg	0.17		0	0.43	1.04	
Vitamin A	IU	350		0	879	2132	
Vitamin A, RE	µg	44		0	110	268	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.250		0	3.138	7.612	
4:0	g	0.060		0	0.151	0.365	
6.0	g	0.030		0	0.075	0.183	
8:0	g	0.020		0	0.050	0.122	
10:0	g	0.040		0	0.100	0.244	
12:0	g	0.050		0	0.126	0.305	
14:0	g	0.180		0	0.452	1.096	
15.0	g						
16:0	g	0.560		0	1.406	3.410	
17:0	g						
18:0	g	0.240		0	0.602	1.462	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.750	0	1.883	4.567
14:1	g				
16:1	g	0.050	0	0.126	0.305
18:1	g	0.680	0	1.707	4.141
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.490	0	1.230	2.984
18:2	g	0.420	0	1.054	2.558
18:3	g	0.080	0	0.201	0.487
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	0	23	55
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.032	0	0.080	0.195
Threonine	g	0.099	0	0.248	0.603
Isoleucine	g	0.128	0	0.321	0.780
Leucine	g	0.207	0	0.520	1.261
Lysine	g	0.163	0	0.409	0.993
Methionine	g	0.052	0	0.131	0.317
Cystine	g	0.024	0	0.060	0.146
Phenylalanine	g	0.108	0	0.271	0.658
Tyrosine	g	0.101	0	0.254	0.615
Valine	g	0.142	0	0.356	0.865
Arginine	g	0.084	0	0.211	0.512
Histidine	g	0.061	0	0.153	0.371
Alanine	g	0.081	0	0.203	0.493
Aspartic acid	g	0.201	0	0.505	1.224
Glutamic acid	g	0.646	0	1.621	3.934
Glycine	g	0.055	0	0.138	0.335
Proline	g	0.211	0	0.530	1.285
Serine	g	0.123	0	0.309	0.749
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11 oz), prepared

NDB No. 06359 Soup, tomato, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 248g	Measure 2* 602g	Measure 3*
Proximates:							
Water	g	84.58		0	209.76	509.17	
Energy	kcal	65		0	161	391	
Energy	kj	272		0	675	1637	
Protein (N x 5.95)	g	2.46		0	6.10	14.81	
Total lipid (fat)	g	2.42		0	6.00	14.57	
Carbohydrate, by difference	g	8.99		0	22.30	54.12	
Fiber, total dietary	g	1.1		0	2.7	6.6	
Ash	g	1.55		0	3.84	9.33	
Sugars, total	g						
Minerals:							
Calcium	mg	64		0	159	385	
Iron	mg	0.73		0	1.81	4.39	
Magnesium	mg	9		0	22	54	
Phosphorus	mg	60		0	149	361	
Potassium	mg	181		0	449	1090	
Sodium	mg	300		0	744	1806	
Zinc	mg	0.12		0	0.29	0.70	
Copper	mg	0.106		0	0.263	0.638	
Manganese	mg	0.102		0	0.253	0.614	
Selenium	µg	0.9	0.228	12	2.2	5.4	
Vitamins:							
Ascorbic acid	mg	27.3		0	67.7	164.3	
Thiamin	mg	0.054		0	0.134	0.325	
Riboflavin	mg	0.100		0	0.248	0.602	
Niacin	mg	0.613		0	1.520	3.690	
Pantothenic acid	mg	0.220		0	0.546	1.324	
Vitamin B-6	mg	0.066		0	0.164	0.397	
Folate	µg	8		0	21	51	
Vitamin B-12	µg	0.18		0	0.45	1.08	
Vitamin A	IU	342		0	848	2059	
Vitamin A, RE	µg	44		0	109	265	
Vitamin E, α-TE	mg	1.050		0	2.604	6.321	
Lipids:							
Saturated, total	g	1.170		0	2.902	7.043	
4:0	g	0.060		0	0.149	0.361	
6.0	g	0.030		0	0.074	0.181	
8:0	g	0.020		0	0.050	0.120	
10:0	g	0.040		0	0.099	0.241	
12:0	g	0.050		0	0.124	0.301	
14:0	g	0.180		0	0.446	1.084	
15.0	g						
16:0	g	0.520		0	1.290	3.130	
17:0	g						
18:0	g	0.230		0	0.570	1.385	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.650	0	1.612	3.913
14:1	g				
16:1	g	0.040	0	0.099	0.241
18:1	g	0.580	0	1.438	3.492
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.450	0	1.116	2.709
18:2	g	0.360	0	0.893	2.167
18:3	g	0.090	0	0.223	0.542
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	7	0	17	42
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.031	0	0.077	0.187
Threonine	g	0.094	0	0.233	0.566
Isoleucine	g	0.122	0	0.303	0.734
Leucine	g	0.199	0	0.494	1.198
Lysine	g	0.149	0	0.370	0.897
Methionine	g	0.050	0	0.124	0.301
Cystine	g	0.026	0	0.064	0.157
Phenylalanine	g	0.107	0	0.265	0.644
Tyrosine	g	0.096	0	0.238	0.578
Valine	g	0.135	0	0.335	0.813
Arginine	g	0.083	0	0.206	0.500
Histidine	g	0.059	0	0.146	0.355
Alanine	g	0.078	0	0.193	0.470
Aspartic acid	g	0.188	0	0.466	1.132
Glutamic acid	g	0.653	0	1.619	3.931
Glycine	g	0.056	0	0.139	0.337
Proline	g	0.212	0	0.526	1.276
Serine	g	0.120	0	0.298	0.722
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06401 Soup, cream of asparagus, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	91.80		0	223.99	544.37	
Energy	kcal	35		0	85	208	
Energy	kj	146		0	356	866	
Protein (N x 5.95)	g	0.94		0	2.29	5.57	
Total lipid (fat)	g	1.68		0	4.10	9.96	
Carbohydrate, by difference	g	4.38		0	10.69	25.97	
Fiber, total dietary	g	0.2		0	0.5	1.2	
Ash	g	1.21		0	2.95	7.18	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	29	71	
Iron	mg	0.33		0	0.81	1.96	
Magnesium	mg	2		0	5	12	
Phosphorus	mg	16		0	39	95	
Potassium	mg	71		0	173	421	
Sodium	mg	402		0	981	2384	
Zinc	mg	0.36		0	0.88	2.13	
Copper	mg	0.051		0	0.124	0.302	
Manganese	mg	0.154		0	0.376	0.913	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.1		0	2.7	6.5	
Thiamin	mg	0.022		0	0.054	0.130	
Riboflavin	mg	0.032		0	0.078	0.190	
Niacin	mg	0.319		0	0.778	1.892	
Pantothenic acid	mg	0.050		0	0.122	0.297	
Vitamin B-6	mg	0.005		0	0.012	0.030	
Folate	µg	9		0	22	53	
Vitamin B-12	µg	0.02		0	0.05	0.12	
Vitamin A	IU	182		0	444	1079	
Vitamin A, RE	µg	18		0	44	107	
Vitamin E, α-TE	mg	0.270		0	0.659	1.601	
Lipids:							
Saturated, total	g	0.430		0	1.049	2.550	
4:0	g	0.020		0	0.049	0.119	
6.0	g	0.020		0	0.049	0.119	
8:0	g	0.010		0	0.024	0.059	
10:0	g	0.020		0	0.049	0.119	
12:0	g	0.020		0	0.049	0.119	
14:0	g	0.060		0	0.146	0.356	
15.0	g						
16:0	g	0.170		0	0.415	1.008	
17:0	g						
18:0	g	0.090		0	0.220	0.534	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.390	0	0.952	2.313
14:1	g				
16:1	g	0.020	0	0.049	0.119
18:1	g	0.360	0	0.878	2.135
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.760	0	1.854	4.507
18:2	g	0.730	0	1.781	4.329
18:3	g	0.020	0	0.049	0.119
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	2	0	5	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.012	0	0.029	0.071
Threonine	g	0.032	0	0.078	0.190
Isoleucine	g	0.040	0	0.098	0.237
Leucine	g	0.067	0	0.163	0.397
Lysine	g	0.046	0	0.112	0.273
Methionine	g	0.017	0	0.041	0.101
Cystine	g	0.012	0	0.029	0.071
Phenylalanine	g	0.039	0	0.095	0.231
Tyrosine	g	0.031	0	0.076	0.184
Valine	g	0.047	0	0.115	0.279
Arginine	g	0.035	0	0.085	0.208
Histidine	g	0.020	0	0.049	0.119
Alanine	g	0.038	0	0.093	0.225
Aspartic acid	g	0.070	0	0.171	0.415
Glutamic acid	g	0.240	0	0.586	1.423
Glycine	g	0.028	0	0.068	0.166
Proline	g	0.084	0	0.205	0.498
Serine	g	0.043	0	0.105	0.255
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06402 Soup, black bean, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 31g	Measure 3* 600g
Proximates:							
Water	g	87.27		0	215.56	26.97	523.62
Energy	kcal	47		0	116	15	282
Energy	kj	197		0	487	61	1182
Protein (N x 5.95)	g	2.28		0	5.63	0.70	13.68
Total lipid (fat)	g	0.61		0	1.51	0.19	3.66
Carbohydrate, by difference	g	8.02		0	19.81	2.48	48.12
Fiber, total dietary	g	1.8		0	4.4	0.6	10.8
Ash	g	1.51		0	3.73	0.47	9.06
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	44	6	108
Iron	mg	0.87		0	2.15	0.27	5.22
Magnesium	mg	17		0	42	5	102
Phosphorus	mg	43		0	106	13	258
Potassium	mg	111		0	274	34	666
Sodium	mg	485		0	1198	150	2910
Zinc	mg	0.57		0	1.41	0.18	3.43
Copper	mg	0.156		0	0.385	0.048	0.936
Manganese	mg	0.260		0	0.642	0.080	1.560
Selenium	µg	0.4		0	1.0	0.1	2.4
Vitamins:							
Ascorbic acid	mg	0.3		0	0.7	0.1	1.8
Thiamin	mg	0.031		0	0.077	0.010	0.186
Riboflavin	mg	0.022		0	0.054	0.007	0.132
Niacin	mg	0.216		0	0.534	0.067	1.296
Pantothenic acid	mg	0.080		0	0.198	0.025	0.480
Vitamin B-6	mg	0.038		0	0.094	0.012	0.228
Folate	µg	10		0	25	3	60
Vitamin B-12	µg	0.01		0	0.02	0.00	0.06
Vitamin A	IU	205		0	506	63	1230
Vitamin A, RE	µg	20		0	49	6	120
Vitamin E, α-TE	mg	0.030		0	0.074	0.009	0.180
Lipids:							
Saturated, total	g	0.160		0	0.395	0.049	0.960
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.010		0	0.025	0.003	0.060
15.0	g						
16:0	g	0.100		0	0.247	0.031	0.600
17:0	g						
18:0	g	0.040		0	0.099	0.012	0.240
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.220	0	0.543	0.068	1.320
14:1	g					
16:1	g	0.010	0	0.025	0.003	0.060
18:1	g	0.210	0	0.519	0.065	1.260
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.190	0	0.469	0.059	1.140
18:2	g	0.140	0	0.346	0.043	0.840
18:3	g	0.040	0	0.099	0.012	0.240
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.026	0	0.064	0.008	0.156
Threonine	g	0.101	0	0.249	0.031	0.606
Isoleucine	g	0.116	0	0.287	0.036	0.696
Leucine	g	0.171	0	0.422	0.053	1.026
Lysine	g	0.168	0	0.415	0.052	1.008
Methionine	g	0.025	0	0.062	0.008	0.150
Cystine	g	0.024	0	0.059	0.007	0.144
Phenylalanine	g	0.126	0	0.311	0.039	0.756
Tyrosine	g	0.020	0	0.049	0.006	0.120
Valine	g	0.115	0	0.284	0.036	0.690
Arginine	g	0.134	0	0.331	0.041	0.804
Histidine	g	0.066	0	0.163	0.020	0.396
Alanine	g	0.094	0	0.232	0.029	0.564
Aspartic acid	g	0.264	0	0.652	0.082	1.584
Glutamic acid	g	0.456	0	1.126	0.141	2.736
Glycine	g	0.089	0	0.220	0.028	0.534
Proline	g	0.088	0	0.217	0.027	0.528
Serine	g	0.125	0	0.309	0.039	0.750
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: 1 can (11 oz), prepared

NDB No. 06404 Soup, bean with pork, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 32g	Measure 3* 614g
Proximates:							
Water	g	84.16		0	212.92	26.59	516.74
Energy	kcal	68		0	172	21	418
Energy	kj	285		0	721	90	1750
Protein (N x 5.95)	g	3.12		0	7.89	0.99	19.16
Total lipid (fat)	g	2.35		0	5.95	0.74	14.43
Carbohydrate, by difference	g	9.01		0	22.80	2.85	55.32
Fiber, total dietary	g	3.4		0	8.6	1.1	20.9
Ash	g	1.36		0	3.44	0.43	8.35
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	81	10	196
Iron	mg	0.81		0	2.05	0.26	4.97
Magnesium	mg	18		0	46	6	111
Phosphorus	mg	52		0	132	16	319
Potassium	mg	159		0	402	50	976
Sodium	mg	376		0	951	119	2309
Zinc	mg	0.41		0	1.03	0.13	2.51
Copper	mg	0.159		0	0.402	0.050	0.976
Manganese	mg	0.265		0	0.670	0.084	1.627
Selenium	µg	3.2		0	8.1	1.0	19.6
Vitamins:							
Ascorbic acid	mg	0.6		0	1.5	0.2	3.7
Thiamin	mg	0.035		0	0.089	0.011	0.215
Riboflavin	mg	0.013		0	0.033	0.004	0.080
Niacin	mg	0.224		0	0.567	0.071	1.375
Pantothenic acid	mg	0.040		0	0.101	0.013	0.246
Vitamin B-6	mg	0.016		0	0.040	0.005	0.098
Folate	µg	13		0	32	4	77
Vitamin B-12	µg	0.02		0	0.05	0.01	0.12
Vitamin A	IU	351		0	888	111	2155
Vitamin A, RE	µg	35		0	89	11	215
Vitamin E, α-TE	mg	0.030		0	0.076	0.009	0.184
Lipids:							
Saturated, total	g	0.600		0	1.518	0.190	3.684
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.010		0	0.025	0.003	0.061
12:0	g	0.010		0	0.025	0.003	0.061
14:0	g	0.030		0	0.076	0.009	0.184
15.0	g						
16:0	g	0.370		0	0.936	0.117	2.272
17:0	g						
18:0	g	0.150		0	0.379	0.047	0.921
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.860	0	2.176	0.272	5.280
14:1	g					
16:1	g	0.040	0	0.101	0.013	0.246
18:1	g	0.810	0	2.049	0.256	4.973
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.720	0	1.822	0.228	4.421
18:2	g	0.540	0	1.366	0.171	3.316
18:3	g	0.170	0	0.430	0.054	1.044
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	3	0	6
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.033	0	0.083	0.010	0.203
Threonine	g	0.129	0	0.326	0.041	0.792
Isoleucine	g	0.152	0	0.385	0.048	0.933
Leucine	g	0.257	0	0.650	0.081	1.578
Lysine	g	0.212	0	0.536	0.067	1.302
Methionine	g	0.039	0	0.099	0.012	0.239
Cystine	g	0.035	0	0.089	0.011	0.215
Phenylalanine	g	0.174	0	0.440	0.055	1.068
Tyrosine	g	0.093	0	0.235	0.029	0.571
Valine	g	0.172	0	0.435	0.054	1.056
Arginine	g	0.164	0	0.415	0.052	1.007
Histidine	g	0.081	0	0.205	0.026	0.497
Alanine	g	0.156	0	0.395	0.049	0.958
Aspartic acid	g	0.349	0	0.883	0.110	2.143
Glutamic acid	g	0.575	0	1.455	0.182	3.530
Glycine	g	0.151	0	0.382	0.048	0.927
Proline	g	0.141	0	0.357	0.045	0.866
Serine	g	0.154	0	0.390	0.049	0.946
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (11.5 oz), prepared

NDB No. 06406 Soup, bean with frankfurters, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 607g	Measure 3*
Proximates:							
Water	g	83.03		0	207.57	503.99	
Energy	kcal	75		0	188	455	
Energy	kj	314		0	785	1906	
Protein (N x 5.95)	g	3.99		0	9.97	24.22	
Total lipid (fat)	g	2.79		0	6.97	16.94	
Carbohydrate, by difference	g	8.80		0	22.00	53.42	
Fiber, total dietary	g						
Ash	g	1.39		0	3.48	8.44	
Sugars, total	g						
Minerals:							
Calcium	mg	35		0	88	212	
Iron	mg	0.94		0	2.35	5.71	
Magnesium	mg	19		0	48	115	
Phosphorus	mg	66		0	165	401	
Potassium	mg	191		0	478	1159	
Sodium	mg	437		0	1093	2653	
Zinc	mg	0.47		0	1.18	2.87	
Copper	mg	0.158		0	0.395	0.959	
Manganese	mg	0.315		0	0.788	1.912	
Selenium	µg	3.4		0	8.5	20.6	
Vitamins:							
Ascorbic acid	mg	0.4		0	1.0	2.4	
Thiamin	mg	0.044		0	0.110	0.267	
Riboflavin	mg	0.026		0	0.065	0.158	
Niacin	mg	0.410		0	1.025	2.489	
Pantothenic acid	mg	0.040		0	0.100	0.243	
Vitamin B-6	mg	0.053		0	0.133	0.322	
Folate	µg	12		0	30	73	
Vitamin B-12	µg	0.03		0	0.08	0.18	
Vitamin A	IU	348		0	870	2112	
Vitamin A, RE	µg	35		0	88	212	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.850		0	2.125	5.159	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.030		0	0.075	0.182	
15.0	g						
16:0	g	0.560		0	1.400	3.399	
17:0	g						
18:0	g	0.240		0	0.600	1.457	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.090	0	2.725	6.616
14:1	g				
16:1	g	0.060	0	0.150	0.364
18:1	g	1.010	0	2.525	6.131
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.660	0	1.650	4.006
18:2	g	0.500	0	1.250	3.035
18:3	g	0.140	0	0.350	0.850
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	0	13	30
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.042	0	0.105	0.255
Threonine	g	0.165	0	0.413	1.002
Isoleucine	g	0.195	0	0.488	1.184
Leucine	g	0.329	0	0.823	1.997
Lysine	g	0.272	0	0.680	1.651
Methionine	g	0.050	0	0.125	0.304
Cystine	g	0.044	0	0.110	0.267
Phenylalanine	g	0.223	0	0.558	1.354
Tyrosine	g	0.119	0	0.298	0.722
Valine	g	0.220	0	0.550	1.335
Arginine	g	0.210	0	0.525	1.275
Histidine	g	0.104	0	0.260	0.631
Alanine	g	0.199	0	0.498	1.208
Aspartic acid	g	0.447	0	1.117	2.713
Glutamic acid	g	0.736	0	1.840	4.468
Glycine	g	0.193	0	0.483	1.172
Proline	g	0.180	0	0.450	1.093
Serine	g	0.198	0	0.495	1.202
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11.25 oz), prepared

NDB No. 06409 Soup, beef noodle, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 31g	Measure 3* 593g
Proximates:							
Water	g	91.99		0	224.46	28.06	545.50
Energy	kcal	34		0	83	10	202
Energy	kj	142		0	346	43	842
Protein (N x 5.95)	g	1.98		0	4.83	0.60	11.74
Total lipid (fat)	g	1.26		0	3.07	0.38	7.47
Carbohydrate, by difference	g	3.68		0	8.98	1.12	21.82
Fiber, total dietary	g	0.3		0	0.7	0.1	1.8
Ash	g	1.09		0	2.66	0.33	6.46
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	15	2	36
Iron	mg	0.45		0	1.10	0.14	2.67
Magnesium	mg	2		0	5	1	12
Phosphorus	mg	19		0	46	6	113
Potassium	mg	41		0	100	13	243
Sodium	mg	390		0	952	119	2313
Zinc	mg	0.63		0	1.54	0.19	3.74
Copper	mg	0.057		0	0.139	0.017	0.338
Manganese	mg	0.112		0	0.273	0.034	0.664
Selenium	µg	3.0		0	7.3	0.9	17.8
Vitamins:							
Ascorbic acid	mg	0.1		0	0.2	0.0	0.6
Thiamin	mg	0.028		0	0.068	0.009	0.166
Riboflavin	mg	0.024		0	0.059	0.007	0.142
Niacin	mg	0.437		0	1.066	0.133	2.591
Pantothenic acid	mg	0.080		0	0.195	0.024	0.474
Vitamin B-6	mg	0.015		0	0.037	0.005	0.089
Folate	µg	8		0	20	2	47
Vitamin B-12	µg	0.08		0	0.20	0.02	0.47
Vitamin A	IU	258		0	630	79	1530
Vitamin A, RE	µg	26		0	63	8	154
Vitamin E, α-TE	mg	0.001		0	0.002	0.000	0.006
Lipids:							
Saturated, total	g	0.470		0	1.147	0.143	2.787
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.020		0	0.049	0.006	0.119
15.0	g						
16:0	g	0.260		0	0.634	0.079	1.542
17:0	g						
18:0	g	0.160		0	0.390	0.049	0.949
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.510	0	1.244	0.156	3.024
14:1	g					
16:1	g	0.040	0	0.098	0.012	0.237
18:1	g	0.450	0	1.098	0.137	2.669
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.200	0	0.488	0.061	1.186
18:2	g	0.170	0	0.415	0.052	1.008
18:3	g	0.020	0	0.049	0.006	0.119
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	2	0	5	1	12
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.019	0	0.046	0.006	0.113
Threonine	g	0.063	0	0.154	0.019	0.374
Isoleucine	g	0.077	0	0.188	0.023	0.457
Leucine	g	0.129	0	0.315	0.039	0.765
Lysine	g	0.107	0	0.261	0.033	0.635
Methionine	g	0.037	0	0.090	0.011	0.219
Cystine	g	0.024	0	0.059	0.007	0.142
Phenylalanine	g	0.080	0	0.195	0.024	0.474
Tyrosine	g	0.051	0	0.124	0.016	0.302
Valine	g	0.085	0	0.207	0.026	0.504
Arginine	g	0.081	0	0.198	0.025	0.480
Histidine	g	0.046	0	0.112	0.014	0.273
Alanine	g	0.091	0	0.222	0.028	0.540
Aspartic acid	g	0.145	0	0.354	0.044	0.860
Glutamic acid	g	0.547	0	1.335	0.167	3.244
Glycine	g	0.093	0	0.227	0.028	0.551
Proline	g	0.128	0	0.312	0.039	0.759
Serine	g	0.071	0	0.173	0.022	0.421
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (10.75 oz), prepared

NDB No. 06410 Soup, cream of celery, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	92.27		0	225.14	547.16	
Energy	kcal	37		0	90	219	
Energy	kj	155		0	378	919	
Protein (N x 5.95)	g	0.68		0	1.66	4.03	
Total lipid (fat)	g	2.29		0	5.59	13.58	
Carbohydrate, by difference	g	3.62		0	8.83	21.47	
Fiber, total dietary	g	0.3		0	0.7	1.8	
Ash	g	1.15		0	2.81	6.82	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	39	95	
Iron	mg	0.26		0	0.63	1.54	
Magnesium	mg	3		0	7	18	
Phosphorus	mg	15		0	37	89	
Potassium	mg	50		0	122	297	
Sodium	mg	389		0	949	2307	
Zinc	mg	0.06		0	0.15	0.37	
Copper	mg	0.058		0	0.142	0.344	
Manganese	mg	0.103		0	0.251	0.611	
Selenium	µg	0.9		0	2.2	5.3	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.2	0.6	
Thiamin	mg	0.012		0	0.029	0.071	
Riboflavin	mg	0.020		0	0.049	0.119	
Niacin	mg	0.136		0	0.332	0.806	
Pantothenic acid	mg	0.460		0	1.122	2.728	
Vitamin B-6	mg	0.005		0	0.012	0.030	
Folate	µg	1		0	2	6	
Vitamin B-12	µg	0.10		0	0.24	0.59	
Vitamin A	IU	126		0	307	747	
Vitamin A, RE	µg	13		0	32	77	
Vitamin E, α-TE	mg	0.370		0	0.903	2.194	
Lipids:							
Saturated, total	g	0.580		0	1.415	3.439	
4:0	g	0.030		0	0.073	0.178	
6.0	g	0.020		0	0.049	0.119	
8:0	g	0.010		0	0.024	0.059	
10:0	g	0.020		0	0.049	0.119	
12:0	g	0.020		0	0.049	0.119	
14:0	g	0.080		0	0.195	0.474	
15.0	g						
16:0	g	0.230		0	0.561	1.364	
17:0	g						
18:0	g	0.120		0	0.293	0.712	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.530	0	1.293	3.143
14:1	g				
16:1	g	0.020	0	0.049	0.119
18:1	g	0.490	0	1.196	2.906
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.030	0	2.513	6.108
18:2	g	1.000	0	2.440	5.930
18:3	g	0.030	0	0.073	0.178
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	6	0	15	36
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	0	0.020	0.047
Threonine	g	0.024	0	0.059	0.142
Isoleucine	g	0.032	0	0.078	0.190
Leucine	g	0.051	0	0.124	0.302
Lysine	g	0.030	0	0.073	0.178
Methionine	g	0.012	0	0.029	0.071
Cystine	g	0.008	0	0.020	0.047
Phenylalanine	g	0.032	0	0.078	0.190
Tyrosine	g	0.022	0	0.054	0.130
Valine	g	0.037	0	0.090	0.219
Arginine	g	0.024	0	0.059	0.142
Histidine	g	0.016	0	0.039	0.095
Alanine	g	0.025	0	0.061	0.148
Aspartic acid	g	0.047	0	0.115	0.279
Glutamic acid	g	0.157	0	0.383	0.931
Glycine	g	0.021	0	0.051	0.125
Proline	g	0.057	0	0.139	0.338
Serine	g	0.031	0	0.076	0.184
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (10.75 oz), prepared

NDB No. 06411 Soup, cheese, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 600g	Measure 3*
Proximates:							
Water	g	88.12		0	217.66	528.72	
Energy	kcal	63		0	156	378	
Energy	kj	264		0	652	1584	
Protein (N x 5.95)	g	2.19		0	5.41	13.14	
Total lipid (fat)	g	4.24		0	10.47	25.44	
Carbohydrate, by difference	g	4.26		0	10.52	25.56	
Fiber, total dietary	g	0.4		0	1.0	2.4	
Ash	g	1.19		0	2.94	7.14	
Sugars, total	g						
Minerals:							
Calcium	mg	57		0	141	342	
Iron	mg	0.30		0	0.74	1.80	
Magnesium	mg	2		0	5	12	
Phosphorus	mg	55		0	136	330	
Potassium	mg	62		0	153	372	
Sodium	mg	388		0	958	2328	
Zinc	mg	0.26		0	0.64	1.56	
Copper	mg	0.052		0	0.128	0.312	
Manganese	mg	0.104		0	0.257	0.624	
Selenium	µg	1.8		0	4.4	10.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.007		0	0.017	0.042	
Riboflavin	mg	0.055		0	0.136	0.330	
Niacin	mg	0.161		0	0.398	0.966	
Pantothenic acid	mg	0.040		0	0.099	0.240	
Vitamin B-6	mg	0.010		0	0.025	0.060	
Folate	µg	2		0	5	12	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	440		0	1087	2640	
Vitamin A, RE	µg	44		0	109	264	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.700		0	6.669	16.200	
4:0	g	0.130		0	0.321	0.780	
6.0	g	0.070		0	0.173	0.420	
8:0	g	0.040		0	0.099	0.240	
10:0	g	0.080		0	0.198	0.480	
12:0	g	0.070		0	0.173	0.420	
14:0	g	0.430		0	1.062	2.580	
15.0	g						
16:0	g	1.250		0	3.087	7.500	
17:0	g						
18:0	g	0.510		0	1.260	3.060	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.200	0	2.964	7.200
14:1	g				
16:1	g	0.130	0	0.321	0.780
18:1	g	1.010	0	2.495	6.060
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.120	0	0.296	0.720
18:2	g	0.070	0	0.173	0.420
18:3	g	0.050	0	0.124	0.300
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	0	30	72
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.029	0	0.072	0.174
Threonine	g	0.077	0	0.190	0.462
Isoleucine	g	0.130	0	0.321	0.780
Leucine	g	0.207	0	0.511	1.242
Lysine	g	0.154	0	0.380	0.924
Methionine	g	0.047	0	0.116	0.282
Cystine	g	0.018	0	0.044	0.108
Phenylalanine	g	0.113	0	0.279	0.678
Tyrosine	g	0.101	0	0.249	0.606
Valine	g	0.154	0	0.380	0.924
Arginine	g	0.066	0	0.163	0.396
Histidine	g	0.059	0	0.146	0.354
Alanine	g	0.071	0	0.175	0.426
Aspartic acid	g	0.154	0	0.380	0.924
Glutamic acid	g	0.676	0	1.670	4.056
Glycine	g	0.047	0	0.116	0.282
Proline	g	0.231	0	0.571	1.386
Serine	g	0.101	0	0.249	0.606
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11 oz), prepared

NDB No. 06412 Soup, chicken with dumplings, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 30g	Measure 3* 586g
Proximates:							
Water	g	91.78		0	221.19	27.63	537.83
Energy	kcal	40		0	96	12	234
Energy	kj	167		0	402	50	979
Protein (N x 5.95)	g	2.33		0	5.62	0.70	13.65
Total lipid (fat)	g	2.29		0	5.52	0.69	13.42
Carbohydrate, by difference	g	2.51		0	6.05	0.76	14.71
Fiber, total dietary	g	0.2		0	0.5	0.1	1.2
Ash	g	1.10		0	2.65	0.33	6.45
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	14	2	35
Iron	mg	0.26		0	0.63	0.08	1.52
Magnesium	mg	2		0	5	1	12
Phosphorus	mg	25		0	60	8	147
Potassium	mg	48		0	116	14	281
Sodium	mg	357		0	860	107	2092
Zinc	mg	0.15		0	0.37	0.05	0.89
Copper	mg	0.051		0	0.123	0.015	0.299
Manganese	mg	0.203		0	0.489	0.061	1.190
Selenium	µg	4.9		0	11.8	1.5	28.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.007		0	0.017	0.002	0.041
Riboflavin	mg	0.030		0	0.072	0.009	0.176
Niacin	mg	0.727		0	1.752	0.219	4.260
Pantothenic acid	mg	0.060		0	0.145	0.018	0.352
Vitamin B-6	mg	0.015		0	0.036	0.005	0.088
Folate	µg	1		0	2	0	6
Vitamin B-12	µg	0.07		0	0.17	0.02	0.41
Vitamin A	IU	215		0	518	65	1260
Vitamin A, RE	µg	22		0	53	7	129
Vitamin E, α-TE	mg	0.060		0	0.145	0.018	0.352
Lipids:							
Saturated, total	g	0.540		0	1.301	0.163	3.164
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.020		0	0.048	0.006	0.117
15.0	g						
16:0	g	0.410		0	0.988	0.123	2.403
17:0	g						
18:0	g	0.110		0	0.265	0.033	0.645
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.050	0	2.531	0.316	6.153
14:1	g					
16:1	g	0.100	0	0.241	0.030	0.586
18:1	g	0.940	0	2.265	0.283	5.508
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.540	0	1.301	0.163	3.164
18:2	g	0.510	0	1.229	0.154	2.989
18:3	g	0.010	0	0.024	0.003	0.059
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	14	0	34	4	82
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.022	0	0.053	0.007	0.129
Threonine	g	0.080	0	0.193	0.024	0.469
Isoleucine	g	0.101	0	0.243	0.030	0.592
Leucine	g	0.169	0	0.407	0.051	0.990
Lysine	g	0.157	0	0.378	0.047	0.920
Methionine	g	0.045	0	0.108	0.014	0.264
Cystine	g	0.030	0	0.072	0.009	0.176
Phenylalanine	g	0.093	0	0.224	0.028	0.545
Tyrosine	g	0.059	0	0.142	0.018	0.346
Valine	g	0.115	0	0.277	0.035	0.674
Arginine	g	0.121	0	0.292	0.036	0.709
Histidine	g	0.057	0	0.137	0.017	0.334
Alanine	g	0.143	0	0.345	0.043	0.838
Aspartic acid	g	0.199	0	0.480	0.060	1.166
Glutamic acid	g	0.631	0	1.521	0.190	3.698
Glycine	g	0.171	0	0.412	0.051	1.002
Proline	g	0.153	0	0.369	0.046	0.897
Serine	g	0.079	0	0.190	0.024	0.463
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (10.5 oz), prepared

NDB No. 06413 Soup, chicken broth, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 244g	Measure 3* 30g
Proximates:							
Water	g	95.95		0	230.28	234.12	28.79
Energy	kcal	16		0	38	39	5
Energy	kj	67		0	161	163	20
Protein (N x 5.95)	g	2.02		0	4.85	4.93	0.61
Total lipid (fat)	g	0.57		0	1.37	1.39	0.17
Carbohydrate, by difference	g	0.38		0	0.91	0.93	0.11
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.02		0	2.45	2.49	0.31
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	10	1
Iron	mg	0.21		0	0.50	0.51	0.06
Magnesium	mg	1		0	2	2	0
Phosphorus	mg	30		0	72	73	9
Potassium	mg	86		0	206	210	26
Sodium	mg	318		0	763	776	95
Zinc	mg	0.10		0	0.24	0.25	0.03
Copper	mg	0.051		0	0.122	0.124	0.015
Manganese	mg	0.102		0	0.245	0.249	0.031
Selenium	µg	0.0		1	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.004		0	0.010	0.010	0.001
Riboflavin	mg	0.029		0	0.070	0.071	0.009
Niacin	mg	1.372		0	3.293	3.348	0.412
Pantothenic acid	mg	0.020		0	0.048	0.049	0.006
Vitamin B-6	mg	0.010		0	0.024	0.024	0.003
Folate	µg	2		0	5	5	1
Vitamin B-12	µg	0.10		0	0.24	0.24	0.03
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.016		0	0.038	0.039	0.005
Lipids:							
Saturated, total	g	0.160		0	0.384	0.390	0.048
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.010		0	0.024	0.024	0.003
15.0	g						
16:0	g	0.120		0	0.288	0.293	0.036
17:0	g						
18:0	g	0.030		0	0.072	0.073	0.009
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.240	0	0.576	0.586	0.072
14:1	g					
16:1	g	0.030	0	0.072	0.073	0.009
18:1	g	0.200	0	0.480	0.488	0.060
20:1	g	0.010	0	0.024	0.024	0.003
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.110	0	0.264	0.268	0.033
18:2	g	0.100	0	0.240	0.244	0.030
18:3	g	0.010	0	0.024	0.024	0.003
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup (8 fl oz)
Measure 3: 1 fl oz

NDB No. 06416 Soup, cream of chicken, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 31g	Measure 3* 593g
Proximates:							
Water	g	90.62		0	221.11	27.64	537.38
Energy	kcal	48		0	117	15	285
Energy	kj	201		0	490	61	1192
Protein (N x 5.95)	g	1.41		0	3.44	0.43	8.36
Total lipid (fat)	g	3.02		0	7.37	0.92	17.91
Carbohydrate, by difference	g	3.80		0	9.27	1.16	22.53
Fiber, total dietary	g	0.1		0	0.2	0.0	0.6
Ash	g	1.17		0	2.85	0.36	6.94
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	34	4	83
Iron	mg	0.25		0	0.61	0.08	1.48
Magnesium	mg	1		0	2	0	6
Phosphorus	mg	15		0	37	5	89
Potassium	mg	36		0	88	11	213
Sodium	mg	404		0	986	123	2396
Zinc	mg	0.26		0	0.63	0.08	1.52
Copper	mg	0.051		0	0.124	0.016	0.302
Manganese	mg	0.154		0	0.376	0.047	0.913
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.2	0.0	0.6
Thiamin	mg	0.012		0	0.029	0.004	0.071
Riboflavin	mg	0.025		0	0.061	0.008	0.148
Niacin	mg	0.336		0	0.820	0.102	1.992
Pantothenic acid	mg	0.080		0	0.195	0.024	0.474
Vitamin B-6	mg	0.007		0	0.017	0.002	0.042
Folate	µg	1		0	2	0	4
Vitamin B-12	µg	0.04		0	0.10	0.01	0.24
Vitamin A	IU	230		0	561	70	1364
Vitamin A, RE	µg	23		0	56	7	136
Vitamin E, α-TE	mg	0.082		0	0.200	0.025	0.486
Lipids:							
Saturated, total	g	0.850		0	2.074	0.259	5.040
4:0	g	0.020		0	0.049	0.006	0.119
6.0	g	0.020		0	0.049	0.006	0.119
8:0	g	0.010		0	0.024	0.003	0.059
10:0	g	0.010		0	0.024	0.003	0.059
12:0	g	0.010		0	0.024	0.003	0.059
14:0	g	0.060		0	0.146	0.018	0.356
15.0	g						
16:0	g	0.540		0	1.318	0.165	3.202
17:0	g						
18:0	g	0.170		0	0.415	0.052	1.008
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.340	0	3.270	0.409	7.946
14:1	g					
16:1	g	0.120	0	0.293	0.037	0.712
18:1	g	1.210	0	2.952	0.369	7.175
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.610	0	1.488	0.186	3.617
18:2	g	0.580	0	1.415	0.177	3.439
18:3	g	0.030	0	0.073	0.009	0.178
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	4	0	10	1	24
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.017	0	0.041	0.005	0.101
Threonine	g	0.053	0	0.129	0.016	0.314
Isoleucine	g	0.070	0	0.171	0.021	0.415
Leucine	g	0.108	0	0.264	0.033	0.640
Lysine	g	0.088	0	0.215	0.027	0.522
Methionine	g	0.033	0	0.081	0.010	0.196
Cystine	g	0.021	0	0.051	0.006	0.125
Phenylalanine	g	0.063	0	0.154	0.019	0.374
Tyrosine	g	0.048	0	0.117	0.015	0.285
Valine	g	0.071	0	0.173	0.022	0.421
Arginine	g	0.068	0	0.166	0.021	0.403
Histidine	g	0.038	0	0.093	0.012	0.225
Alanine	g	0.061	0	0.149	0.019	0.362
Aspartic acid	g	0.099	0	0.242	0.030	0.587
Glutamic acid	g	0.319	0	0.778	0.097	1.892
Glycine	g	0.056	0	0.137	0.017	0.332
Proline	g	0.105	0	0.256	0.032	0.623
Serine	g	0.062	0	0.151	0.019	0.368
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: 1 can (10.75 oz), prepared

NDB No. 06417 Soup, chicken gumbo, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 31g	Measure 3* 593g
Proximates:							
Water	g	93.84		0	228.97	28.62	556.47
Energy	kcal	23		0	56	7	136
Energy	kj	96		0	234	29	569
Protein (N x 5.95)	g	1.08		0	2.64	0.33	6.40
Total lipid (fat)	g	0.59		0	1.44	0.18	3.50
Carbohydrate, by difference	g	3.43		0	8.37	1.05	20.34
Fiber, total dietary	g	0.8		0	2.0	0.2	4.7
Ash	g	1.06		0	2.59	0.32	6.29
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	24	3	59
Iron	mg	0.37		0	0.90	0.11	2.19
Magnesium	mg	2		0	5	1	12
Phosphorus	mg	10		0	24	3	59
Potassium	mg	31		0	76	9	184
Sodium	mg	391		0	954	119	2319
Zinc	mg	0.15		0	0.38	0.05	0.91
Copper	mg	0.051		0	0.124	0.016	0.302
Manganese	mg	0.103		0	0.251	0.031	0.611
Selenium	µg	3.3		0	8.1	1.0	19.6
Vitamins:							
Ascorbic acid	mg	2.0		0	4.9	0.6	11.9
Thiamin	mg	0.010		0	0.024	0.003	0.059
Riboflavin	mg	0.020		0	0.049	0.006	0.119
Niacin	mg	0.272		0	0.664	0.083	1.613
Pantothenic acid	mg	0.080		0	0.195	0.024	0.474
Vitamin B-6	mg	0.026		0	0.063	0.008	0.154
Folate	µg	2		0	5	1	12
Vitamin B-12	µg	0.01		0	0.02	0.00	0.06
Vitamin A	IU	56		0	137	17	332
Vitamin A, RE	µg	6		0	15	2	36
Vitamin E, α-TE	mg	0.016		0	0.039	0.005	0.095
Lipids:							
Saturated, total	g	0.130		0	0.317	0.040	0.771
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.100		0	0.244	0.031	0.593
17:0	g						
18:0	g	0.030		0	0.073	0.009	0.178
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.270	0	0.659	0.082	1.601
14:1	g					
16:1	g	0.030	0	0.073	0.009	0.178
18:1	g	0.240	0	0.586	0.073	1.423
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.140	0	0.342	0.043	0.830
18:2	g	0.130	0	0.317	0.040	0.771
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	2	0	5	1	12
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.009	0	0.022	0.003	0.053
Threonine	g	0.034	0	0.083	0.010	0.202
Isoleucine	g	0.041	0	0.100	0.013	0.243
Leucine	g	0.069	0	0.168	0.021	0.409
Lysine	g	0.066	0	0.161	0.020	0.391
Methionine	g	0.019	0	0.046	0.006	0.113
Cystine	g	0.007	0	0.017	0.002	0.042
Phenylalanine	g	0.040	0	0.098	0.012	0.237
Tyrosine	g	0.028	0	0.068	0.009	0.166
Valine	g	0.048	0	0.117	0.015	0.285
Arginine	g	0.050	0	0.122	0.015	0.297
Histidine	g	0.024	0	0.059	0.007	0.142
Alanine	g	0.062	0	0.151	0.019	0.368
Aspartic acid	g	0.091	0	0.222	0.028	0.540
Glutamic acid	g	0.272	0	0.664	0.083	1.613
Glycine	g	0.068	0	0.166	0.021	0.403
Proline	g	0.062	0	0.151	0.019	0.368
Serine	g	0.037	0	0.090	0.011	0.219
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: 1 can (10.75 oz), prepared

NDB No. 06419 Soup, chicken noodle, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 30g	Measure 3* 586g
Proximates:							
Water	g	91.99		0	221.70	27.69	539.06
Energy	kcal	31		0	75	9	182
Energy	kj	130		0	313	39	762
Protein (N x 5.95)	g	1.68		0	4.05	0.51	9.84
Total lipid (fat)	g	1.02		0	2.46	0.31	5.98
Carbohydrate, by difference	g	3.88		0	9.35	1.17	22.74
Fiber, total dietary	g	0.3		0	0.7	0.1	1.8
Ash	g	1.20		0	2.89	0.36	7.03
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17	2	41
Iron	mg	0.32		0	0.77	0.10	1.88
Magnesium	mg	2		0	5	1	12
Phosphorus	mg	15		0	36	5	88
Potassium	mg	23		0	55	7	135
Sodium	mg	459		0	1106	138	2690
Zinc	mg	0.16		0	0.40	0.05	0.96
Copper	mg	0.080		0	0.193	0.024	0.469
Manganese	mg	0.120		0	0.289	0.036	0.703
Selenium	µg	2.6	0.583	12	6.3	0.8	15.2
Vitamins:							
Ascorbic acid	mg	0.1		0	0.2	0.0	0.6
Thiamin	mg	0.022		0	0.053	0.007	0.129
Riboflavin	mg	0.025		0	0.060	0.008	0.147
Niacin	mg	0.575		0	1.386	0.173	3.369
Pantothenic acid	mg	0.070		0	0.169	0.021	0.410
Vitamin B-6	mg	0.011		0	0.027	0.003	0.064
Folate	µg	9		0	22	3	53
Vitamin B-12	µg	0.06		0	0.14	0.02	0.35
Vitamin A	IU	295		0	711	89	1729
Vitamin A, RE	µg	30		0	72	9	176
Vitamin E, α-TE	mg	0.029		0	0.070	0.009	0.170
Lipids:							
Saturated, total	g	0.270		0	0.651	0.081	1.582
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.010		0	0.024	0.003	0.059
15.0	g						
16:0	g	0.210		0	0.506	0.063	1.231
17:0	g						
18:0	g	0.050		0	0.121	0.015	0.293
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.460	0	1.109	0.138	2.696
14:1	g					
16:1	g	0.020	0	0.048	0.006	0.117
18:1	g	0.420	0	1.012	0.126	2.461
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.230	0	0.554	0.069	1.348
18:2	g	0.210	0	0.506	0.063	1.231
18:3	g	0.010	0	0.024	0.003	0.059
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	3	0	7	1	18
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.016	0	0.039	0.005	0.094
Threonine	g	0.053	0	0.128	0.016	0.311
Isoleucine	g	0.066	0	0.159	0.020	0.387
Leucine	g	0.110	0	0.265	0.033	0.645
Lysine	g	0.091	0	0.219	0.027	0.533
Methionine	g	0.032	0	0.077	0.010	0.188
Cystine	g	0.019	0	0.046	0.006	0.111
Phenylalanine	g	0.068	0	0.164	0.020	0.398
Tyrosine	g	0.044	0	0.106	0.013	0.258
Valine	g	0.073	0	0.176	0.022	0.428
Arginine	g	0.069	0	0.166	0.021	0.404
Histidine	g	0.039	0	0.094	0.012	0.229
Alanine	g	0.078	0	0.188	0.023	0.457
Aspartic acid	g	0.123	0	0.296	0.037	0.721
Glutamic acid	g	0.464	0	1.118	0.140	2.719
Glycine	g	0.079	0	0.190	0.024	0.463
Proline	g	0.109	0	0.263	0.033	0.639
Serine	g	0.060	0	0.145	0.018	0.352
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (10.5 oz), prepared

NDB No. 06423 Soup, chicken with rice, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 30g	Measure 3* 586g
Proximates:							
Water	g	93.82		0	226.11	28.24	549.79
Energy	kcal	25		0	60	8	147
Energy	kj	105		0	253	32	615
Protein (N x 5.95)	g	1.47		0	3.54	0.44	8.61
Total lipid (fat)	g	0.79		0	1.90	0.24	4.63
Carbohydrate, by difference	g	2.97		0	7.16	0.89	17.40
Fiber, total dietary	g	0.3		0	0.7	0.1	1.8
Ash	g	0.95		0	2.29	0.29	5.57
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17	2	41
Iron	mg	0.31		0	0.75	0.09	1.82
Magnesium	mg	0		0	0	0	0
Phosphorus	mg	9		0	22	3	53
Potassium	mg	42		0	101	13	246
Sodium	mg	338		0	815	102	1981
Zinc	mg	0.11		0	0.26	0.03	0.64
Copper	mg	0.049		0	0.118	0.015	0.287
Manganese	mg	0.152		0	0.366	0.046	0.891
Selenium	µg	2.0		0	4.8	0.6	11.7
Vitamins:							
Ascorbic acid	mg	0.1		0	0.2	0.0	0.6
Thiamin	mg	0.007		0	0.017	0.002	0.041
Riboflavin	mg	0.010		0	0.024	0.003	0.059
Niacin	mg	0.467		0	1.125	0.141	2.737
Pantothenic acid	mg	0.070		0	0.169	0.021	0.410
Vitamin B-6	mg	0.010		0	0.024	0.003	0.059
Folate	µg	0		0	1	0	2
Vitamin B-12	µg	0.06		0	0.14	0.02	0.35
Vitamin A	IU	274		0	660	82	1606
Vitamin A, RE	µg	27		0	65	8	158
Vitamin E, α-TE	mg	0.022		0	0.053	0.007	0.129
Lipids:							
Saturated, total	g	0.190		0	0.458	0.057	1.113
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.010		0	0.024	0.003	0.059
15.0	g						
16:0	g	0.150		0	0.362	0.045	0.879
17:0	g						
18:0	g	0.040		0	0.096	0.012	0.234
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.380	0	0.916	0.114	2.227
14:1	g					
16:1	g	0.030	0	0.072	0.009	0.176
18:1	g	0.340	0	0.819	0.102	1.992
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.170	0	0.410	0.051	0.996
18:2	g	0.160	0	0.386	0.048	0.938
18:3	g	0.010	0	0.024	0.003	0.059
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	3	0	7	1	18
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.017	0	0.041	0.005	0.100
Threonine	g	0.059	0	0.142	0.018	0.346
Isoleucine	g	0.074	0	0.178	0.022	0.434
Leucine	g	0.112	0	0.270	0.034	0.656
Lysine	g	0.104	0	0.251	0.031	0.609
Methionine	g	0.038	0	0.092	0.011	0.223
Cystine	g	0.021	0	0.051	0.006	0.123
Phenylalanine	g	0.063	0	0.152	0.019	0.369
Tyrosine	g	0.051	0	0.123	0.015	0.299
Valine	g	0.078	0	0.188	0.023	0.457
Arginine	g	0.097	0	0.234	0.029	0.568
Histidine	g	0.042	0	0.101	0.013	0.246
Alanine	g	0.080	0	0.193	0.024	0.469
Aspartic acid	g	0.132	0	0.318	0.040	0.774
Glutamic acid	g	0.232	0	0.559	0.070	1.360
Glycine	g	0.071	0	0.171	0.021	0.416
Proline	g	0.062	0	0.149	0.019	0.363
Serine	g	0.057	0	0.137	0.017	0.334
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (10.5 oz), prepared

NDB No. 06425 Soup, chicken vegetable, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 30g	Measure 3* 586g
Proximates:							
Water	g	92.64		0	223.26	27.88	542.87
Energy	kcal	31		0	75	9	182
Energy	kj	130		0	313	39	762
Protein (N x 5.95)	g	1.50		0	3.62	0.45	8.79
Total lipid (fat)	g	1.18		0	2.84	0.36	6.91
Carbohydrate, by difference	g	3.56		0	8.58	1.07	20.86
Fiber, total dietary	g	0.4		0	1.0	0.1	2.3
Ash	g	1.13		0	2.72	0.34	6.62
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17	2	41
Iron	mg	0.36		0	0.87	0.11	2.11
Magnesium	mg	3		0	7	1	18
Phosphorus	mg	17		0	41	5	100
Potassium	mg	64		0	154	19	375
Sodium	mg	392		0	945	118	2297
Zinc	mg	0.15		0	0.37	0.05	0.89
Copper	mg	0.051		0	0.123	0.015	0.299
Manganese	mg	0.152		0	0.366	0.046	0.891
Selenium	µg	2.2		0	5.3	0.7	12.9
Vitamins:							
Ascorbic acid	mg	0.4		0	1.0	0.1	2.3
Thiamin	mg	0.018		0	0.043	0.005	0.105
Riboflavin	mg	0.023		0	0.055	0.007	0.135
Niacin	mg	0.510		0	1.229	0.154	2.989
Pantothenic acid	mg	0.070		0	0.169	0.021	0.410
Vitamin B-6	mg	0.020		0	0.048	0.006	0.117
Folate	µg	2		0	5	1	12
Vitamin B-12	µg	0.05		0	0.12	0.02	0.29
Vitamin A	IU	1102		0	2656	332	6458
Vitamin A, RE	µg	110		0	265	33	645
Vitamin E, α-TE	mg	0.032		0	0.077	0.010	0.188
Lipids:							
Saturated, total	g	0.350		0	0.843	0.105	2.051
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.010		0	0.024	0.003	0.059
15.0	g						
16:0	g	0.260		0	0.627	0.078	1.524
17:0	g						
18:0	g	0.070		0	0.169	0.021	0.410
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.530	0	1.277	0.160	3.106
14:1	g					
16:1	g	0.070	0	0.169	0.021	0.410
18:1	g	0.440	0	1.060	0.132	2.578
20:1	g	0.010	0	0.024	0.003	0.059
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.250	0	0.603	0.075	1.465
18:2	g	0.230	0	0.554	0.069	1.348
18:3	g	0.010	0	0.024	0.003	0.059
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	4	0	10	1	23
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.013	0	0.031	0.004	0.076
Threonine	g	0.047	0	0.113	0.014	0.275
Isoleucine	g	0.056	0	0.135	0.017	0.328
Leucine	g	0.096	0	0.231	0.029	0.563
Lysine	g	0.092	0	0.222	0.028	0.539
Methionine	g	0.025	0	0.060	0.008	0.147
Cystine	g	0.010	0	0.024	0.003	0.059
Phenylalanine	g	0.055	0	0.133	0.017	0.322
Tyrosine	g	0.039	0	0.094	0.012	0.229
Valine	g	0.066	0	0.159	0.020	0.387
Arginine	g	0.070	0	0.169	0.021	0.410
Histidine	g	0.033	0	0.080	0.010	0.193
Alanine	g	0.085	0	0.205	0.026	0.498
Aspartic acid	g	0.126	0	0.304	0.038	0.738
Glutamic acid	g	0.377	0	0.909	0.113	2.209
Glycine	g	0.094	0	0.227	0.028	0.551
Proline	g	0.086	0	0.207	0.026	0.504
Serine	g	0.051	0	0.123	0.015	0.299
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (10.5 oz), prepared

NDB No. 06426 Soup, chili beef, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 31g	Measure 3* 607g
Proximates:							
Water	g	84.69		0	211.72	26.42	514.07
Energy	kcal	68		0	170	21	413
Energy	kj	285		0	713	89	1730
Protein (N x 5.95)	g	2.68		0	6.70	0.84	16.27
Total lipid (fat)	g	2.64		0	6.60	0.82	16.02
Carbohydrate, by difference	g	8.58		0	21.45	2.68	52.08
Fiber, total dietary	g	3.8		0	9.5	1.2	23.1
Ash	g	1.42		0	3.55	0.44	8.62
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	43	5	103
Iron	mg	0.85		0	2.13	0.27	5.16
Magnesium	mg	12		0	30	4	73
Phosphorus	mg	59		0	148	18	358
Potassium	mg	210		0	525	66	1275
Sodium	mg	414		0	1035	129	2513
Zinc	mg	0.56		0	1.40	0.17	3.39
Copper	mg	0.158		0	0.395	0.049	0.959
Manganese	mg	0.420		0	1.050	0.131	2.549
Selenium	µg	2.4		0	6.0	0.7	14.6
Vitamins:							
Ascorbic acid	mg	1.6		0	4.0	0.5	9.7
Thiamin	mg	0.024		0	0.060	0.007	0.146
Riboflavin	mg	0.030		0	0.075	0.009	0.182
Niacin	mg	0.427		0	1.067	0.133	2.592
Pantothenic acid	mg	0.200		0	0.500	0.062	1.214
Vitamin B-6	mg	0.063		0	0.158	0.020	0.382
Folate	µg	7		0	18	2	42
Vitamin B-12	µg	0.13		0	0.33	0.04	0.79
Vitamin A	IU	604		0	1510	188	3666
Vitamin A, RE	µg	60		0	150	19	364
Vitamin E, α-TE	mg	0.070		0	0.175	0.022	0.425
Lipids:							
Saturated, total	g	1.340		0	3.350	0.418	8.134
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.050	0.006	0.121
14:0	g	0.100		0	0.250	0.031	0.607
15.0	g						
16:0	g	0.670		0	1.675	0.209	4.067
17:0	g						
18:0	g	0.510		0	1.275	0.159	3.096
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.120	0	2.800	0.349	6.798
14:1	g					
16:1	g	0.110	0	0.275	0.034	0.668
18:1	g	0.960	0	2.400	0.300	5.827
20:1	g	0.010	0	0.025	0.003	0.061
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.110	0	0.275	0.034	0.668
18:2	g	0.080	0	0.200	0.025	0.486
18:3	g	0.020	0	0.050	0.006	0.121
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	5	0	13	2	30
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.028	0	0.070	0.009	0.170
Threonine	g	0.110	0	0.275	0.034	0.668
Isoleucine	g	0.131	0	0.328	0.041	0.795
Leucine	g	0.221	0	0.553	0.069	1.341
Lysine	g	0.182	0	0.455	0.057	1.105
Methionine	g	0.034	0	0.085	0.011	0.206
Cystine	g	0.029	0	0.072	0.009	0.176
Phenylalanine	g	0.149	0	0.373	0.046	0.904
Tyrosine	g	0.080	0	0.200	0.025	0.486
Valine	g	0.147	0	0.368	0.046	0.892
Arginine	g	0.140	0	0.350	0.044	0.850
Histidine	g	0.070	0	0.175	0.022	0.425
Alanine	g	0.133	0	0.333	0.041	0.807
Aspartic acid	g	0.300	0	0.750	0.094	1.821
Glutamic acid	g	0.493	0	1.232	0.154	2.993
Glycine	g	0.129	0	0.323	0.040	0.783
Proline	g	0.121	0	0.303	0.038	0.734
Serine	g	0.132	0	0.330	0.041	0.801
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: 1 can (11.25 oz), prepared

NDB No. 06428 Soup, clam chowder, manhattan, canned, prepared with equal volume water

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 31g	Measure 3* 593g
Proximates:							
Water	g	91.87		0	224.16	28.02	544.79
Energy	kcal	32		0	78	10	190
Energy	kj	134		0	327	41	795
Protein (N x 5.95)	g	0.90		0	2.20	0.27	5.34
Total lipid (fat)	g	0.91		0	2.22	0.28	5.40
Carbohydrate, by difference	g	5.01		0	12.22	1.53	29.71
Fiber, total dietary	g	0.6		0	1.5	0.2	3.6
Ash	g	1.31		0	3.20	0.40	7.77
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	27	3	65
Iron	mg	0.67		0	1.63	0.20	3.97
Magnesium	mg	5		0	12	2	30
Phosphorus	mg	17		0	41	5	101
Potassium	mg	77		0	188	23	457
Sodium	mg	237		0	578	72	1405
Zinc	mg	0.40		0	0.98	0.12	2.37
Copper	mg	0.054		0	0.132	0.016	0.320
Manganese	mg	0.155		0	0.378	0.047	0.919
Selenium	µg	3.8		0	9.3	1.2	22.5
Vitamins:							
Ascorbic acid	mg	1.6		0	3.9	0.5	9.5
Thiamin	mg	0.012		0	0.029	0.004	0.071
Riboflavin	mg	0.016		0	0.039	0.005	0.095
Niacin	mg	0.335		0	0.817	0.102	1.987
Pantothenic acid	mg	0.000		0	0.000	0.000	0.000
Vitamin B-6	mg	0.041		0	0.100	0.013	0.243
Folate	µg	4		0	10	1	24
Vitamin B-12	µg	1.66		0	4.05	0.51	9.84
Vitamin A	IU	395		0	964	120	2342
Vitamin A, RE	µg	40		0	98	12	237
Vitamin E, α-TE	mg	0.300		0	0.732	0.092	1.779
Lipids:							
Saturated, total	g	0.157		0	0.383	0.048	0.931
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.005		0	0.012	0.002	0.030
15.0	g						
16:0	g	0.126		0	0.307	0.038	0.747
17:0	g						
18:0	g	0.026		0	0.063	0.008	0.154
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.157	0	0.383	0.048	0.931
14:1	g					
16:1	g	0.005	0	0.012	0.002	0.030
18:1	g	0.152	0	0.371	0.046	0.901
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.529	0	1.291	0.161	3.137
18:2	g	0.492	0	1.200	0.150	2.918
18:3	g	0.037	0	0.090	0.011	0.219
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	2	0	6
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (10.75 oz), prepared

NDB No. 06430 Soup, clam chowder, new england, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 31g	Measure 3* 593g
Proximates:							
Water	g	90.54		0	220.92	27.61	536.90
Energy	kcal	39		0	95	12	231
Energy	kj	163		0	398	50	967
Protein (N x 5.95)	g	1.97		0	4.81	0.60	11.68
Total lipid (fat)	g	1.18		0	2.88	0.36	7.00
Carbohydrate, by difference	g	5.09		0	12.42	1.55	30.18
Fiber, total dietary	g	0.6		0	1.5	0.2	3.6
Ash	g	1.22		0	2.98	0.37	7.23
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	44	5	107
Iron	mg	0.61		0	1.49	0.19	3.62
Magnesium	mg	3		0	7	1	18
Phosphorus	mg	22		0	54	7	130
Potassium	mg	60		0	146	18	356
Sodium	mg	375		0	915	114	2224
Zinc	mg	0.31		0	0.75	0.09	1.83
Copper	mg	0.051		0	0.124	0.016	0.302
Manganese	mg	0.103		0	0.251	0.031	0.611
Selenium	µg	4.2		0	10.2	1.3	24.9
Vitamins:							
Ascorbic acid	mg	0.8		0	2.0	0.2	4.7
Thiamin	mg	0.008		0	0.020	0.002	0.047
Riboflavin	mg	0.018		0	0.044	0.005	0.107
Niacin	mg	0.394		0	0.961	0.120	2.336
Pantothenic acid	mg	0.130		0	0.317	0.040	0.771
Vitamin B-6	mg	0.034		0	0.083	0.010	0.202
Folate	µg	2		0	4	0	9
Vitamin B-12	µg	3.28		0	8.00	1.00	19.45
Vitamin A	IU	3		0	7	1	18
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.033		0	0.081	0.010	0.196
Lipids:							
Saturated, total	g	0.170		0	0.415	0.052	1.008
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.110		0	0.268	0.034	0.652
17:0	g						
18:0	g	0.060		0	0.146	0.018	0.356
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.500	0	1.220	0.153	2.965
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.500	0	1.220	0.153	2.965
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.450	0	1.098	0.137	2.669
18:2	g	0.410	0	1.000	0.125	2.431
18:3	g	0.030	0	0.073	0.009	0.178
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	2	0	5	1	12
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.022	0	0.054	0.007	0.130
Threonine	g	0.061	0	0.149	0.019	0.362
Isoleucine	g	0.075	0	0.183	0.023	0.445
Leucine	g	0.118	0	0.288	0.036	0.700
Lysine	g	0.103	0	0.251	0.031	0.611
Methionine	g	0.037	0	0.090	0.011	0.219
Cystine	g	0.023	0	0.056	0.007	0.136
Phenylalanine	g	0.065	0	0.159	0.020	0.385
Tyrosine	g	0.052	0	0.127	0.016	0.308
Valine	g	0.080	0	0.195	0.024	0.474
Arginine	g	0.094	0	0.229	0.029	0.557
Histidine	g	0.056	0	0.137	0.017	0.332
Alanine	g	0.103	0	0.251	0.031	0.611
Aspartic acid	g	0.183	0	0.447	0.056	1.085
Glutamic acid	g	0.572	0	1.396	0.174	3.392
Glycine	g	0.094	0	0.229	0.029	0.557
Proline	g	0.075	0	0.183	0.023	0.445
Serine	g	0.056	0	0.137	0.017	0.332
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: 1 can (10.75 oz), prepared

NDB No. 06432 Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 586g	Measure 3*
Proximates:							
Water	g	96.24		0	231.94	563.97	
Energy	kcal	12		0	29	70	
Energy	kj	50		0	121	293	
Protein (N x 5.95)	g	2.22		0	5.35	13.01	
Total lipid (fat)	g	0.00		0	0.00	0.00	
Carbohydrate, by difference	g	0.73		0	1.76	4.28	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.81		0	1.95	4.75	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	23	
Iron	mg	0.22		0	0.53	1.29	
Magnesium	mg	0		0	0	0	
Phosphorus	mg	13		0	31	76	
Potassium	mg	64		0	154	375	
Sodium	mg	264		0	636	1547	
Zinc	mg	0.15		0	0.37	0.89	
Copper	mg	0.102		0	0.246	0.598	
Manganese	mg	0.152		0	0.366	0.891	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	1.0	2.3	
Thiamin	mg	0.009		0	0.022	0.053	
Riboflavin	mg	0.012		0	0.029	0.070	
Niacin	mg	0.295		0	0.711	1.729	
Pantothenic acid	mg	0.020		0	0.048	0.117	
Vitamin B-6	mg	0.010		0	0.024	0.059	
Folate	µg	1		0	3	7	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.000		0	0.000	0.000	
17:0	g						
18:0	g	0.000		0	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000
14:1	g				
16:1	g				
18:1	g	0.000	0	0.000	0.000
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.000	0	0.000	0.000
18:2	g	0.000	0	0.000	0.000
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz), prepared

NDB No. 06440 Soup, minestrone, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 586g	Measure 3*
Proximates:							
Water	g	91.33		0	220.11	535.19	
Energy	kcal	34		0	82	199	
Energy	kj	142		0	342	832	
Protein (N x 5.95)	g	1.77		0	4.27	10.37	
Total lipid (fat)	g	1.04		0	2.51	6.09	
Carbohydrate, by difference	g	4.66		0	11.23	27.31	
Fiber, total dietary	g	0.4		0	1.0	2.3	
Ash	g	1.19		0	2.87	6.97	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	34	82	
Iron	mg	0.38		0	0.92	2.23	
Magnesium	mg	3		0	7	18	
Phosphorus	mg	23		0	55	135	
Potassium	mg	130		0	313	762	
Sodium	mg	378		0	911	2215	
Zinc	mg	0.31		0	0.74	1.79	
Copper	mg	0.051		0	0.123	0.299	
Manganese	mg	0.152		0	0.366	0.891	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	1.2	2.9	
Thiamin	mg	0.022		0	0.053	0.129	
Riboflavin	mg	0.018		0	0.043	0.105	
Niacin	mg	0.391		0	0.942	2.291	
Pantothenic acid	mg	0.140		0	0.337	0.820	
Vitamin B-6	mg	0.041		0	0.099	0.240	
Folate	µg	15		0	36	88	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	970		0	2338	5684	
Vitamin A, RE	µg	97		0	234	568	
Vitamin E, α-TE	mg	0.030		0	0.072	0.176	
Lipids:							
Saturated, total	g	0.230		0	0.554	1.348	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.024	0.059	
15.0	g						
16:0	g	0.130		0	0.313	0.762	
17:0	g						
18:0	g	0.050		0	0.121	0.293	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.290	0	0.699	1.699
14:1	g				
16:1	g	0.010	0	0.024	0.059
18:1	g	0.270	0	0.651	1.582
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.460	0	1.109	2.696
18:2	g	0.400	0	0.964	2.344
18:3	g	0.060	0	0.145	0.352
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	2	6
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.013	0	0.031	0.076
Threonine	g	0.043	0	0.104	0.252
Isoleucine	g	0.054	0	0.130	0.316
Leucine	g	0.098	0	0.236	0.574
Lysine	g	0.076	0	0.183	0.445
Methionine	g	0.018	0	0.043	0.105
Cystine	g	0.014	0	0.034	0.082
Phenylalanine	g	0.064	0	0.154	0.375
Tyrosine	g	0.035	0	0.084	0.205
Valine	g	0.074	0	0.178	0.434
Arginine	g	0.082	0	0.198	0.481
Histidine	g	0.030	0	0.072	0.176
Alanine	g	0.103	0	0.248	0.604
Aspartic acid	g	0.152	0	0.366	0.891
Glutamic acid	g	0.506	0	1.219	2.965
Glycine	g	0.163	0	0.393	0.955
Proline	g	0.135	0	0.325	0.791
Serine	g	0.060	0	0.145	0.352
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz), prepared

NDB No. 06442 Soup, mushroom barley, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	92.40		0	225.46	547.93	
Energy	kcal	30		0	73	178	
Energy	kj	126		0	307	747	
Protein (N x 5.95)	g	0.77		0	1.88	4.57	
Total lipid (fat)	g	0.93		0	2.27	5.51	
Carbohydrate, by difference	g	4.80		0	11.71	28.46	
Fiber, total dietary	g	0.3		0	0.7	1.8	
Ash	g	1.10		0	2.68	6.52	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	12	30	
Iron	mg	0.21		0	0.51	1.25	
Magnesium	mg	4		0	10	24	
Phosphorus	mg	25		0	61	148	
Potassium	mg	38		0	93	225	
Sodium	mg	365		0	891	2164	
Zinc	mg	0.20		0	0.49	1.19	
Copper	mg	0.100		0	0.244	0.593	
Manganese	mg	0.050		0	0.122	0.297	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010		0	0.024	0.059	
Riboflavin	mg	0.036		0	0.088	0.213	
Niacin	mg	0.360		0	0.878	2.135	
Pantothenic acid	mg	0.050		0	0.122	0.297	
Vitamin B-6	mg	0.070		0	0.171	0.415	
Folate	µg	2		0	5	12	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	81		0	198	480	
Vitamin A, RE	µg	8		0	20	47	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.180		0	0.439	1.067	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.110		0	0.268	0.652	
17:0	g						
18:0	g	0.070		0	0.171	0.415	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.410	0	1.000	2.431
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.410	0	1.000	2.431
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.290	0	0.708	1.720
18:2	g	0.280	0	0.683	1.660
18:3	g	0.010	0	0.024	0.059
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06443 Soup, cream of mushroom, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	90.33		0	220.41	535.66	
Energy	kcal	53		0	129	314	
Energy	kj	222		0	542	1316	
Protein (N x 5.95)	g	0.95		0	2.32	5.63	
Total lipid (fat)	g	3.68		0	8.98	21.82	
Carbohydrate, by difference	g	3.81		0	9.30	22.59	
Fiber, total dietary	g	0.2		0	0.5	1.2	
Ash	g	1.16		0	2.83	6.88	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	46	113	
Iron	mg	0.21		0	0.51	1.25	
Magnesium	mg	2		0	5	12	
Phosphorus	mg	20		0	49	119	
Potassium	mg	41		0	100	243	
Sodium	mg	361		0	881	2141	
Zinc	mg	0.24		0	0.59	1.44	
Copper	mg	0.051		0	0.124	0.302	
Manganese	mg	0.103		0	0.251	0.611	
Selenium	µg	0.6		0	1.5	3.6	
Vitamins:							
Ascorbic acid	mg	0.4		0	1.0	2.4	
Thiamin	mg	0.019		0	0.046	0.113	
Riboflavin	mg	0.037		0	0.090	0.219	
Niacin	mg	0.297		0	0.725	1.761	
Pantothenic acid	mg	0.120		0	0.293	0.712	
Vitamin B-6	mg	0.006		0	0.015	0.036	
Folate	µg	2		0	5	12	
Vitamin B-12	µg	0.02		0	0.05	0.12	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.510		0	1.244	3.024	
Lipids:							
Saturated, total	g	1.000		0	2.440	5.930	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.010		0	0.024	0.059	
8:0	g	0.010		0	0.024	0.059	
10:0	g	0.020		0	0.049	0.119	
12:0	g	0.010		0	0.024	0.059	
14:0	g	0.070		0	0.171	0.415	
15.0	g						
16:0	g	0.720		0	1.757	4.270	
17:0	g						
18:0	g	0.130		0	0.317	0.771	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.700	0	1.708	4.151
14:1	g				
16:1	g	0.030	0	0.073	0.178
18:1	g	0.660	0	1.610	3.914
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.730	0	4.221	10.259
18:2	g	1.710	0	4.172	10.140
18:3	g	0.010	0	0.024	0.059
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	2	6
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.014	0	0.034	0.083
Threonine	g	0.037	0	0.090	0.219
Isoleucine	g	0.046	0	0.112	0.273
Leucine	g	0.074	0	0.181	0.439
Lysine	g	0.052	0	0.127	0.308
Methionine	g	0.018	0	0.044	0.107
Cystine	g	0.011	0	0.027	0.065
Phenylalanine	g	0.044	0	0.107	0.261
Tyrosine	g	0.036	0	0.088	0.213
Valine	g	0.050	0	0.122	0.297
Arginine	g	0.039	0	0.095	0.231
Histidine	g	0.022	0	0.054	0.130
Alanine	g	0.038	0	0.093	0.225
Aspartic acid	g	0.066	0	0.161	0.391
Glutamic acid	g	0.216	0	0.527	1.281
Glycine	g	0.031	0	0.076	0.184
Proline	g	0.080	0	0.195	0.474
Serine	g	0.048	0	0.117	0.285
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (10.75 oz), prepared

NDB No. 06444 Soup, mushroom with beef stock, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	92.08		0	224.68	546.03	
Energy	kcal	35		0	85	208	
Energy	kj	146		0	356	866	
Protein (N x 5.95)	g	1.29		0	3.15	7.65	
Total lipid (fat)	g	1.65		0	4.03	9.78	
Carbohydrate, by difference	g	3.81		0	9.30	22.59	
Fiber, total dietary	g	0.3		0	0.7	1.8	
Ash	g	1.17		0	2.85	6.94	
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	24	
Iron	mg	0.34		0	0.83	2.02	
Magnesium	mg	4		0	10	24	
Phosphorus	mg	15		0	37	89	
Potassium	mg	65		0	159	385	
Sodium	mg	397		0	969	2354	
Zinc	mg	0.57		0	1.38	3.36	
Copper	mg	0.103		0	0.251	0.611	
Manganese	mg	0.154		0	0.376	0.913	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	1.0	2.4	
Thiamin	mg	0.014		0	0.034	0.083	
Riboflavin	mg	0.039		0	0.095	0.231	
Niacin	mg	0.494		0	1.205	2.929	
Pantothenic acid	mg	0.100		0	0.244	0.593	
Vitamin B-6	mg	0.015		0	0.037	0.089	
Folate	µg	4		0	9	23	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	514		0	1254	3048	
Vitamin A, RE	µg	51		0	124	302	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.640		0	1.562	3.795	
4:0	g						
6.0	g	0.010		0	0.024	0.059	
8:0	g	0.010		0	0.024	0.059	
10:0	g	0.010		0	0.024	0.059	
12:0	g	0.010		0	0.024	0.059	
14:0	g	0.050		0	0.122	0.297	
15.0	g						
16:0	g	0.330		0	0.805	1.957	
17:0	g						
18:0	g	0.190		0	0.464	1.127	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.580	0	1.415	3.439
14:1	g				
16:1	g	0.040	0	0.098	0.237
18:1	g	0.520	0	1.269	3.084
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.320	0	0.781	1.898
18:2	g	0.280	0	0.683	1.660
18:3	g	0.040	0	0.098	0.237
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	0	7	18
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06445 Soup, onion, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 586g	Measure 3*
Proximates:							
Water	g	93.06		0	224.27	545.33	
Energy	kcal	24		0	58	141	
Energy	kj	100		0	241	586	
Protein (N x 5.95)	g	1.56		0	3.76	9.14	
Total lipid (fat)	g	0.72		0	1.74	4.22	
Carbohydrate, by difference	g	3.39		0	8.17	19.87	
Fiber, total dietary	g	0.4		0	1.0	2.3	
Ash	g	1.27		0	3.06	7.44	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	27	64	
Iron	mg	0.28		0	0.67	1.64	
Magnesium	mg	1		0	2	6	
Phosphorus	mg	5		0	12	29	
Potassium	mg	28		0	67	164	
Sodium	mg	437		0	1053	2561	
Zinc	mg	0.25		0	0.61	1.49	
Copper	mg	0.051		0	0.123	0.299	
Manganese	mg	0.102		0	0.246	0.598	
Selenium	µg	1.8		0	4.3	10.5	
Vitamins:							
Ascorbic acid	mg	0.5		0	1.2	2.9	
Thiamin	mg	0.014		0	0.034	0.082	
Riboflavin	mg	0.010		0	0.024	0.059	
Niacin	mg	0.249		0	0.600	1.459	
Pantothenic acid	mg	0.000		0	0.000	0.000	
Vitamin B-6	mg	0.020		0	0.048	0.117	
Folate	µg	6		0	15	37	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.120		0	0.289	0.703	
Lipids:							
Saturated, total	g	0.110		0	0.265	0.645	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.070		0	0.169	0.410	
17:0	g						
18:0	g	0.040		0	0.096	0.234	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.310	0	0.747	1.817
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.310	0	0.747	1.817
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.270	0	0.651	1.582
18:2	g	0.250	0	0.603	1.465
18:3	g	0.020	0	0.048	0.117
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (10.5 oz), prepared

NDB No. 06446 Soup, cream of onion, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	90.50		0	220.82	536.66	
Energy	kcal	44		0	107	261	
Energy	kj	184		0	449	1091	
Protein (N x 5.95)	g	1.13		0	2.76	6.70	
Total lipid (fat)	g	2.16		0	5.27	12.81	
Carbohydrate, by difference	g	5.20		0	12.69	30.84	
Fiber, total dietary	g	0.4		0	1.0	2.4	
Ash	g	1.10		0	2.68	6.52	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	34	83	
Iron	mg	0.26		0	0.63	1.54	
Magnesium	mg	2		0	5	12	
Phosphorus	mg	15		0	37	89	
Potassium	mg	49		0	120	291	
Sodium	mg	380		0	927	2253	
Zinc	mg	0.06		0	0.15	0.36	
Copper	mg	0.060		0	0.146	0.356	
Manganese	mg	0.100		0	0.244	0.593	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	1.2	3.0	
Thiamin	mg	0.021		0	0.051	0.125	
Riboflavin	mg	0.031		0	0.076	0.184	
Niacin	mg	0.206		0	0.503	1.222	
Pantothenic acid	mg	0.120		0	0.293	0.712	
Vitamin B-6	mg	0.010		0	0.024	0.059	
Folate	µg	3		0	7	17	
Vitamin B-12	µg	0.02		0	0.05	0.12	
Vitamin A	IU	121		0	295	718	
Vitamin A, RE	µg	12		0	29	71	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.600		0	1.464	3.558	
4:0	g	0.020		0	0.049	0.119	
6.0	g	0.010		0	0.024	0.059	
8:0	g	0.010		0	0.024	0.059	
10:0	g	0.010		0	0.024	0.059	
12:0	g	0.020		0	0.049	0.119	
14:0	g	0.060		0	0.146	0.356	
15.0	g						
16:0	g	0.310		0	0.756	1.838	
17:0	g						
18:0	g	0.160		0	0.390	0.949	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.860	0	2.098	5.100
14:1	g				
16:1	g	0.020	0	0.049	0.119
18:1	g	0.840	0	2.050	4.981
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.600	0	1.464	3.558
18:2	g	0.550	0	1.342	3.262
18:3	g	0.040	0	0.098	0.237
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	0	15	36
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06448 Soup, oyster stew, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 586g	Measure 3*
Proximates:							
Water	g	94.86		0	228.61	555.88	
Energy	kcal	24		0	58	141	
Energy	kj	100		0	241	586	
Protein (N x 5.95)	g	0.87		0	2.10	5.10	
Total lipid (fat)	g	1.59		0	3.83	9.32	
Carbohydrate, by difference	g	1.69		0	4.07	9.90	
Fiber, total dietary	g						
Ash	g	0.99		0	2.39	5.80	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	22	53	
Iron	mg	0.41		0	0.99	2.40	
Magnesium	mg	2		0	5	12	
Phosphorus	mg	20		0	48	117	
Potassium	mg	20		0	48	117	
Sodium	mg	407		0	981	2385	
Zinc	mg	4.27		0	10.29	25.02	
Copper	mg	0.661		0	1.593	3.873	
Manganese	mg	0.152		0	0.366	0.891	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.3		0	3.1	7.6	
Thiamin	mg	0.009		0	0.022	0.053	
Riboflavin	mg	0.015		0	0.036	0.088	
Niacin	mg	0.097		0	0.234	0.568	
Pantothenic acid	mg	0.050		0	0.121	0.293	
Vitamin B-6	mg	0.005		0	0.012	0.029	
Folate	µg	1		0	2	6	
Vitamin B-12	µg	0.91		0	2.19	5.33	
Vitamin A	IU	29		0	70	170	
Vitamin A, RE	µg	3		0	7	18	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.040		0	2.506	6.094	
4:0	g	0.060		0	0.145	0.352	
6.0	g	0.040		0	0.096	0.234	
8:0	g	0.020		0	0.048	0.117	
10:0	g	0.050		0	0.121	0.293	
12:0	g	0.050		0	0.121	0.293	
14:0	g	0.170		0	0.410	0.996	
15.0	g						
16:0	g	0.390		0	0.940	2.285	
17:0	g						
18:0	g	0.190		0	0.458	1.113	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.380	0	0.916	2.227
14:1	g				
16:1	g	0.020	0	0.048	0.117
18:1	g	0.330	0	0.795	1.934
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.070	0	0.169	0.410
18:2	g	0.050	0	0.121	0.293
18:3	g	0.010	0	0.024	0.059
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	0	14	35
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz), prepared

NDB No. 06449 Soup, pea, green, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 607g	Measure 3*
Proximates:							
Water	g	83.47		0	208.68	506.66	
Energy	kcal	66		0	165	401	
Energy	kj	276		0	690	1675	
Protein (N x 5.95)	g	3.44		0	8.60	20.88	
Total lipid (fat)	g	1.17		0	2.92	7.10	
Carbohydrate, by difference	g	10.60		0	26.50	64.34	
Fiber, total dietary	g	1.1		0	2.8	6.7	
Ash	g	1.32		0	3.30	8.01	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	28	67	
Iron	mg	0.78		0	1.95	4.73	
Magnesium	mg	16		0	40	97	
Phosphorus	mg	50		0	125	304	
Potassium	mg	76		0	190	461	
Sodium	mg	367		0	918	2228	
Zinc	mg	0.68		0	1.71	4.15	
Copper	mg	0.151		0	0.378	0.917	
Manganese	mg	0.263		0	0.658	1.596	
Selenium	µg	3.7		0	9.3	22.5	
Vitamins:							
Ascorbic acid	mg	0.7		0	1.8	4.2	
Thiamin	mg	0.043		0	0.108	0.261	
Riboflavin	mg	0.027		0	0.068	0.164	
Niacin	mg	0.496		0	1.240	3.011	
Pantothenic acid	mg	0.050		0	0.125	0.304	
Vitamin B-6	mg	0.021		0	0.053	0.127	
Folate	µg	1		0	2	4	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	81		0	203	492	
Vitamin A, RE	µg	8		0	20	49	
Vitamin E, α-TE	mg	0.040		0	0.100	0.243	
Lipids:							
Saturated, total	g	0.560		0	1.400	3.399	
4:0	g	0.030		0	0.075	0.182	
6.0	g	0.020		0	0.050	0.121	
8:0	g	0.010		0	0.025	0.061	
10:0	g	0.020		0	0.050	0.121	
12:0	g	0.020		0	0.050	0.121	
14:0	g	0.080		0	0.200	0.486	
15.0	g						
16:0	g	0.250		0	0.625	1.518	
17:0	g						
18:0	g	0.120		0	0.300	0.728	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.400	0	1.000	2.428
14:1	g				
16:1	g	0.020	0	0.050	0.121
18:1	g	0.370	0	0.925	2.246
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.150	0	0.375	0.911
18:2	g	0.140	0	0.350	0.850
18:3	g	0.020	0	0.050	0.121
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.029	0	0.072	0.176
Threonine	g	0.121	0	0.303	0.734
Isoleucine	g	0.119	0	0.298	0.722
Leucine	g	0.249	0	0.623	1.511
Lysine	g	0.204	0	0.510	1.238
Methionine	g	0.042	0	0.105	0.255
Cystine	g	0.032	0	0.080	0.194
Phenylalanine	g	0.151	0	0.378	0.917
Tyrosine	g	0.100	0	0.250	0.607
Valine	g	0.177	0	0.443	1.074
Arginine	g	0.283	0	0.708	1.718
Histidine	g	0.068	0	0.170	0.413
Alanine	g	0.148	0	0.370	0.898
Aspartic acid	g	0.352	0	0.880	2.137
Glutamic acid	g	0.647	0	1.617	3.927
Glycine	g	0.137	0	0.343	0.832
Proline	g	0.177	0	0.443	1.074
Serine	g	0.139	0	0.348	0.844
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (11.25 oz), prepared

NDB No. 06451 Soup, pea, split with ham, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 253g	Measure 2* 614g	Measure 3*
Proximates:							
Water	g	81.77		0	206.88	502.07	
Energy	kcal	75		0	190	461	
Energy	kj	314		0	794	1928	
Protein (N x 5.95)	g	4.08		0	10.32	25.05	
Total lipid (fat)	g	1.74		0	4.40	10.68	
Carbohydrate, by difference	g	11.05		0	27.96	67.85	
Fiber, total dietary	g	0.9		0	2.3	5.5	
Ash	g	1.36		0	3.44	8.35	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	23	55	
Iron	mg	0.90		0	2.28	5.53	
Magnesium	mg	19		0	48	117	
Phosphorus	mg	84		0	213	516	
Potassium	mg	158		0	400	970	
Sodium	mg	398		0	1007	2444	
Zinc	mg	0.52		0	1.32	3.21	
Copper	mg	0.146		0	0.369	0.896	
Manganese	mg	0.265		0	0.670	1.627	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6		0	1.5	3.7	
Thiamin	mg	0.058		0	0.147	0.356	
Riboflavin	mg	0.030		0	0.076	0.184	
Niacin	mg	0.583		0	1.475	3.580	
Pantothenic acid	mg	0.100		0	0.253	0.614	
Vitamin B-6	mg	0.027		0	0.068	0.166	
Folate	µg	1		0	3	6	
Vitamin B-12	µg	0.10		0	0.25	0.61	
Vitamin A	IU	176		0	445	1081	
Vitamin A, RE	µg	18		0	46	111	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.700		0	1.771	4.298	
4:0	g	0.010		0	0.025	0.061	
6.0	g	0.010		0	0.025	0.061	
8:0	g	0.010		0	0.025	0.061	
10:0	g	0.010		0	0.025	0.061	
12:0	g	0.020		0	0.051	0.123	
14:0	g	0.060		0	0.152	0.368	
15.0	g						
16:0	g	0.370		0	0.936	2.272	
17:0	g						
18:0	g	0.200		0	0.506	1.228	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.710	0	1.796	4.359
14:1	g				
16:1	g	0.030	0	0.076	0.184
18:1	g	0.660	0	1.670	4.052
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.250	0	0.632	1.535
18:2	g	0.230	0	0.582	1.412
18:3	g	0.020	0	0.051	0.123
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	0	8	18
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.040	0	0.101	0.246
Threonine	g	0.144	0	0.364	0.884
Isoleucine	g	0.172	0	0.435	1.056
Leucine	g	0.281	0	0.711	1.725
Lysine	g	0.275	0	0.696	1.689
Methionine	g	0.055	0	0.139	0.338
Cystine	g	0.053	0	0.134	0.325
Phenylalanine	g	0.180	0	0.455	1.105
Tyrosine	g	0.126	0	0.319	0.774
Valine	g	0.194	0	0.491	1.191
Arginine	g	0.278	0	0.703	1.707
Histidine	g	0.085	0	0.215	0.522
Alanine	g	0.191	0	0.483	1.173
Aspartic acid	g	0.415	0	1.050	2.548
Glutamic acid	g	0.691	0	1.748	4.243
Glycine	g	0.197	0	0.498	1.210
Proline	g	0.185	0	0.468	1.136
Serine	g	0.175	0	0.443	1.074
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11.5 oz), prepared

NDB No. 06452 Soup, pepperpot, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 586g	Measure 3*
Proximates:							
Water	g	90.15		0	217.26	528.28	
Energy	kcal	43		0	104	252	
Energy	kj	180		0	434	1055	
Protein (N x 5.95)	g	2.64		0	6.36	15.47	
Total lipid (fat)	g	1.92		0	4.63	11.25	
Carbohydrate, by difference	g	3.89		0	9.37	22.80	
Fiber, total dietary	g	0.2		0	0.5	1.2	
Ash	g	1.40		0	3.37	8.20	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	24	59	
Iron	mg	0.37		0	0.89	2.17	
Magnesium	mg	2		0	5	12	
Phosphorus	mg	17		0	41	100	
Potassium	mg	63		0	152	369	
Sodium	mg	403		0	971	2362	
Zinc	mg	0.51		0	1.22	2.98	
Copper	mg	0.051		0	0.123	0.299	
Manganese	mg	0.254		0	0.612	1.488	
Selenium	µg	1.8		0	4.3	10.5	
Vitamins:							
Ascorbic acid	mg	0.6		0	1.4	3.5	
Thiamin	mg	0.022		0	0.053	0.129	
Riboflavin	mg	0.020		0	0.048	0.117	
Niacin	mg	0.508		0	1.224	2.977	
Pantothenic acid	mg	0.140		0	0.337	0.820	
Vitamin B-6	mg	0.025		0	0.060	0.147	
Folate	µg	4		0	10	23	
Vitamin B-12	µg	0.07		0	0.17	0.41	
Vitamin A	IU	359		0	865	2104	
Vitamin A, RE	µg	36		0	87	211	
Vitamin E, α-TE	mg	0.037		0	0.089	0.217	
Lipids:							
Saturated, total	g	0.850		0	2.048	4.981	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.024	0.059	
14:0	g	0.050		0	0.121	0.293	
15.0	g						
16:0	g	0.470		0	1.133	2.754	
17:0	g						
18:0	g	0.310		0	0.747	1.817	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.830	0	2.000	4.864
14:1	g				
16:1	g	0.070	0	0.169	0.410
18:1	g	0.740	0	1.783	4.336
20:1	g	0.010	0	0.024	0.059
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.150	0	0.362	0.879
18:2	g	0.130	0	0.313	0.762
18:3	g	0.020	0	0.048	0.117
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	4	0	10	23
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	0	0.041	0.100
Threonine	g	0.081	0	0.195	0.475
Isoleucine	g	0.097	0	0.234	0.568
Leucine	g	0.167	0	0.402	0.979
Lysine	g	0.129	0	0.311	0.756
Methionine	g	0.038	0	0.092	0.223
Cystine	g	0.025	0	0.060	0.147
Phenylalanine	g	0.097	0	0.234	0.568
Tyrosine	g	0.065	0	0.157	0.381
Valine	g	0.124	0	0.299	0.727
Arginine	g	0.205	0	0.494	1.201
Histidine	g	0.038	0	0.092	0.223
Alanine	g	0.194	0	0.468	1.137
Aspartic acid	g	0.231	0	0.557	1.354
Glutamic acid	g	0.468	0	1.128	2.742
Glycine	g	0.350	0	0.843	2.051
Proline	g	0.248	0	0.598	1.453
Serine	g	0.097	0	0.234	0.568
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz), prepared

NDB No. 06453 Soup, cream of potato, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	92.49		0	225.68	548.47	
Energy	kcal	30		0	73	178	
Energy	kj	126		0	307	747	
Protein (N x 5.95)	g	0.72		0	1.76	4.27	
Total lipid (fat)	g	0.97		0	2.37	5.75	
Carbohydrate, by difference	g	4.70		0	11.47	27.87	
Fiber, total dietary	g	0.2		0	0.5	1.2	
Ash	g	1.14		0	2.78	6.76	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	20	47	
Iron	mg	0.20		0	0.49	1.19	
Magnesium	mg	1		0	2	6	
Phosphorus	mg	19		0	46	113	
Potassium	mg	56		0	137	332	
Sodium	mg	410		0	1000	2431	
Zinc	mg	0.26		0	0.63	1.52	
Copper	mg	0.103		0	0.251	0.611	
Manganese	mg	0.154		0	0.376	0.913	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.014		0	0.034	0.083	
Riboflavin	mg	0.015		0	0.037	0.089	
Niacin	mg	0.221		0	0.539	1.311	
Pantothenic acid	mg	0.340		0	0.830	2.016	
Vitamin B-6	mg	0.015		0	0.037	0.089	
Folate	µg	1		0	3	7	
Vitamin B-12	µg	0.02		0	0.05	0.12	
Vitamin A	IU	118		0	288	700	
Vitamin A, RE	µg	12		0	29	71	
Vitamin E, α-TE	mg	0.010		0	0.024	0.059	
Lipids:							
Saturated, total	g	0.500		0	1.220	2.965	
4:0	g	0.050		0	0.122	0.297	
6.0	g	0.020		0	0.049	0.119	
8:0	g	0.010		0	0.024	0.059	
10:0	g	0.020		0	0.049	0.119	
12:0	g	0.020		0	0.049	0.119	
14:0	g	0.070		0	0.171	0.415	
15.0	g						
16:0	g	0.210		0	0.512	1.245	
17:0	g						
18:0	g	0.080		0	0.195	0.474	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.230	0	0.561	1.364
14:1	g				
16:1	g	0.010	0	0.024	0.059
18:1	g	0.200	0	0.488	1.186
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.170	0	0.415	1.008
18:2	g	0.160	0	0.390	0.949
18:3	g	0.010	0	0.024	0.059
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	2	0	5	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.010	0	0.024	0.059
Threonine	g	0.025	0	0.061	0.148
Isoleucine	g	0.031	0	0.076	0.184
Leucine	g	0.048	0	0.117	0.285
Lysine	g	0.034	0	0.083	0.202
Methionine	g	0.012	0	0.029	0.071
Cystine	g	0.011	0	0.027	0.065
Phenylalanine	g	0.034	0	0.083	0.202
Tyrosine	g	0.025	0	0.061	0.148
Valine	g	0.038	0	0.093	0.225
Arginine	g	0.031	0	0.076	0.184
Histidine	g	0.016	0	0.039	0.095
Alanine	g	0.022	0	0.054	0.130
Aspartic acid	g	0.104	0	0.254	0.617
Glutamic acid	g	0.170	0	0.415	1.008
Glycine	g	0.022	0	0.054	0.130
Proline	g	0.053	0	0.129	0.314
Serine	g	0.034	0	0.083	0.202
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06455 Soup, scotch broth, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 586g	Measure 3*
Proximates:							
Water	g	91.76		0	221.14	537.71	
Energy	kcal	33		0	80	193	
Energy	kj	138		0	333	809	
Protein (N x 5.95)	g	2.06		0	4.96	12.07	
Total lipid (fat)	g	1.09		0	2.63	6.39	
Carbohydrate, by difference	g	3.93		0	9.47	23.03	
Fiber, total dietary	g	0.5		0	1.2	2.9	
Ash	g	1.17		0	2.82	6.86	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	14	35	
Iron	mg	0.35		0	0.84	2.05	
Magnesium	mg	2		0	5	12	
Phosphorus	mg	23		0	55	135	
Potassium	mg	66		0	159	387	
Sodium	mg	420		0	1012	2461	
Zinc	mg	0.66		0	1.59	3.87	
Copper	mg	0.102		0	0.246	0.598	
Manganese	mg	0.152		0	0.366	0.891	
Selenium	µg	1.8		0	4.3	10.5	
Vitamins:							
Ascorbic acid	mg	0.4		0	1.0	2.3	
Thiamin	mg	0.008		0	0.019	0.047	
Riboflavin	mg	0.019		0	0.046	0.111	
Niacin	mg	0.483		0	1.164	2.830	
Pantothenic acid	mg	0.100		0	0.241	0.586	
Vitamin B-6	mg	0.030		0	0.072	0.176	
Folate	µg	4		0	10	23	
Vitamin B-12	µg	0.11		0	0.27	0.64	
Vitamin A	IU	904		0	2179	5297	
Vitamin A, RE	µg	90		0	217	527	
Vitamin E, α-TE	mg	0.030		0	0.072	0.176	
Lipids:							
Saturated, total	g	0.460		0	1.109	2.696	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.048	0.117	
15.0	g						
16:0	g	0.210		0	0.506	1.231	
17:0	g						
18:0	g	0.200		0	0.482	1.172	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.320	0	0.771	1.875
14:1	g				
16:1	g	0.020	0	0.048	0.117
18:1	g	0.290	0	0.699	1.699
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.230	0	0.554	1.348
18:2	g	0.190	0	0.458	1.113
18:3	g	0.040	0	0.096	0.234
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	2	0	5	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.018	0	0.043	0.105
Threonine	g	0.064	0	0.154	0.375
Isoleucine	g	0.077	0	0.186	0.451
Leucine	g	0.131	0	0.316	0.768
Lysine	g	0.126	0	0.304	0.738
Methionine	g	0.035	0	0.084	0.205
Cystine	g	0.014	0	0.034	0.082
Phenylalanine	g	0.075	0	0.181	0.439
Tyrosine	g	0.053	0	0.128	0.311
Valine	g	0.090	0	0.217	0.527
Arginine	g	0.096	0	0.231	0.563
Histidine	g	0.045	0	0.108	0.264
Alanine	g	0.117	0	0.282	0.686
Aspartic acid	g	0.172	0	0.415	1.008
Glutamic acid	g	0.516	0	1.244	3.024
Glycine	g	0.129	0	0.311	0.756
Proline	g	0.117	0	0.282	0.686
Serine	g	0.071	0	0.171	0.416
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (10.5 oz), prepared

NDB No. 06456 Soup, cream of shrimp, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	92.21		0	224.99	546.81	
Energy	kcal	37		0	90	219	
Energy	kj	155		0	378	919	
Protein (N x 5.95)	g	1.14		0	2.78	6.76	
Total lipid (fat)	g	2.13		0	5.20	12.63	
Carbohydrate, by difference	g	3.36		0	8.20	19.92	
Fiber, total dietary	g	0.1		0	0.2	0.6	
Ash	g	1.16		0	2.83	6.88	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17	42	
Iron	mg	0.22		0	0.54	1.30	
Magnesium	mg	4		0	10	24	
Phosphorus	mg	13		0	32	77	
Potassium	mg	24		0	59	142	
Sodium	mg	400		0	976	2372	
Zinc	mg	0.31		0	0.75	1.83	
Copper	mg	0.050		0	0.122	0.297	
Manganese	mg	0.150		0	0.366	0.890	
Selenium	µg	2.3		0	5.6	13.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.008		0	0.020	0.047	
Riboflavin	mg	0.011		0	0.027	0.065	
Niacin	mg	0.175		0	0.427	1.038	
Pantothenic acid	mg	0.060		0	0.146	0.356	
Vitamin B-6	mg	0.020		0	0.049	0.119	
Folate	µg	2		0	4	9	
Vitamin B-12	µg	0.24		0	0.59	1.42	
Vitamin A	IU	65		0	159	385	
Vitamin A, RE	µg	6		0	15	36	
Vitamin E, α-TE	mg	0.340		0	0.830	2.016	
Lipids:							
Saturated, total	g	1.330		0	3.245	7.887	
4:0	g	0.070		0	0.171	0.415	
6.0	g	0.040		0	0.098	0.237	
8:0	g	0.020		0	0.049	0.119	
10:0	g	0.050		0	0.122	0.297	
12:0	g	0.060		0	0.146	0.356	
14:0	g	0.210		0	0.512	1.245	
15.0	g						
16:0	g	0.560		0	1.366	3.321	
17:0	g						
18:0	g	0.260		0	0.634	1.542	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.610	0	1.488	3.617
14:1	g				
16:1	g	0.050	0	0.122	0.297
18:1	g	0.540	0	1.318	3.202
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.080	0	0.195	0.474
18:2	g	0.050	0	0.122	0.297
18:3	g	0.030	0	0.073	0.178
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	7	0	17	42
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (10.75 oz), prepared

NDB No. 06460 Soup, stockpot, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 600g	Measure 3*
Proximates:							
Water	g	90.58		0	223.73	543.48	
Energy	kcal	40		0	99	240	
Energy	kj	167		0	412	1002	
Protein (N x 5.95)	g	1.97		0	4.87	11.82	
Total lipid (fat)	g	1.58		0	3.90	9.48	
Carbohydrate, by difference	g	4.65		0	11.49	27.90	
Fiber, total dietary	g						
Ash	g	1.22		0	3.01	7.32	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	22	54	
Iron	mg	0.35		0	0.86	2.10	
Magnesium	mg	2		0	5	12	
Phosphorus	mg	22		0	54	132	
Potassium	mg	96		0	237	576	
Sodium	mg	424		0	1047	2544	
Zinc	mg	0.47		0	1.16	2.81	
Copper	mg	0.052		0	0.128	0.312	
Manganese	mg	0.104		0	0.257	0.624	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.8		0	2.0	4.8	
Thiamin	mg	0.018		0	0.044	0.108	
Riboflavin	mg	0.021		0	0.052	0.126	
Niacin	mg	0.494		0	1.220	2.964	
Pantothenic acid	mg	0.140		0	0.346	0.840	
Vitamin B-6	mg	0.036		0	0.089	0.216	
Folate	µg	4		0	10	24	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1611		0	3979	9666	
Vitamin A, RE	µg	161		0	398	966	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.350		0	0.865	2.100	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.025	0.060	
15.0	g						
16:0	g	0.240		0	0.593	1.440	
17:0	g						
18:0	g	0.080		0	0.198	0.480	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.410	0	1.013	2.460
14:1	g				
16:1	g	0.010	0	0.025	0.060
18:1	g	0.390	0	0.963	2.340
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.710	0	1.754	4.260
18:2	g	0.650	0	1.606	3.900
18:3	g	0.050	0	0.124	0.300
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	2	0	5	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	0	0.042	0.102
Threonine	g	0.061	0	0.151	0.366
Isoleucine	g	0.074	0	0.183	0.444
Leucine	g	0.126	0	0.311	0.756
Lysine	g	0.121	0	0.299	0.726
Methionine	g	0.033	0	0.082	0.198
Cystine	g	0.014	0	0.035	0.084
Phenylalanine	g	0.072	0	0.178	0.432
Tyrosine	g	0.051	0	0.126	0.306
Valine	g	0.087	0	0.215	0.522
Arginine	g	0.092	0	0.227	0.552
Histidine	g	0.044	0	0.109	0.264
Alanine	g	0.112	0	0.277	0.672
Aspartic acid	g	0.166	0	0.410	0.996
Glutamic acid	g	0.496	0	1.225	2.976
Glycine	g	0.124	0	0.306	0.744
Proline	g	0.113	0	0.279	0.678
Serine	g	0.068	0	0.168	0.408
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11 oz), prepared

NDB No. 06461 Soup, tomato beef with noodle, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	86.67		0	211.47	513.95	
Energy	kcal	57		0	139	338	
Energy	kj	238		0	581	1411	
Protein (N x 5.95)	g	1.83		0	4.47	10.85	
Total lipid (fat)	g	1.76		0	4.29	10.44	
Carbohydrate, by difference	g	8.67		0	21.15	51.41	
Fiber, total dietary	g	0.6		0	1.5	3.6	
Ash	g	1.07		0	2.61	6.35	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17	42	
Iron	mg	0.46		0	1.12	2.73	
Magnesium	mg	3		0	7	18	
Phosphorus	mg	23		0	56	136	
Potassium	mg	90		0	220	534	
Sodium	mg	376		0	917	2230	
Zinc	mg	0.31		0	0.75	1.83	
Copper	mg	0.051		0	0.124	0.302	
Manganese	mg	0.103		0	0.251	0.611	
Selenium	µg	2.0		0	4.9	11.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.034		0	0.083	0.202	
Riboflavin	mg	0.037		0	0.090	0.219	
Niacin	mg	0.766		0	1.869	4.542	
Pantothenic acid	mg	0.080		0	0.195	0.474	
Vitamin B-6	mg	0.036		0	0.088	0.213	
Folate	µg	8		0	20	47	
Vitamin B-12	µg	0.08		0	0.20	0.47	
Vitamin A	IU	219		0	534	1299	
Vitamin A, RE	µg	22		0	54	130	
Vitamin E, α-TE	mg	0.320		0	0.781	1.898	
Lipids:							
Saturated, total	g	0.650		0	1.586	3.854	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.040		0	0.098	0.237	
15.0	g						
16:0	g	0.360		0	0.878	2.135	
17:0	g						
18:0	g	0.220		0	0.537	1.305	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.710	0	1.732	4.210
14:1	g				
16:1	g	0.050	0	0.122	0.297
18:1	g	0.620	0	1.513	3.677
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.280	0	0.683	1.660
18:2	g	0.240	0	0.586	1.423
18:3	g	0.040	0	0.098	0.237
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	2	0	5	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.017	0	0.041	0.101
Threonine	g	0.059	0	0.144	0.350
Isoleucine	g	0.070	0	0.171	0.415
Leucine	g	0.119	0	0.290	0.706
Lysine	g	0.099	0	0.242	0.587
Methionine	g	0.034	0	0.083	0.202
Cystine	g	0.022	0	0.054	0.130
Phenylalanine	g	0.074	0	0.181	0.439
Tyrosine	g	0.047	0	0.115	0.279
Valine	g	0.079	0	0.193	0.468
Arginine	g	0.075	0	0.183	0.445
Histidine	g	0.042	0	0.102	0.249
Alanine	g	0.084	0	0.205	0.498
Aspartic acid	g	0.134	0	0.327	0.795
Glutamic acid	g	0.504	0	1.230	2.989
Glycine	g	0.085	0	0.207	0.504
Proline	g	0.118	0	0.288	0.700
Serine	g	0.065	0	0.159	0.385
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (10.75 oz), prepared

NDB No. 06463 Soup, tomato rice, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 600g	Measure 3*
Proximates:							
Water	g	88.11		0	217.63	528.66	
Energy	kcal	48		0	119	288	
Energy	kj	201		0	496	1206	
Protein (N x 5.95)	g	0.85		0	2.10	5.10	
Total lipid (fat)	g	1.10		0	2.72	6.60	
Carbohydrate, by difference	g	8.88		0	21.93	53.28	
Fiber, total dietary	g	0.6		0	1.5	3.6	
Ash	g	1.05		0	2.59	6.30	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	22	54	
Iron	mg	0.32		0	0.79	1.92	
Magnesium	mg	2		0	5	12	
Phosphorus	mg	14		0	35	84	
Potassium	mg	134		0	331	804	
Sodium	mg	330		0	815	1980	
Zinc	mg	0.21		0	0.51	1.25	
Copper	mg	0.052		0	0.128	0.312	
Manganese	mg	0.156		0	0.385	0.936	
Selenium	µg	0.9		0	2.2	5.4	
Vitamins:							
Ascorbic acid	mg	6.0		0	14.8	36.0	
Thiamin	mg	0.025		0	0.062	0.150	
Riboflavin	mg	0.020		0	0.049	0.120	
Niacin	mg	0.427		0	1.055	2.562	
Pantothenic acid	mg	0.050		0	0.124	0.300	
Vitamin B-6	mg	0.031		0	0.077	0.186	
Folate	µg	6		0	14	33	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	306		0	756	1836	
Vitamin A, RE	µg	31		0	77	186	
Vitamin E, α-TE	mg	0.320		0	0.790	1.920	
Lipids:							
Saturated, total	g	0.210		0	0.519	1.260	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.010		0	0.025	0.060	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.025	0.060	
15.0	g						
16:0	g	0.120		0	0.296	0.720	
17:0	g						
18:0	g	0.050		0	0.124	0.300	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.240	0	0.593	1.440
14:1	g				
16:1	g	0.010	0	0.025	0.060
18:1	g	0.240	0	0.593	1.440
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.550	0	1.359	3.300
18:2	g	0.450	0	1.112	2.700
18:3	g	0.090	0	0.222	0.540
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	2	6
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (11 oz), prepared

NDB No. 06465 Soup, turkey noodle, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 31g	Measure 3* 593g
Proximates:							
Water	g	92.99		0	226.90	28.36	551.43
Energy	kcal	28		0	68	9	166
Energy	kj	117		0	285	36	694
Protein (N x 5.95)	g	1.60		0	3.90	0.49	9.49
Total lipid (fat)	g	0.82		0	2.00	0.25	4.86
Carbohydrate, by difference	g	3.54		0	8.64	1.08	20.99
Fiber, total dietary	g	0.3		0	0.7	0.1	1.8
Ash	g	1.06		0	2.59	0.32	6.29
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	12	2	30
Iron	mg	0.39		0	0.95	0.12	2.31
Magnesium	mg	2		0	5	1	12
Phosphorus	mg	20		0	49	6	119
Potassium	mg	31		0	76	9	184
Sodium	mg	334		0	815	102	1981
Zinc	mg	0.24		0	0.58	0.07	1.42
Copper	mg	0.051		0	0.124	0.016	0.302
Manganese	mg	0.103		0	0.251	0.031	0.611
Selenium	µg	4.4		0	10.7	1.3	26.1
Vitamins:							
Ascorbic acid	mg	0.1		0	0.2	0.0	0.6
Thiamin	mg	0.030		0	0.073	0.009	0.178
Riboflavin	mg	0.026		0	0.063	0.008	0.154
Niacin	mg	0.572		0	1.396	0.174	3.392
Pantothenic acid	mg	0.070		0	0.171	0.021	0.415
Vitamin B-6	mg	0.015		0	0.037	0.005	0.089
Folate	µg	8		0	20	2	47
Vitamin B-12	µg	0.06		0	0.15	0.02	0.36
Vitamin A	IU	120		0	293	37	712
Vitamin A, RE	µg	12		0	29	4	71
Vitamin E, α-TE	mg	0.024		0	0.059	0.007	0.142
Lipids:							
Saturated, total	g	0.230		0	0.561	0.070	1.364
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.010		0	0.024	0.003	0.059
15.0	g						
16:0	g	0.170		0	0.415	0.052	1.008
17:0	g						
18:0	g	0.040		0	0.098	0.012	0.237
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.330	0	0.805	0.101	1.957
14:1	g					
16:1	g	0.050	0	0.122	0.015	0.297
18:1	g	0.280	0	0.683	0.085	1.660
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.200	0	0.488	0.061	1.186
18:2	g	0.190	0	0.464	0.058	1.127
18:3	g	0.010	0	0.024	0.003	0.059
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	2	0	5	1	12
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.015	0	0.037	0.005	0.089
Threonine	g	0.051	0	0.124	0.016	0.302
Isoleucine	g	0.062	0	0.151	0.019	0.368
Leucine	g	0.104	0	0.254	0.032	0.617
Lysine	g	0.087	0	0.212	0.027	0.516
Methionine	g	0.030	0	0.073	0.009	0.178
Cystine	g	0.019	0	0.046	0.006	0.113
Phenylalanine	g	0.064	0	0.156	0.020	0.380
Tyrosine	g	0.042	0	0.102	0.013	0.249
Valine	g	0.069	0	0.168	0.021	0.409
Arginine	g	0.065	0	0.159	0.020	0.385
Histidine	g	0.037	0	0.090	0.011	0.219
Alanine	g	0.074	0	0.181	0.023	0.439
Aspartic acid	g	0.117	0	0.285	0.036	0.694
Glutamic acid	g	0.442	0	1.078	0.135	2.621
Glycine	g	0.075	0	0.183	0.023	0.445
Proline	g	0.103	0	0.251	0.031	0.611
Serine	g	0.058	0	0.142	0.018	0.344
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: 1 can (10.75 oz), prepared

NDB No. 06466 Soup, turkey vegetable, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 30g	Measure 3* 586g
Proximates:							
Water	g	92.89		0	223.86	27.96	544.34
Energy	kcal	30		0	72	9	176
Energy	kj	126		0	304	38	738
Protein (N x 5.95)	g	1.28		0	3.08	0.39	7.50
Total lipid (fat)	g	1.26		0	3.04	0.38	7.38
Carbohydrate, by difference	g	3.58		0	8.63	1.08	20.98
Fiber, total dietary	g	0.2		0	0.5	0.1	1.2
Ash	g	0.99		0	2.39	0.30	5.80
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17	2	41
Iron	mg	0.32		0	0.77	0.10	1.88
Magnesium	mg	2		0	5	1	12
Phosphorus	mg	17		0	41	5	100
Potassium	mg	73		0	176	22	428
Sodium	mg	376		0	906	113	2203
Zinc	mg	0.25		0	0.61	0.08	1.49
Copper	mg	0.051		0	0.123	0.015	0.299
Manganese	mg	0.102		0	0.246	0.031	0.598
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.012		0	0.029	0.004	0.070
Riboflavin	mg	0.016		0	0.039	0.005	0.094
Niacin	mg	0.417		0	1.005	0.126	2.444
Pantothenic acid	mg	0.200		0	0.482	0.060	1.172
Vitamin B-6	mg	0.020		0	0.048	0.006	0.117
Folate	µg	2		0	5	1	12
Vitamin B-12	µg	0.07		0	0.17	0.02	0.41
Vitamin A	IU	1014		0	2444	305	5942
Vitamin A, RE	µg	101		0	243	30	592
Vitamin E, α-TE	mg	0.059		0	0.142	0.018	0.346
Lipids:							
Saturated, total	g	0.370		0	0.892	0.111	2.168
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.010		0	0.024	0.003	0.059
15.0	g						
16:0	g	0.270		0	0.651	0.081	1.582
17:0	g						
18:0	g	0.080		0	0.193	0.024	0.469
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.550	0	1.326	0.166	3.223
14:1	g					
16:1	g	0.070	0	0.169	0.021	0.410
18:1	g	0.460	0	1.109	0.138	2.696
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.280	0	0.675	0.084	1.641
18:2	g	0.260	0	0.627	0.078	1.524
18:3	g	0.020	0	0.048	0.006	0.117
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	2	0	6
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.011	0	0.027	0.003	0.064
Threonine	g	0.040	0	0.096	0.012	0.234
Isoleucine	g	0.048	0	0.116	0.014	0.281
Leucine	g	0.082	0	0.198	0.025	0.481
Lysine	g	0.079	0	0.190	0.024	0.463
Methionine	g	0.022	0	0.053	0.007	0.129
Cystine	g	0.009	0	0.022	0.003	0.053
Phenylalanine	g	0.047	0	0.113	0.014	0.275
Tyrosine	g	0.034	0	0.082	0.010	0.199
Valine	g	0.056	0	0.135	0.017	0.328
Arginine	g	0.060	0	0.145	0.018	0.352
Histidine	g	0.028	0	0.067	0.008	0.164
Alanine	g	0.073	0	0.176	0.022	0.428
Aspartic acid	g	0.108	0	0.260	0.033	0.633
Glutamic acid	g	0.322	0	0.776	0.097	1.887
Glycine	g	0.080	0	0.193	0.024	0.469
Proline	g	0.073	0	0.176	0.022	0.428
Serine	g	0.044	0	0.106	0.013	0.258
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 can (10.5 oz), prepared

NDB No. 06468 Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 586g	Measure 3*
Proximates:							
Water	g	92.33		0	222.52	541.05	
Energy	kcal	30		0	72	176	
Energy	kj	126		0	304	738	
Protein (N x 5.95)	g	0.87		0	2.10	5.10	
Total lipid (fat)	g	0.80		0	1.93	4.69	
Carbohydrate, by difference	g	4.97		0	11.98	29.12	
Fiber, total dietary	g	0.2		0	0.5	1.2	
Ash	g	1.03		0	2.48	6.04	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	22	53	
Iron	mg	0.45		0	1.08	2.64	
Magnesium	mg	3		0	7	18	
Phosphorus	mg	14		0	34	82	
Potassium	mg	87		0	210	510	
Sodium	mg	341		0	822	1998	
Zinc	mg	0.19		0	0.46	1.12	
Copper	mg	0.051		0	0.123	0.299	
Manganese	mg	0.191		0	0.460	1.119	
Selenium	µg	1.8	0.231	3	4.3	10.5	
Vitamins:							
Ascorbic acid	mg	0.6		0	1.4	3.5	
Thiamin	mg	0.022		0	0.053	0.129	
Riboflavin	mg	0.019		0	0.046	0.111	
Niacin	mg	0.380		0	0.916	2.227	
Pantothenic acid	mg	0.140		0	0.337	0.820	
Vitamin B-6	mg	0.023		0	0.055	0.135	
Folate	µg	4		0	11	26	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1247		0	3005	7307	
Vitamin A, RE	µg	125		0	301	733	
Vitamin E, α-TE	mg	0.330		0	0.795	1.934	
Lipids:							
Saturated, total	g	0.120		0	0.289	0.703	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.080		0	0.193	0.469	
17:0	g						
18:0	g	0.040		0	0.096	0.234	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.340	0	0.819	1.992
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.340	0	0.819	1.992
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.300	0	0.723	1.758
18:2	g	0.280	0	0.675	1.641
18:3	g	0.020	0	0.048	0.117
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.006	0	0.014	0.035
Threonine	g	0.031	0	0.075	0.182
Isoleucine	g	0.041	0	0.099	0.240
Leucine	g	0.061	0	0.147	0.357
Lysine	g	0.041	0	0.099	0.240
Methionine	g	0.010	0	0.024	0.059
Cystine	g	0.010	0	0.024	0.059
Phenylalanine	g	0.041	0	0.099	0.240
Tyrosine	g	0.020	0	0.048	0.117
Valine	g	0.041	0	0.099	0.240
Arginine	g	0.041	0	0.099	0.240
Histidine	g	0.020	0	0.048	0.117
Alanine	g	0.041	0	0.099	0.240
Aspartic acid	g	0.082	0	0.198	0.481
Glutamic acid	g	0.185	0	0.446	1.084
Glycine	g	0.031	0	0.075	0.182
Proline	g	0.061	0	0.147	0.357
Serine	g	0.031	0	0.075	0.182
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 can (10.5 oz), prepared

NDB No. 06471 Soup, vegetable beef, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	91.61		0	223.53	543.25	
Energy	kcal	32		0	78	190	
Energy	kj	134		0	327	795	
Protein (N x 5.95)	g	2.29		0	5.59	13.58	
Total lipid (fat)	g	0.78		0	1.90	4.63	
Carbohydrate, by difference	g	4.17		0	10.17	24.73	
Fiber, total dietary	g	0.2		0	0.5	1.2	
Ash	g	1.16		0	2.83	6.88	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17	42	
Iron	mg	0.46		0	1.12	2.73	
Magnesium	mg	2		0	5	12	
Phosphorus	mg	17		0	41	101	
Potassium	mg	71		0	173	421	
Sodium	mg	324		0	791	1921	
Zinc	mg	0.63		0	1.54	3.75	
Copper	mg	0.075		0	0.183	0.445	
Manganese	mg	0.129		0	0.315	0.765	
Selenium	µg	1.8	0.612	3	4.4	10.7	
Vitamins:							
Ascorbic acid	mg	1.0		0	2.4	5.9	
Thiamin	mg	0.015		0	0.037	0.089	
Riboflavin	mg	0.020		0	0.049	0.119	
Niacin	mg	0.423		0	1.032	2.508	
Pantothenic acid	mg	0.140		0	0.342	0.830	
Vitamin B-6	mg	0.031		0	0.076	0.184	
Folate	µg	4		0	10	25	
Vitamin B-12	µg	0.13		0	0.32	0.77	
Vitamin A	IU	775		0	1891	4596	
Vitamin A, RE	µg	78		0	190	463	
Vitamin E, α-TE	mg	0.130		0	0.317	0.771	
Lipids:							
Saturated, total	g	0.350		0	0.854	2.075	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.049	0.119	
15.0	g						
16:0	g	0.190		0	0.464	1.127	
17:0	g						
18:0	g	0.120		0	0.293	0.712	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.330	0	0.805	1.957
14:1	g				
16:1	g	0.030	0	0.073	0.178
18:1	g	0.290	0	0.708	1.720
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.050	0	0.122	0.297
18:2	g	0.040	0	0.098	0.237
18:3	g	0.010	0	0.024	0.059
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	2	0	5	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.020	0	0.049	0.119
Threonine	g	0.071	0	0.173	0.421
Isoleucine	g	0.086	0	0.210	0.510
Leucine	g	0.147	0	0.359	0.872
Lysine	g	0.141	0	0.344	0.836
Methionine	g	0.039	0	0.095	0.231
Cystine	g	0.016	0	0.039	0.095
Phenylalanine	g	0.084	0	0.205	0.498
Tyrosine	g	0.060	0	0.146	0.356
Valine	g	0.101	0	0.246	0.599
Arginine	g	0.107	0	0.261	0.635
Histidine	g	0.050	0	0.122	0.297
Alanine	g	0.130	0	0.317	0.771
Aspartic acid	g	0.193	0	0.471	1.144
Glutamic acid	g	0.576	0	1.405	3.416
Glycine	g	0.144	0	0.351	0.854
Proline	g	0.131	0	0.320	0.777
Serine	g	0.079	0	0.193	0.468
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06472 Soup, vegetable with beef broth, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 586g	Measure 3*
Proximates:							
Water	g	91.50		0	220.51	536.19	
Energy	kcal	34		0	82	199	
Energy	kj	142		0	342	832	
Protein (N x 5.95)	g	1.23		0	2.96	7.21	
Total lipid (fat)	g	0.79		0	1.90	4.63	
Carbohydrate, by difference	g	5.44		0	13.11	31.88	
Fiber, total dietary	g	0.2		0	0.5	1.2	
Ash	g	1.04		0	2.51	6.09	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	17	41	
Iron	mg	0.40		0	0.96	2.34	
Magnesium	mg	3		0	7	18	
Phosphorus	mg	16		0	39	94	
Potassium	mg	80		0	193	469	
Sodium	mg	336		0	810	1969	
Zinc	mg	0.33		0	0.80	1.93	
Copper	mg	0.064		0	0.154	0.375	
Manganese	mg	0.140		0	0.337	0.820	
Selenium	µg	1.1		0	2.7	6.4	
Vitamins:							
Ascorbic acid	mg	1.0		0	2.4	5.9	
Thiamin	mg	0.021		0	0.051	0.123	
Riboflavin	mg	0.019		0	0.046	0.111	
Niacin	mg	0.401		0	0.966	2.350	
Pantothenic acid	mg	0.140		0	0.337	0.820	
Vitamin B-6	mg	0.023		0	0.055	0.135	
Folate	µg	4		0	10	23	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	867		0	2089	5081	
Vitamin A, RE	µg	87		0	210	510	
Vitamin E, α-TE	mg	0.130		0	0.313	0.762	
Lipids:							
Saturated, total	g	0.180		0	0.434	1.055	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.024	0.059	
15.0	g						
16:0	g	0.110		0	0.265	0.645	
17:0	g						
18:0	g	0.060		0	0.145	0.352	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.230	0	0.554	1.348
14:1	g				
16:1	g	0.010	0	0.024	0.059
18:1	g	0.220	0	0.530	1.289
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.330	0	0.795	1.934
18:2	g	0.280	0	0.675	1.641
18:3	g	0.050	0	0.121	0.293
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	2	6
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.009	0	0.022	0.053
Threonine	g	0.030	0	0.072	0.176
Isoleucine	g	0.038	0	0.092	0.223
Leucine	g	0.068	0	0.164	0.398
Lysine	g	0.052	0	0.125	0.305
Methionine	g	0.013	0	0.031	0.076
Cystine	g	0.010	0	0.024	0.059
Phenylalanine	g	0.044	0	0.106	0.258
Tyrosine	g	0.024	0	0.058	0.141
Valine	g	0.052	0	0.125	0.305
Arginine	g	0.057	0	0.137	0.334
Histidine	g	0.021	0	0.051	0.123
Alanine	g	0.071	0	0.171	0.416
Aspartic acid	g	0.105	0	0.253	0.615
Glutamic acid	g	0.352	0	0.848	2.063
Glycine	g	0.113	0	0.272	0.662
Proline	g	0.094	0	0.227	0.551
Serine	g	0.042	0	0.101	0.246
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.5 oz), prepared

NDB No. 06473 Soup, cream of asparagus, dehydrated, 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	Samples	Measure 1* 251g	Measure 2* 1129g	Measure 3*
Proximates:							
Water	g	93.90		0	235.50	1059.66	
Energy	kcal	23		0	58	260	
Energy	kj	96		0	241	1083	
Protein (N x 5.95)	g	0.88		0	2.21	9.93	
Total lipid (fat)	g	0.69		0	1.73	7.79	
Carbohydrate, by difference	g	3.57		0	8.95	40.29	
Fiber, total dietary	g						
Ash	g	0.96		0	2.41	10.83	
Sugars, total	g						
Minerals:							
Calcium	mg	9		0	23	102	
Iron	mg	0.20		0	0.50	2.26	
Magnesium	mg	1		0	3	11	
Phosphorus	mg	12		0	30	135	
Potassium	mg	53		0	133	598	
Sodium	mg	319		0	800	3600	
Zinc	mg	0.27		0	0.68	3.05	
Copper	mg	0.051		0	0.128	0.576	
Manganese	mg	0.102		0	0.256	1.151	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		0	0.8	3.4	
Thiamin	mg	0.020		0	0.050	0.226	
Riboflavin	mg	0.020		0	0.050	0.226	
Niacin	mg	0.200		0	0.502	2.257	
Pantothenic acid	mg	0.030		0	0.075	0.339	
Vitamin B-6	mg	0.003		0	0.008	0.034	
Folate	µg	3		0	8	34	
Vitamin B-12	µg	0.01		0	0.03	0.11	
Vitamin A	IU	108		0	271	1219	
Vitamin A, RE	µg	11		0	28	124	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.020		0	0.050	0.226	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.070		0	0.176	0.790	
17:0	g						
18:0	g	0.040		0	0.100	0.451	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.300	0	0.752	3.385
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.290	0	0.727	3.273
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.260	0	0.652	2.934
18:2	g	0.240	0	0.602	2.708
18:3	g	0.020	0	0.050	0.226
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet

NDB No. 06474 Soup, bean with bacon, dehydrated, 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	Samples	Measure 1* 265g	Measure 2* 33g	Measure 3*
Proximates:							
Water	g	89.73		0	237.69	29.70	
Energy	kcal	40		0	106	13	
Energy	kj	167		0	442	55	
Protein (N x 5.95)	g	2.07		0	5.48	0.69	
Total lipid (fat)	g	0.81		0	2.15	0.27	
Carbohydrate, by difference	g	6.18		0	16.37	2.05	
Fiber, total dietary	g	3.4		0	9.0	1.1	
Ash	g	1.21		0	3.21	0.40	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	56	7	
Iron	mg	0.50		0	1.32	0.17	
Magnesium	mg	11		0	29	4	
Phosphorus	mg	34		0	90	11	
Potassium	mg	123		0	326	41	
Sodium	mg	350		0	927	116	
Zinc	mg	0.26		0	0.69	0.09	
Copper	mg	0.100		0	0.265	0.033	
Manganese	mg	0.200		0	0.530	0.066	
Selenium	µg	2.2		0	5.8	0.7	
Vitamins:							
Ascorbic acid	mg	0.4		0	1.1	0.1	
Thiamin	mg	0.020		0	0.053	0.007	
Riboflavin	mg	0.100		0	0.265	0.033	
Niacin	mg	0.150		0	0.397	0.050	
Pantothenic acid	mg	0.020		0	0.053	0.007	
Vitamin B-6	mg	0.010		0	0.026	0.003	
Folate	µg	3		0	8	1	
Vitamin B-12	µg	0.01		0	0.03	0.00	
Vitamin A	IU	20		0	53	7	
Vitamin A, RE	µg	2		0	5	1	
Vitamin E, α-TE	mg	0.098		0	0.260	0.032	
Lipids:							
Saturated, total	g	0.360		0	0.954	0.119	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.053	0.007	
15.0	g						
16:0	g	0.200		0	0.530	0.066	
17:0	g						
18:0	g	0.130		0	0.344	0.043	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.350	0	0.927	0.116
14:1	g				
16:1	g	0.030	0	0.079	0.010
18:1	g	0.310	0	0.821	0.103
20:1	g	0.010	0	0.026	0.003
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.060	0	0.159	0.020
18:2	g	0.050	0	0.132	0.017
18:3	g	0.010	0	0.026	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	3	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz

NDB No. 06475 Soup, beef broth or bouillon, powder, prepared with water

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 31g	Measure 3* 183g
Proximates:							
Water	g	96.74		0	236.05	29.51	177.03
Energy	kcal	8		0	20	2	15
Energy	kj	33		0	81	10	60
Protein (N x 5.95)	g	0.52		0	1.27	0.16	0.95
Total lipid (fat)	g	0.29		0	0.71	0.09	0.53
Carbohydrate, by difference	g	0.77		0	1.88	0.23	1.41
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.67		0	4.07	0.51	3.06
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	1	7
Iron	mg	0.01		0	0.02	0.00	0.02
Magnesium	mg	3		0	7	1	5
Phosphorus	mg	10		0	24	3	18
Potassium	mg	15		0	37	5	27
Sodium	mg	558		0	1362	170	1021
Zinc	mg	0.03		0	0.07	0.01	0.05
Copper	mg	0.006		0	0.015	0.002	0.011
Manganese	mg	0.016		0	0.039	0.005	0.029
Selenium	µg	0.7		0	1.7	0.2	1.3
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.002		0	0.005	0.001	0.004
Riboflavin	mg	0.008		0	0.020	0.002	0.015
Niacin	mg	0.146		0	0.356	0.045	0.267
Pantothenic acid	mg	0.000		0	0.000	0.000	0.000
Vitamin B-6	mg	0.000		0	0.000	0.000	0.000
Folate	µg	0		0	0	0	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	2		0	5	1	4
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.008		0	0.020	0.002	0.015
Lipids:							
Saturated, total	g	0.141		0	0.344	0.043	0.258
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.003		0	0.007	0.001	0.005
14:0	g	0.011		0	0.027	0.003	0.020
15.0	g						
16:0	g	0.073		0	0.178	0.022	0.134
17:0	g						
18:0	g	0.055		0	0.134	0.017	0.101
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.118	0	0.288	0.036	0.216
14:1	g					
16:1	g	0.012	0	0.029	0.004	0.022
18:1	g	0.105	0	0.256	0.032	0.192
20:1	g	0.001	0	0.002	0.000	0.002
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.011	0	0.027	0.003	0.020
18:2	g	0.009	0	0.022	0.003	0.016
18:3	g	0.002	0	0.005	0.001	0.004
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz (prepared)
Measure 3: 1 packet (6 fl oz prepared)

NDB No. 06476 Soup, beef broth, cubed, prepared with water

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 241g	Measure 2* 30g	Measure 3* 181g
Proximates:							
Water	g	98.03		0	236.55	29.61	177.43
Energy	kcal	3		0	7	1	5
Energy	kj	13		0	31	4	24
Protein (N x 5.95)	g	0.35		0	0.84	0.11	0.63
Total lipid (fat)	g	0.08		0	0.19	0.02	0.14
Carbohydrate, by difference	g	0.33		0	0.80	0.10	0.60
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.21		0	2.92	0.37	2.19
Sugars, total	g						
Minerals:							
Calcium	mg	1		0	2	0	2
Iron	mg	0.05		0	0.12	0.02	0.09
Magnesium	mg	1		0	2	0	2
Phosphorus	mg	5		0	12	2	9
Potassium	mg	8		0	19	2	14
Sodium	mg	480		0	1158	145	869
Zinc	mg	0.00		0	0.01	0.00	0.01
Copper	mg	0.000		0	0.000	0.000	0.000
Manganese	mg	0.008		0	0.019	0.002	0.014
Selenium	µg	0.7		0	1.7	0.2	1.3
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.004		0	0.010	0.001	0.007
Riboflavin	mg	0.005		0	0.012	0.002	0.009
Niacin	mg	0.067		0	0.162	0.020	0.121
Pantothenic acid	mg	0.010		0	0.024	0.003	0.018
Vitamin B-6	mg	0.000		0	0.000	0.000	0.000
Folate	µg	1		0	2	0	2
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	1		0	2	0	2
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.002		0	0.005	0.001	0.004
Lipids:							
Saturated, total	g	0.040		0	0.097	0.012	0.072
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.020		0	0.048	0.006	0.036
17:0	g						
18:0	g	0.020		0	0.048	0.006	0.036
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.030	0	0.072	0.009	0.054
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.030	0	0.072	0.009	0.054
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 cube (6 fl oz prepared)

NDB No. 06477 Soup, beef noodle, dehydrated, 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	Samples	Measure 1* 251g	Measure 2* 31g	Measure 3* 187g
Proximates:							
Water	g	95.32		0	239.25	29.93	178.25
Energy	kcal	16		0	40	5	30
Energy	kj	67		0	168	21	125
Protein (N x 5.95)	g	0.88		0	2.21	0.28	1.65
Total lipid (fat)	g	0.32		0	0.80	0.10	0.60
Carbohydrate, by difference	g	2.40		0	6.02	0.75	4.49
Fiber, total dietary	g	0.3		0	0.8	0.1	0.6
Ash	g	1.09		0	2.74	0.34	2.04
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	5	1	4
Iron	mg	0.13		0	0.33	0.04	0.24
Magnesium	mg	4		0	10	1	7
Phosphorus	mg	16		0	40	5	30
Potassium	mg	32		0	80	10	60
Sodium	mg	415		0	1042	130	776
Zinc	mg	0.04		0	0.10	0.01	0.07
Copper	mg	0.020		0	0.050	0.006	0.037
Manganese	mg	0.040		0	0.100	0.013	0.075
Selenium	µg	1.8		0	4.5	0.6	3.4
Vitamins:							
Ascorbic acid	mg	0.2		0	0.5	0.1	0.4
Thiamin	mg	0.049		0	0.123	0.015	0.092
Riboflavin	mg	0.024		0	0.060	0.008	0.045
Niacin	mg	0.275		0	0.690	0.086	0.514
Pantothenic acid	mg	0.001		0	0.003	0.000	0.002
Vitamin B-6	mg	0.014		0	0.035	0.004	0.026
Folate	µg	6		0	15	2	11
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	3		0	8	1	6
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.010		0	0.025	0.003	0.019
Lipids:							
Saturated, total	g	0.100		0	0.251	0.031	0.187
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.010		0	0.025	0.003	0.019
15.0	g						
16:0	g	0.060		0	0.151	0.019	0.112
17:0	g						
18:0	g	0.040		0	0.100	0.013	0.075
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.140	0	0.351	0.044	0.262
14:1	g					
16:1	g	0.010	0	0.025	0.003	0.019
18:1	g	0.130	0	0.326	0.041	0.243
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.070	0	0.176	0.022	0.131
18:2	g	0.060	0	0.151	0.019	0.112
18:3	g	0.010	0	0.025	0.003	0.019
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	3	0	2
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: 1 packet (6 fl oz prepared)

NDB No. 06478 Soup, cauliflower, dehydrated, 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	Samples	Measure 1* 256g	Measure 2*	Measure 3*
Proximates:							
Water	g	92.93		0	237.99		
Energy	kcal	27		0	69		
Energy	kj	113		0	289		
Protein (N x 5.95)	g	1.13		0	2.89		
Total lipid (fat)	g	0.67		0	1.72		
Carbohydrate, by difference	g	4.19		0	10.73		
Fiber, total dietary	g						
Ash	g	1.08		0	2.77		
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10		
Iron	mg	0.20		0	0.51		
Magnesium	mg	1		0	3		
Phosphorus	mg	20		0	51		
Potassium	mg	41		0	105		
Sodium	mg	329		0	843		
Zinc	mg	0.10		0	0.26		
Copper	mg	0.010		0	0.026		
Manganese	mg	0.020		0	0.051		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		0	2.6		
Thiamin	mg	0.030		0	0.077		
Riboflavin	mg	0.030		0	0.077		
Niacin	mg	0.200		0	0.512		
Pantothenic acid	mg	0.040		0	0.102		
Vitamin B-6	mg	0.010		0	0.026		
Folate	µg	1		0	3		
Vitamin B-12	µg	0.07		0	0.18		
Vitamin A	IU	2		0	5		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.100		0	0.256		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.070		0	0.179		
17:0	g						
18:0	g	0.030		0	0.077		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.290	0	0.743
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.290	0	0.743
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.250	0	0.640
18:2	g	0.230	0	0.589
18:3	g	0.020	0	0.051
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)

NDB No. 06479 Soup, cream of celery, dehydrated, 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	Samples	Measure 1* 254g	Measure 2*	Measure 3*
Proximates:							
Water	g	93.45		0	237.36		
Energy	kcal	25		0	64		
Energy	kj	105		0	267		
Protein (N x 5.95)	g	1.03		0	2.62		
Total lipid (fat)	g	0.64		0	1.63		
Carbohydrate, by difference	g	3.84		0	9.75		
Fiber, total dietary	g						
Ash	g	1.04		0	2.64		
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	36		
Iron	mg	0.20		0	0.51		
Magnesium	mg	2		0	5		
Phosphorus	mg	13		0	33		
Potassium	mg	43		0	109		
Sodium	mg	330		0	838		
Zinc	mg	0.05		0	0.13		
Copper	mg	0.050		0	0.127		
Manganese	mg	0.090		0	0.229		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.3		
Thiamin	mg	0.010		0	0.025		
Riboflavin	mg	0.020		0	0.051		
Niacin	mg	0.120		0	0.305		
Pantothenic acid	mg	0.400		0	1.016		
Vitamin B-6	mg	0.000		0	0.000		
Folate	µg	1		0	2		
Vitamin B-12	µg	0.02		0	0.05		
Vitamin A	IU	106		0	269		
Vitamin A, RE	µg	11		0	28		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.100		0	0.254		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.000		0	0.000		
15.0	g						
16:0	g	0.060		0	0.152		
17:0	g						
18:0	g	0.030		0	0.076		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.280	0	0.711
14:1	g			
16:1	g	0.000	0	0.000
18:1	g	0.270	0	0.686
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.240	0	0.610
18:2	g	0.220	0	0.559
18:3	g	0.020	0	0.051
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)

NDB No. 06480 Soup, chicken broth or bouillon, dehydrated, 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	Samples	Measure 1* 244g	Measure 2* 31g	Measure 3* 183g
Proximates:							
Water	g	96.80		0	236.19	29.52	177.14
Energy	kcal	9		0	22	3	16
Energy	kj	38		0	93	12	70
Protein (N x 5.95)	g	0.55		0	1.34	0.17	1.01
Total lipid (fat)	g	0.45		0	1.10	0.14	0.82
Carbohydrate, by difference	g	0.59		0	1.44	0.18	1.08
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.61		0	3.93	0.49	2.95
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	15	2	11
Iron	mg	0.03		0	0.07	0.01	0.05
Magnesium	mg	2		0	5	1	4
Phosphorus	mg	5		0	12	2	9
Potassium	mg	10		0	24	3	18
Sodium	mg	608		0	1484	185	1113
Zinc	mg	0.00		0	0.01	0.00	0.01
Copper	mg	0.000		0	0.000	0.000	0.000
Manganese	mg	0.000		0	0.000	0.000	0.000
Selenium	µg	0.0		1	0.0	0.0	0.0
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.003		0	0.007	0.001	0.005
Riboflavin	mg	0.014		0	0.034	0.004	0.026
Niacin	mg	0.080		0	0.195	0.024	0.146
Pantothenic acid	mg	0.020		0	0.049	0.006	0.037
Vitamin B-6	mg	0.000		0	0.000	0.000	0.000
Folate	µg	1		0	2	0	2
Vitamin B-12	µg	0.01		0	0.02	0.00	0.02
Vitamin A	IU	16		0	39	5	29
Vitamin A, RE	µg	5		0	12	2	9
Vitamin E, α-TE	mg	0.010		0	0.024	0.003	0.018
Lipids:							
Saturated, total	g	0.110		0	0.268	0.034	0.201
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.080		0	0.195	0.024	0.146
17:0	g						
18:0	g	0.020		0	0.049	0.006	0.037
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.170	0	0.415	0.052	0.311
14:1	g					
16:1	g	0.020	0	0.049	0.006	0.037
18:1	g	0.150	0	0.366	0.046	0.274
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.150	0	0.366	0.046	0.274
18:2	g	0.140	0	0.342	0.043	0.256
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 packet (6 fl oz prepared)

NDB No. 06481 Soup, chicken broth cubes, dehydrated, 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	Samples	Measure 1* 243g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	97.43		0	236.75	177.32	
Energy	kcal	5		0	12	9	
Energy	kj	21		0	51	38	
Protein (N x 5.95)	g	0.39		0	0.95	0.71	
Total lipid (fat)	g	0.12		0	0.29	0.22	
Carbohydrate, by difference	g	0.62		0	1.51	1.13	
Fiber, total dietary	g						
Ash	g	1.44		0	3.50	2.62	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	12	9	
Iron	mg	0.05		0	0.12	0.09	
Magnesium	mg	1		0	2	2	
Phosphorus	mg	5		0	12	9	
Potassium	mg	10		0	24	18	
Sodium	mg	326		0	792	593	
Zinc	mg	0.01		0	0.01	0.01	
Copper	mg	0.000		0	0.000	0.000	
Manganese	mg	0.010		0	0.024	0.018	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.005		0	0.012	0.009	
Riboflavin	mg	0.010		0	0.024	0.018	
Niacin	mg	0.103		0	0.250	0.187	
Pantothenic acid	mg	0.020		0	0.049	0.036	
Vitamin B-6	mg	0.000		0	0.000	0.000	
Folate	µg	1		0	2	2	
Vitamin B-12	µg	0.01		0	0.02	0.02	
Vitamin A	IU	7		0	17	13	
Vitamin A, RE	µg	2		0	5	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.030		0	0.073	0.055	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.020		0	0.049	0.036	
17:0	g						
18:0	g	0.010		0	0.024	0.018	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.050	0	0.122	0.091
14:1	g				
16:1	g	0.010	0	0.024	0.018
18:1	g	0.040	0	0.097	0.073
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.040	0	0.097	0.073
18:2	g	0.040	0	0.097	0.073
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 cube (6 fl oz prepared)

NDB No. 06483 Soup, cream of chicken, dehydrated, 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	Samples	Measure 1* 261g	Measure 2* 33g	Measure 3* 196g
Proximates:							
Water	g	90.94		0	237.44	29.65	178.06
Energy	kcal	41		0	107	13	80
Energy	kj	172		0	449	56	337
Protein (N x 5.95)	g	0.68		0	1.78	0.22	1.33
Total lipid (fat)	g	2.04		0	5.33	0.67	3.99
Carbohydrate, by difference	g	5.11		0	13.34	1.67	10.01
Fiber, total dietary	g	0.1		0	0.3	0.0	0.2
Ash	g	1.22		0	3.19	0.40	2.39
Sugars, total	g						
Minerals:							
Calcium	mg	29		0	76	9	57
Iron	mg	0.10		0	0.26	0.03	0.20
Magnesium	mg	2		0	5	1	4
Phosphorus	mg	37		0	97	12	72
Potassium	mg	82		0	214	27	161
Sodium	mg	454		0	1185	148	889
Zinc	mg	0.60		0	1.57	0.20	1.17
Copper	mg	0.100		0	0.261	0.033	0.196
Manganese	mg	0.300		0	0.783	0.098	0.587
Selenium	µg	3.1		0	8.1	1.0	6.1
Vitamins:							
Ascorbic acid	mg	0.2		0	0.5	0.1	0.4
Thiamin	mg	0.040		0	0.104	0.013	0.078
Riboflavin	mg	0.078		0	0.204	0.025	0.153
Niacin	mg	1.000		0	2.611	0.326	1.958
Pantothenic acid	mg	0.300		0	0.783	0.098	0.587
Vitamin B-6	mg	0.020		0	0.052	0.007	0.039
Folate	µg	2		0	5	1	4
Vitamin B-12	µg	0.10		0	0.26	0.03	0.20
Vitamin A	IU	156		0	407	51	305
Vitamin A, RE	µg	47		0	123	15	92
Vitamin E, α-TE	mg	0.056		0	0.146	0.018	0.110
Lipids:							
Saturated, total	g	1.300		0	3.394	0.424	2.545
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.080		0	0.209	0.026	0.157
12:0	g	0.520		0	1.358	0.170	1.018
14:0	g	0.210		0	0.548	0.068	0.411
15.0	g						
16:0	g	0.290		0	0.757	0.095	0.568
17:0	g						
18:0	g	0.190		0	0.496	0.062	0.372
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.450	0	1.175	0.147	0.881
14:1	g					
16:1	g	0.040	0	0.104	0.013	0.078
18:1	g	0.410	0	1.071	0.134	0.803
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.160	0	0.418	0.052	0.313
18:2	g	0.160	0	0.418	0.052	0.313
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	3	0	2
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 packet (6 fl oz prepared)

NDB No. 06485 Soup, chicken rice, dehydrated, 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	Samples	Measure 1* 240g	Measure 2* 30g	Measure 3* 190g
Proximates:							
Water	g	93.84		0	225.22	28.15	178.30
Energy	kcal	24		0	58	7	46
Energy	kj	100		0	240	30	190
Protein (N x 5.95)	g	0.97		0	2.33	0.29	1.84
Total lipid (fat)	g	0.57		0	1.37	0.17	1.08
Carbohydrate, by difference	g	3.66		0	8.78	1.10	6.95
Fiber, total dietary	g	0.3		0	0.7	0.1	0.6
Ash	g	0.97		0	2.33	0.29	1.84
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	7	1	6
Iron	mg	0.00		0	0.00	0.00	0.00
Magnesium	mg	0		0	0	0	0
Phosphorus	mg	4		0	10	1	8
Potassium	mg	4		0	10	1	8
Sodium	mg	388		0	931	116	737
Zinc	mg	0.05		0	0.12	0.02	0.10
Copper	mg	0.020		0	0.048	0.006	0.038
Manganese	mg	0.080		0	0.192	0.024	0.152
Selenium	µg	2.1		0	5.0	0.6	4.0
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.000		0	0.000	0.000	0.000
Riboflavin	mg	0.000		0	0.000	0.000	0.000
Niacin	mg	0.144		0	0.346	0.043	0.274
Pantothenic acid	mg	0.030		0	0.072	0.009	0.057
Vitamin B-6	mg	0.010		0	0.024	0.003	0.019
Folate	µg	0		0	0	0	0
Vitamin B-12	µg	0.03		0	0.07	0.01	0.06
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.016		0	0.038	0.005	0.030
Lipids:							
Saturated, total	g	0.130		0	0.312	0.039	0.247
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.090		0	0.216	0.027	0.171
17:0	g						
18:0	g	0.030		0	0.072	0.009	0.057
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.250	0	0.600	0.075	0.475
14:1	g					
16:1	g	0.020	0	0.048	0.006	0.038
18:1	g	0.230	0	0.552	0.069	0.437
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.170	0	0.408	0.051	0.323
18:2	g	0.160	0	0.384	0.048	0.304
18:3	g	0.010	0	0.024	0.003	0.019
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	2	0	2
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 fl oz
Measure 3: 1 packet, prepared

NDB No. 06486 Soup, chicken vegetable, dehydrated, 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	Samples	Measure 1* 251g	Measure 2* 188g	Measure 3*
Proximates:							
Water	g	94.61		0	237.19	177.87	
Energy	kcal	20		0	50	38	
Energy	kj	84		0	211	158	
Protein (N x 5.95)	g	1.07		0	2.68	2.01	
Total lipid (fat)	g	0.32		0	0.80	0.60	
Carbohydrate, by difference	g	3.11		0	7.80	5.85	
Fiber, total dietary	g						
Ash	g	0.89		0	2.23	1.67	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	15	11	
Iron	mg	0.23		0	0.58	0.43	
Magnesium	mg	9		0	23	17	
Phosphorus	mg	13		0	33	24	
Potassium	mg	27		0	68	51	
Sodium	mg	322		0	807	605	
Zinc	mg	0.08		0	0.21	0.16	
Copper	mg	0.010		0	0.025	0.019	
Manganese	mg	0.100		0	0.251	0.188	
Selenium	µg	1.7		0	4.3	3.2	
Vitamins:							
Ascorbic acid	mg	0.5		0	1.3	0.9	
Thiamin	mg	0.028		0	0.070	0.053	
Riboflavin	mg	0.019		0	0.048	0.036	
Niacin	mg	0.274		0	0.687	0.515	
Pantothenic acid	mg	0.100		0	0.251	0.188	
Vitamin B-6	mg	0.035		0	0.088	0.066	
Folate	µg	1		0	3	2	
Vitamin B-12	µg	0.04		0	0.10	0.08	
Vitamin A	IU	6		0	15	11	
Vitamin A, RE	µg	1		0	3	2	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.070		0	0.175	0.132	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g	0.060		0	0.150	0.113	
17:0	g						
18:0	g	0.010		0	0.025	0.019	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.120	0	0.301	0.226
14:1	g				
16:1	g	0.010	0	0.025	0.019
18:1	g	0.110	0	0.276	0.207
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.060	0	0.150	0.113
18:2	g	0.060	0	0.150	0.113
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	0	3	2
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet, (6 fl oz)

NDB No. 06489 Soup, consomme with gelatin, dehydrated, 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	Samples	Measure 1* 249g	Measure 2* 31g	Measure 3* 1121g
Proximates:							
Water	g	94.97		0	236.48	29.54	1064.61
Energy	kcal	7		0	17	2	78
Energy	kj	29		0	72	9	325
Protein (N x 5.95)	g	0.87		0	2.17	0.27	9.75
Total lipid (fat)	g	0.01		0	0.02	0.00	0.11
Carbohydrate, by difference	g	0.83		0	2.07	0.26	9.30
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	3.33		0	8.29	1.04	37.33
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	7	1	34
Iron	mg	0.05		0	0.12	0.02	0.56
Magnesium	mg	3		0	7	1	34
Phosphorus	mg	16		0	40	5	179
Potassium	mg	23		0	57	7	258
Sodium	mg	1325		0	3299	412	14853
Zinc	mg	0.00		0	0.00	0.00	0.00
Copper	mg	0.000		0	0.000	0.000	0.000
Manganese	mg	0.020		0	0.050	0.006	0.224
Selenium	µg	0.7		0	1.7	0.2	7.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.000		0	0.000	0.000	0.000
Riboflavin	mg	0.010		0	0.025	0.003	0.112
Niacin	mg	0.230		0	0.573	0.072	2.578
Pantothenic acid	mg	0.020		0	0.050	0.006	0.224
Vitamin B-6	mg	0.010		0	0.025	0.003	0.112
Folate	µg	2		0	4	0	18
Vitamin B-12	µg	0.05		0	0.12	0.02	0.56
Vitamin A	IU	3		0	7	1	34
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.000		0	0.000	0.000	0.000
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.000		0	0.000	0.000	0.000
17:0	g						
18:0	g	0.000		0	0.000	0.000	0.000
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.000	0	0.000	0.000	0.000
14:1	g					
16:1	g	0.000	0	0.000	0.000	0.000
18:1	g	0.000	0	0.000	0.000	0.000
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.000	0	0.000	0.000	0.000
18:2	g	0.000	0	0.000	0.000	0.000
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 fl oz
Measure 3: 1 packet (36 fl oz prepared)

NDB No. 06490 Soup, leek, dehydrated, 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	Samples	Measure 1* 254g	Measure 2* 254g	Measure 3* 1143g
Proximates:							
Water	g	92.78		0	235.66	235.57	1060.01
Energy	kcal	28		0	71	71	320
Energy	kj	117		0	297	297	1337
Protein (N x 5.95)	g	0.83		0	2.11	2.11	9.48
Total lipid (fat)	g	0.81		0	2.06	2.06	9.25
Carbohydrate, by difference	g	4.50		0	11.43	11.43	51.41
Fiber, total dietary	g	1.2		0	3.0	3.0	13.7
Ash	g	1.08		0	2.74	2.74	12.34
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	30	30	137
Iron	mg	0.20		0	0.51	0.51	2.29
Magnesium	mg	4		0	10	10	46
Phosphorus	mg	12		0	30	30	137
Potassium	mg	35		0	89	89	400
Sodium	mg	380		0	965	965	4342
Zinc	mg	0.09		0	0.24	0.24	1.06
Copper	mg	0.014		0	0.036	0.036	0.160
Manganese	mg	0.010		0	0.025	0.025	0.114
Selenium	µg	1.9		0	4.8	4.8	21.7
Vitamins:							
Ascorbic acid	mg	1.0		0	2.5	2.5	11.4
Thiamin	mg	0.020		0	0.051	0.051	0.229
Riboflavin	mg	0.010		0	0.025	0.025	0.114
Niacin	mg	0.100		0	0.254	0.254	1.143
Pantothenic acid	mg	0.040		0	0.102	0.102	0.457
Vitamin B-6	mg	0.010		0	0.025	0.025	0.114
Folate	µg	3		0	8	8	34
Vitamin B-12	µg	0.01		0	0.03	0.03	0.11
Vitamin A	IU	2		0	5	5	23
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.060		0	0.152	0.152	0.686
Lipids:							
Saturated, total	g	0.400		0	1.016	1.016	4.570
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.025	0.025	0.114
14:0	g	0.030		0	0.076	0.076	0.343
15.0	g						
16:0	g	0.200		0	0.508	0.508	2.285
17:0	g						
18:0	g	0.150		0	0.381	0.381	1.714
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.340	0	0.864	0.863	3.885
14:1	g					
16:1	g	0.030	0	0.076	0.076	0.343
18:1	g	0.290	0	0.737	0.736	3.313
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.030	0	0.076	0.076	0.343
18:2	g	0.030	0	0.076	0.076	0.343
18:3	g	0.010	0	0.025	0.025	0.114
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	3	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup (8 fl oz)
Measure 3: 1 packet (36 fl oz prepared)

NDB No. 06492 Soup, minestrone, dehydrated, 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	Samples	Measure 1* 254g	Measure 2* 1143g	Measure 3*
Proximates:							
Water	g	91.67		0	232.75	1047.33	
Energy	kcal	31		0	79	354	
Energy	kj	130		0	330	1485	
Protein (N x 5.95)	g	1.75		0	4.44	19.99	
Total lipid (fat)	g	0.68		0	1.73	7.77	
Carbohydrate, by difference	g	4.69		0	11.91	53.58	
Fiber, total dietary	g						
Ash	g	1.21		0	3.07	13.82	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	38	171	
Iron	mg	0.40		0	1.02	4.57	
Magnesium	mg	3		0	8	34	
Phosphorus	mg	24		0	61	274	
Potassium	mg	134		0	340	1531	
Sodium	mg	404		0	1026	4616	
Zinc	mg	0.30		0	0.76	3.43	
Copper	mg	0.050		0	0.127	0.571	
Manganese	mg	0.160		0	0.406	1.828	
Selenium	µg	1.4		0	3.6	16.0	
Vitamins:							
Ascorbic acid	mg	0.4		0	1.0	4.6	
Thiamin	mg	0.030		0	0.076	0.343	
Riboflavin	mg	0.020		0	0.051	0.229	
Niacin	mg	0.400		0	1.016	4.570	
Pantothenic acid	mg	0.150		0	0.381	1.714	
Vitamin B-6	mg	0.040		0	0.102	0.457	
Folate	µg	14		0	36	160	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	116		0	295	1325	
Vitamin A, RE	µg	12		0	30	137	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.320		0	0.812	3.656	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.025	0.114	
14:0	g	0.020		0	0.051	0.229	
15.0	g						
16:0	g	0.170		0	0.432	1.942	
17:0	g						
18:0	g	0.120		0	0.305	1.371	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.290	0	0.736	3.313
14:1	g				
16:1	g	0.030	0	0.076	0.343
18:1	g	0.250	0	0.635	2.856
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.040	0	0.102	0.457
18:2	g	0.030	0	0.076	0.343
18:3	g	0.010	0	0.025	0.114
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet (36 fl oz prepared)

NDB No. 06493 Soup, mushroom, dehydrated, 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	Samples	Measure 1* 253g	Measure 2* 194g	Measure 3*
Proximates:							
Water	g	91.66		0	231.90	177.82	
Energy	kcal	38		0	96	74	
Energy	kj	159		0	402	308	
Protein (N x 5.95)	g	0.88		0	2.23	1.71	
Total lipid (fat)	g	1.92		0	4.86	3.72	
Carbohydrate, by difference	g	4.40		0	11.13	8.54	
Fiber, total dietary	g	0.3		0	0.8	0.6	
Ash	g	1.14		0	2.88	2.21	
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	66	50	
Iron	mg	0.20		0	0.51	0.39	
Magnesium	mg	2		0	5	4	
Phosphorus	mg	30		0	76	58	
Potassium	mg	79		0	200	153	
Sodium	mg	403		0	1020	782	
Zinc	mg	0.03		0	0.09	0.07	
Copper	mg	0.012		0	0.030	0.023	
Manganese	mg	0.100		0	0.253	0.194	
Selenium	µg	2.0		0	5.1	3.9	
Vitamins:							
Ascorbic acid	mg	0.4		0	1.0	0.8	
Thiamin	mg	0.111		0	0.281	0.215	
Riboflavin	mg	0.044		0	0.111	0.085	
Niacin	mg	0.198		0	0.501	0.384	
Pantothenic acid	mg	0.096		0	0.243	0.186	
Vitamin B-6	mg	0.010		0	0.025	0.019	
Folate	µg	2		0	5	4	
Vitamin B-12	µg	0.10		0	0.25	0.19	
Vitamin A	IU	3		0	8	6	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.250		0	0.632	0.485	
Lipids:							
Saturated, total	g	0.320		0	0.810	0.621	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.180		0	0.455	0.349	
17:0	g						
18:0	g	0.040		0	0.101	0.078	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.890	0	2.252	1.727
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.860	0	2.176	1.668
20:1	g	0.020	0	0.051	0.039
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.610	0	1.543	1.183
18:2	g	0.610	0	1.543	1.183
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 packet (6 fl oz prepared)

NDB No. 06494 Soup, onion, dehydrated, 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	Samples	Measure 1* 246g	Measure 2* 184g	Measure 3*
Proximates:							
Water	g	96.29		0	236.87	177.17	
Energy	kcal	11		0	27	20	
Energy	kj	46		0	113	85	
Protein (N x 5.95)	g	0.45		0	1.11	0.83	
Total lipid (fat)	g	0.23		0	0.57	0.42	
Carbohydrate, by difference	g	2.06		0	5.07	3.79	
Fiber, total dietary	g	0.4		0	1.0	0.7	
Ash	g	0.97		0	2.39	1.78	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	12	9	
Iron	mg	0.06		0	0.15	0.11	
Magnesium	mg	2		0	5	4	
Phosphorus	mg	12		0	30	22	
Potassium	mg	26		0	64	48	
Sodium	mg	345		0	849	635	
Zinc	mg	0.02		0	0.06	0.04	
Copper	mg	0.006		0	0.015	0.011	
Manganese	mg	0.024		0	0.059	0.044	
Selenium	µg	1.0		0	2.5	1.8	
Vitamins:							
Ascorbic acid	mg	0.1		0	0.2	0.2	
Thiamin	mg	0.011		0	0.027	0.020	
Riboflavin	mg	0.023		0	0.057	0.042	
Niacin	mg	0.196		0	0.482	0.361	
Pantothenic acid	mg	0.000		0	0.000	0.000	
Vitamin B-6	mg	0.000		0	0.000	0.000	
Folate	µg	1		0	1	1	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	1		0	2	2	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.042		0	0.103	0.077	
Lipids:							
Saturated, total	g	0.050		0	0.123	0.092	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.030		0	0.074	0.055	
17:0	g						
18:0	g	0.020		0	0.049	0.037	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.130	0	0.320	0.239
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.130	0	0.320	0.239
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.030	0	0.074	0.055
18:2	g	0.030	0	0.074	0.055
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 packet (6 fl oz prepared)

NDB No. 06495 Soup, oxtail, dehydrated, 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	Samples	Measure 1* 244g	Measure 2* 253g	Measure 3* 31g
Proximates:							
Water	g	92.96		0	226.82	235.28	28.35
Energy	kcal	28		0	68	71	9
Energy	kj	117		0	285	296	36
Protein (N x 5.95)	g	1.11		0	2.71	2.81	0.34
Total lipid (fat)	g	1.01		0	2.46	2.56	0.31
Carbohydrate, by difference	g	3.54		0	8.64	8.96	1.08
Fiber, total dietary	g	0.2		0	0.5	0.5	0.1
Ash	g	1.38		0	3.37	3.49	0.42
Sugars, total	g						
Minerals:							
Calcium	mg	4		0	10	10	1
Iron	mg	0.10		0	0.24	0.25	0.03
Magnesium	mg	4		0	10	10	1
Phosphorus	mg	24		0	59	61	7
Potassium	mg	33		0	81	84	10
Sodium	mg	478		0	1166	1210	146
Zinc	mg	0.00		0	0.00	0.00	0.00
Copper	mg	0.000		0	0.000	0.000	0.000
Manganese	mg	0.040		0	0.098	0.101	0.012
Selenium	µg	0.7		0	1.7	1.8	0.2
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.010		0	0.024	0.025	0.003
Riboflavin	mg	0.010		0	0.024	0.025	0.003
Niacin	mg	0.300		0	0.732	0.759	0.092
Pantothenic acid	mg	0.020		0	0.049	0.051	0.006
Vitamin B-6	mg	0.010		0	0.024	0.025	0.003
Folate	µg	2		0	5	5	1
Vitamin B-12	µg	0.10		0	0.24	0.25	0.03
Vitamin A	IU	4		0	10	10	1
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.030		0	0.073	0.076	0.009
Lipids:							
Saturated, total	g	0.500		0	1.220	1.266	0.153
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.024	0.025	0.003
14:0	g	0.040		0	0.098	0.101	0.012
15.0	g						
16:0	g	0.250		0	0.610	0.633	0.076
17:0	g						
18:0	g	0.190		0	0.464	0.481	0.058
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.420	0	1.025	1.063	0.128
14:1	g					
16:1	g	0.040	0	0.098	0.101	0.012
18:1	g	0.360	0	0.878	0.911	0.110
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.040	0	0.098	0.101	0.012
18:2	g	0.030	0	0.073	0.076	0.009
18:3	g	0.010	0	0.024	0.025	0.003
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	2	3	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup (8 fl oz)
Measure 3: 1 fl oz

NDB No. 06496 Soup, pea, green, mix, dehydrated, 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	Samples	Measure 1* 271g	Measure 2* 206g	Measure 3*
Proximates:							
Water	g	86.79		0	235.20	178.79	
Energy	kcal	49		0	133	101	
Energy	kj	205		0	556	422	
Protein (N x 5.95)	g	2.83		0	7.67	5.83	
Total lipid (fat)	g	0.58		0	1.57	1.19	
Carbohydrate, by difference	g	8.37		0	22.68	17.24	
Fiber, total dietary	g	1.1		0	3.0	2.3	
Ash	g	1.42		0	3.85	2.93	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	22	16	
Iron	mg	0.37		0	1.00	0.76	
Magnesium	mg	17		0	46	35	
Phosphorus	mg	49		0	133	101	
Potassium	mg	88		0	238	181	
Sodium	mg	450		0	1220	927	
Zinc	mg	0.22		0	0.59	0.45	
Copper	mg	0.071		0	0.192	0.146	
Manganese	mg	0.099		0	0.268	0.204	
Selenium	µg	1.8		0	4.9	3.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.081		0	0.220	0.167	
Riboflavin	mg	0.056		0	0.152	0.115	
Niacin	mg	0.495		0	1.341	1.020	
Pantothenic acid	mg	0.097		0	0.263	0.200	
Vitamin B-6	mg	0.018		0	0.049	0.037	
Folate	µg	16		0	42	32	
Vitamin B-12	µg	0.10		0	0.27	0.21	
Vitamin A	IU	18		0	49	37	
Vitamin A, RE	µg	2		0	5	4	
Vitamin E, α-TE	mg	0.050		0	0.136	0.103	
Lipids:							
Saturated, total	g	0.160		0	0.434	0.330	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.100		0	0.271	0.206	
17:0	g						
18:0	g	0.060		0	0.163	0.124	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.270	0	0.732	0.556
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.270	0	0.732	0.556
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.110	0	0.298	0.227
18:2	g	0.090	0	0.244	0.185
18:3	g	0.020	0	0.054	0.041
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	1	0	3	2
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 packet (6 fl oz prepared)

NDB No. 06498 Soup, tomato, dehydrated, 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	Samples	Measure 1* 265g	Measure 2* 199g	Measure 3*
Proximates:							
Water	g	89.70		0	237.71	178.50	
Energy	kcal	39		0	103	78	
Energy	kj	163		0	432	324	
Protein (N x 5.95)	g	0.93		0	2.46	1.85	
Total lipid (fat)	g	0.90		0	2.38	1.79	
Carbohydrate, by difference	g	7.32		0	19.40	14.57	
Fiber, total dietary	g	0.2		0	0.5	0.4	
Ash	g	1.16		0	3.07	2.31	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	53	40	
Iron	mg	0.16		0	0.42	0.32	
Magnesium	mg	5		0	13	10	
Phosphorus	mg	25		0	66	50	
Potassium	mg	111		0	294	221	
Sodium	mg	356		0	943	708	
Zinc	mg	0.08		0	0.21	0.16	
Copper	mg	0.035		0	0.093	0.070	
Manganese	mg	0.030		0	0.079	0.060	
Selenium	µg	0.2		0	0.5	0.4	
Vitamins:							
Ascorbic acid	mg	1.7		0	4.5	3.4	
Thiamin	mg	0.023		0	0.061	0.046	
Riboflavin	mg	0.018		0	0.048	0.036	
Niacin	mg	0.295		0	0.782	0.587	
Pantothenic acid	mg	0.040		0	0.106	0.080	
Vitamin B-6	mg	0.037		0	0.098	0.074	
Folate	µg	3		0	7	5	
Vitamin B-12	µg	0.03		0	0.08	0.06	
Vitamin A	IU	314		0	832	625	
Vitamin A, RE	µg	31		0	82	62	
Vitamin E, α-TE	mg	0.320		0	0.848	0.637	
Lipids:							
Saturated, total	g	0.410		0	1.087	0.816	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.079	0.060	
14:0	g	0.030		0	0.079	0.060	
15.0	g						
16:0	g	0.200		0	0.530	0.398	
17:0	g						
18:0	g	0.150		0	0.398	0.299	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.340	0	0.901	0.677
14:1	g				
16:1	g	0.020	0	0.053	0.040
18:1	g	0.320	0	0.848	0.637
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.090	0	0.239	0.179
18:2	g	0.090	0	0.239	0.179
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 packet, prepared

NDB No. 06499 Soup, tomato vegetable, dehydrated, 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	Samples	Measure 1* 241g	Measure 2* 253g	Measure 3* 189g
Proximates:							
Water	g	93.52		0	225.38	236.61	176.75
Energy	kcal	22		0	53	56	42
Energy	kj	92		0	222	233	174
Protein (N x 5.95)	g	0.79		0	1.90	2.00	1.49
Total lipid (fat)	g	0.34		0	0.82	0.86	0.64
Carbohydrate, by difference	g	4.04		0	9.74	10.22	7.64
Fiber, total dietary	g	0.2		0	0.5	0.5	0.4
Ash	g	1.32		0	3.18	3.34	2.49
Sugars, total	g						
Minerals:							
Calcium	mg	3		0	7	8	6
Iron	mg	0.25		0	0.60	0.63	0.47
Magnesium	mg	8		0	19	20	15
Phosphorus	mg	12		0	29	30	23
Potassium	mg	41		0	99	104	77
Sodium	mg	453		0	1092	1146	856
Zinc	mg	0.07		0	0.16	0.17	0.12
Copper	mg	0.013		0	0.031	0.033	0.025
Manganese	mg	0.070		0	0.169	0.177	0.132
Selenium	µg	1.8		0	4.3	4.6	3.4
Vitamins:							
Ascorbic acid	mg	2.4		0	5.8	6.1	4.5
Thiamin	mg	0.023		0	0.055	0.058	0.043
Riboflavin	mg	0.018		0	0.043	0.046	0.034
Niacin	mg	0.312		0	0.752	0.789	0.590
Pantothenic acid	mg	0.057		0	0.137	0.144	0.108
Vitamin B-6	mg	0.020		0	0.048	0.051	0.038
Folate	µg	4		0	10	10	8
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	75		0	181	190	142
Vitamin A, RE	µg	8		0	19	20	15
Vitamin E, α-TE	mg	0.320		0	0.771	0.810	0.605
Lipids:							
Saturated, total	g	0.150		0	0.362	0.379	0.283
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.024	0.025	0.019
14:0	g	0.010		0	0.024	0.025	0.019
15.0	g						
16:0	g	0.070		0	0.169	0.177	0.132
17:0	g						
18:0	g	0.050		0	0.121	0.127	0.095
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.120	0	0.289	0.304	0.227
14:1	g					
16:1	g	0.010	0	0.024	0.025	0.019
18:1	g	0.120	0	0.289	0.304	0.227
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.030	0	0.072	0.076	0.057
18:2	g	0.030	0	0.072	0.076	0.057
18:3	g	0.000	0	0.000	0.000	0.000
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	0	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup (8 fl oz)
Measure 3: 1 packet (6 fl oz prepared)

NDB No. 06500 Soup, vegetable beef, dehydrated, 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	Samples	Measure 1* 253g	Measure 2* 1139g	Measure 3*
Proximates:							
Water	g	94.15		0	238.20	1072.27	
Energy	kcal	21		0	53	239	
Energy	kj	88		0	223	1002	
Protein (N x 5.95)	g	1.16		0	2.93	13.21	
Total lipid (fat)	g	0.44		0	1.11	5.01	
Carbohydrate, by difference	g	3.17		0	8.02	36.10	
Fiber, total dietary	g	0.2		0	0.5	2.3	
Ash	g	1.07		0	2.71	12.19	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	13	57	
Iron	mg	0.34		0	0.86	3.87	
Magnesium	mg	9		0	23	103	
Phosphorus	mg	14		0	35	159	
Potassium	mg	30		0	76	342	
Sodium	mg	396		0	1002	4510	
Zinc	mg	0.11		0	0.27	1.22	
Copper	mg	0.012		0	0.030	0.137	
Manganese	mg	0.100		0	0.253	1.139	
Selenium	µg	1.2		0	3.0	13.7	
Vitamins:							
Ascorbic acid	mg	0.5		0	1.3	5.7	
Thiamin	mg	0.012		0	0.030	0.137	
Riboflavin	mg	0.014		0	0.035	0.159	
Niacin	mg	0.183		0	0.463	2.084	
Pantothenic acid	mg	0.100		0	0.253	1.139	
Vitamin B-6	mg	0.021		0	0.053	0.239	
Folate	µg	3		0	8	34	
Vitamin B-12	µg	0.10		0	0.25	1.14	
Vitamin A	IU	94		0	238	1071	
Vitamin A, RE	µg	9		0	23	103	
Vitamin E, α-TE	mg	0.012		0	0.030	0.137	
Lipids:							
Saturated, total	g	0.220		0	0.557	2.506	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.051	0.228	
15.0	g						
16:0	g	0.110		0	0.278	1.253	
17:0	g						
18:0	g	0.080		0	0.202	0.911	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.180	0	0.455	2.050
14:1	g				
16:1	g	0.020	0	0.051	0.228
18:1	g	0.160	0	0.405	1.822
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.020	0	0.051	0.228
18:2	g	0.010	0	0.025	0.114
18:3	g	0.000	0	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 packet (36 fl oz prepared)

NDB No. 06501 Soup, cream of vegetable, dehydrated, 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	Samples	Measure 1* 260g	Measure 2* 195g	Measure 3*
Proximates:							
Water	g	91.18		0	237.16	177.89	
Energy	kcal	41		0	107	80	
Energy	kj	172		0	447	336	
Protein (N x 5.95)	g	0.73		0	1.90	1.42	
Total lipid (fat)	g	2.19		0	5.70	4.27	
Carbohydrate, by difference	g	4.73		0	12.30	9.23	
Fiber, total dietary	g	0.2		0	0.5	0.4	
Ash	g	1.17		0	3.04	2.28	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	31	23	
Iron	mg	0.20		0	0.52	0.39	
Magnesium	mg	4		0	10	8	
Phosphorus	mg	21		0	55	41	
Potassium	mg	37		0	96	72	
Sodium	mg	450		0	1170	878	
Zinc	mg	0.10		0	0.26	0.20	
Copper	mg	0.040		0	0.104	0.078	
Manganese	mg	0.070		0	0.182	0.137	
Selenium	µg	1.9		0	4.9	3.7	
Vitamins:							
Ascorbic acid	mg	1.5		0	3.9	2.9	
Thiamin	mg	0.470		0	1.222	0.917	
Riboflavin	mg	0.041		0	0.107	0.080	
Niacin	mg	0.200		0	0.520	0.390	
Pantothenic acid	mg	0.060		0	0.156	0.117	
Vitamin B-6	mg	0.010		0	0.026	0.020	
Folate	µg	3		0	8	6	
Vitamin B-12	µg	0.05		0	0.13	0.10	
Vitamin A	IU	14		0	36	27	
Vitamin A, RE	µg	1		0	3	2	
Vitamin E, α-TE	mg	0.477		0	1.241	0.931	
Lipids:							
Saturated, total	g	0.550		0	1.431	1.073	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.026	0.020	
15.0	g						
16:0	g	0.310		0	0.806	0.605	
17:0	g						
18:0	g	0.230		0	0.598	0.449	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.980	0	2.549	1.912
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.980	0	2.549	1.912
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.570	0	1.483	1.112
18:2	g	0.540	0	1.405	1.054
18:3	g	0.040	0	0.104	0.078
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 packet (6 fl oz prepared)

NDB No. 06528 Soup, chicken noodle, dehydrated, 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	Samples	Measure 1* 240g	Measure 2* 252g	Measure 3* 189g
Proximates:							
Water	g	94.16		0	225.98	237.57	177.49
Energy	kcal	21		0	50	53	40
Energy	kj	88		0	211	222	166
Protein (N x 5.95)	g	1.17		0	2.81	2.95	2.21
Total lipid (fat)	g	0.46		0	1.10	1.16	0.87
Carbohydrate, by difference	g	2.94		0	7.06	7.42	5.54
Fiber, total dietary	g	0.3		0	0.7	0.8	0.6
Ash	g	1.27		0	3.05	3.20	2.39
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	31	33	25
Iron	mg	0.20		0	0.48	0.50	0.38
Magnesium	mg	3		0	7	8	6
Phosphorus	mg	13		0	31	33	25
Potassium	mg	12		0	29	30	23
Sodium	mg	509		0	1222	1284	959
Zinc	mg	0.08		0	0.19	0.20	0.15
Copper	mg	0.014		0	0.034	0.035	0.026
Manganese	mg	0.032		0	0.077	0.081	0.060
Selenium	µg	3.8		0	9.1	9.6	7.2
Vitamins:							
Ascorbic acid	mg	0.1		0	0.2	0.3	0.2
Thiamin	mg	0.028		0	0.067	0.071	0.053
Riboflavin	mg	0.023		0	0.055	0.058	0.043
Niacin	mg	0.350		0	0.840	0.883	0.660
Pantothenic acid	mg	0.002		0	0.005	0.005	0.004
Vitamin B-6	mg	0.003		0	0.007	0.008	0.006
Folate	µg	7		0	17	18	13
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	25		0	60	63	47
Vitamin A, RE	µg	2		0	5	5	4
Vitamin E, α-TE	mg	0.010		0	0.024	0.025	0.019
Lipids:							
Saturated, total	g	0.100		0	0.240	0.252	0.189
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.070		0	0.168	0.177	0.132
17:0	g						
18:0	g	0.030		0	0.072	0.076	0.057
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200	0	0.480	0.505	0.377
14:1	g					
16:1	g	0.010	0	0.024	0.025	0.019
18:1	g	0.180	0	0.432	0.454	0.339
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.140	0	0.336	0.353	0.264
18:2	g	0.130	0	0.312	0.328	0.245
18:3	g	0.010	0	0.024	0.025	0.019
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	1	0	2	3	2
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 cup (8 fl oz)
Measure 3: 1 packet (6 fl oz prepared)

NDB No. 06547 Soup, beef mushroom, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	92.60		0	225.94	549.12	
Energy	kcal	30		0	73	178	
Energy	kj	126		0	307	747	
Protein (N x 5.95)	g	2.37		0	5.78	14.05	
Total lipid (fat)	g	1.23		0	3.00	7.29	
Carbohydrate, by difference	g	2.60		0	6.34	15.42	
Fiber, total dietary	g	0.1		0	0.2	0.6	
Ash	g	1.20		0	2.93	7.12	
Sugars, total	g						
Minerals:							
Calcium	mg	2		0	5	12	
Iron	mg	0.36		0	0.88	2.13	
Magnesium	mg	4		0	10	24	
Phosphorus	mg	14		0	34	83	
Potassium	mg	63		0	154	374	
Sodium	mg	386		0	942	2289	
Zinc	mg	0.60		0	1.46	3.56	
Copper	mg	0.100		0	0.244	0.593	
Manganese	mg	0.200		0	0.488	1.186	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.9		0	4.6	11.3	
Thiamin	mg	0.016		0	0.039	0.095	
Riboflavin	mg	0.023		0	0.056	0.136	
Niacin	mg	0.391		0	0.954	2.319	
Pantothenic acid	mg	0.090		0	0.220	0.534	
Vitamin B-6	mg	0.020		0	0.049	0.119	
Folate	µg	4		0	10	24	
Vitamin B-12	µg	0.08		0	0.20	0.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.610		0	1.488	3.617	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010		0	0.024	0.059	
14:0	g	0.050		0	0.122	0.297	
15.0	g						
16:0	g	0.310		0	0.756	1.838	
17:0	g						
18:0	g	0.230		0	0.561	1.364	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.510	0	1.244	3.024
14:1	g				
16:1	g	0.050	0	0.122	0.297
18:1	g	0.440	0	1.074	2.609
20:1	g	0.000	0	0.000	0.000
22.1	g				
Polyunsaturated, total	g	0.050	0	0.122	0.297
18:2	g	0.040	0	0.098	0.237
18:3	g	0.010	0	0.024	0.059
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	0	7	18
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06549 Soup, chicken mushroom, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	90.00		0	219.60	533.70	
Energy	kcal	54		0	132	320	
Energy	kj	226		0	551	1340	
Protein (N x 5.95)	g	1.80		0	4.39	10.67	
Total lipid (fat)	g	3.75		0	9.15	22.24	
Carbohydrate, by difference	g	3.80		0	9.27	22.53	
Fiber, total dietary	g	0.1		0	0.2	0.6	
Ash	g	0.60		0	1.46	3.56	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	29	71	
Iron	mg	0.36		0	0.88	2.13	
Magnesium	mg	4		0	10	24	
Phosphorus	mg	11		0	27	65	
Potassium	mg	63		0	154	374	
Sodium	mg	386		0	942	2289	
Zinc	mg	0.40		0	0.98	2.37	
Copper	mg	0.100		0	0.244	0.593	
Manganese	mg	0.100		0	0.244	0.593	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.010		0	0.024	0.059	
Riboflavin	mg	0.046		0	0.112	0.273	
Niacin	mg	0.668		0	1.630	3.961	
Pantothenic acid	mg	0.100		0	0.244	0.593	
Vitamin B-6	mg	0.020		0	0.049	0.119	
Folate	µg	0		0	0	1	
Vitamin B-12	µg	0.02		0	0.05	0.12	
Vitamin A	IU	465		0	1135	2757	
Vitamin A, RE	µg	46		0	112	273	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.980		0	2.391	5.811	
4:0	g	0.010		0	0.024	0.059	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.024	0.059	
14:0	g	0.040		0	0.098	0.237	
15.0	g						
16:0	g	0.640		0	1.562	3.795	
17:0	g						
18:0	g	0.260		0	0.634	1.542	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.650	0	4.026	9.784
14:1	g				
16:1	g	0.100	0	0.244	0.593
18:1	g	1.510	0	3.684	8.954
20:1	g	0.020	0	0.049	0.119
22.1	g				
Polyunsaturated, total	g	0.950	0	2.318	5.634
18:2	g	0.900	0	2.196	5.337
18:3	g	0.040	0	0.098	0.237
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	0	10	24
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06558 Soup, tomato bisque, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 247g	Measure 2* 600g	Measure 3*
Proximates:							
Water	g	87.17		0	215.31	523.02	
Energy	kcal	50		0	124	300	
Energy	kj	209		0	516	1254	
Protein (N x 5.95)	g	0.92		0	2.27	5.52	
Total lipid (fat)	g	1.02		0	2.52	6.12	
Carbohydrate, by difference	g	9.60		0	23.71	57.60	
Fiber, total dietary	g	0.2		0	0.5	1.2	
Ash	g	1.29		0	3.19	7.74	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	40	96	
Iron	mg	0.33		0	0.82	1.98	
Magnesium	mg	4		0	10	24	
Phosphorus	mg	24		0	59	144	
Potassium	mg	169		0	417	1014	
Sodium	mg	424		0	1047	2544	
Zinc	mg	0.24		0	0.59	1.43	
Copper	mg	0.052		0	0.128	0.312	
Manganese	mg	0.104		0	0.257	0.624	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.4		0	5.9	14.4	
Thiamin	mg	0.027		0	0.067	0.162	
Riboflavin	mg	0.029		0	0.072	0.174	
Niacin	mg	0.465		0	1.149	2.790	
Pantothenic acid	mg	0.050		0	0.124	0.300	
Vitamin B-6	mg	0.036		0	0.089	0.216	
Folate	µg	6		0	15	36	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	292		0	721	1752	
Vitamin A, RE	µg	29		0	72	174	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.220		0	0.543	1.320	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.010		0	0.025	0.060	
15.0	g						
16:0	g	0.120		0	0.296	0.720	
17:0	g						
18:0	g	0.040		0	0.099	0.240	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.280	0	0.692	1.680
14:1	g				
16:1	g	0.010	0	0.025	0.060
18:1	g	0.270	0	0.667	1.620
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.450	0	1.112	2.700
18:2	g	0.390	0	0.963	2.340
18:3	g	0.060	0	0.148	0.360
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	2	0	5	12
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.009	0	0.022	0.054
Threonine	g	0.027	0	0.067	0.162
Isoleucine	g	0.031	0	0.077	0.186
Leucine	g	0.051	0	0.126	0.306
Lysine	g	0.036	0	0.089	0.216
Methionine	g	0.012	0	0.030	0.072
Cystine	g	0.010	0	0.025	0.060
Phenylalanine	g	0.031	0	0.077	0.186
Tyrosine	g	0.024	0	0.059	0.144
Valine	g	0.035	0	0.086	0.210
Arginine	g	0.027	0	0.067	0.162
Histidine	g	0.018	0	0.044	0.108
Alanine	g	0.026	0	0.064	0.156
Aspartic acid	g	0.080	0	0.198	0.480
Glutamic acid	g	0.315	0	0.778	1.890
Glycine	g	0.021	0	0.052	0.126
Proline	g	0.056	0	0.138	0.336
Serine	g	0.036	0	0.089	0.216
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (11 oz), prepared

NDB No. 06559 Soup, tomato, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 244g	Measure 2* 593g	Measure 3*
Proximates:							
Water	g	90.36		0	220.48	535.83	
Energy	kcal	35		0	85	208	
Energy	kj	146		0	356	866	
Protein (N x 5.95)	g	0.84		0	2.05	4.98	
Total lipid (fat)	g	0.79		0	1.93	4.68	
Carbohydrate, by difference	g	6.80		0	16.59	40.32	
Fiber, total dietary	g	0.2		0	0.5	1.2	
Ash	g	1.21		0	2.95	7.18	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	12	30	
Iron	mg	0.72		0	1.76	4.27	
Magnesium	mg	3		0	7	18	
Phosphorus	mg	14		0	34	83	
Potassium	mg	108		0	264	640	
Sodium	mg	285		0	695	1690	
Zinc	mg	0.10		0	0.24	0.59	
Copper	mg	0.103		0	0.251	0.611	
Manganese	mg	0.103		0	0.251	0.611	
Selenium	µg	0.2		0	0.5	1.2	
Vitamins:							
Ascorbic acid	mg	27.2		0	66.4	161.3	
Thiamin	mg	0.036		0	0.088	0.213	
Riboflavin	mg	0.021		0	0.051	0.125	
Niacin	mg	0.581		0	1.418	3.445	
Pantothenic acid	mg	0.060		0	0.146	0.356	
Vitamin B-6	mg	0.046		0	0.112	0.273	
Folate	µg	6		0	15	36	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	282		0	688	1672	
Vitamin A, RE	µg	28		0	68	166	
Vitamin E, α-TE	mg	1.020		0	2.489	6.049	
Lipids:							
Saturated, total	g	0.150		0	0.366	0.890	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.024	0.059	
15.0	g						
16:0	g	0.080		0	0.195	0.474	
17:0	g						
18:0	g	0.030		0	0.073	0.178	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.180	0	0.439	1.067
14:1	g				
16:1	g	0.000	0	0.000	0.000
18:1	g	0.170	0	0.415	1.008
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.390	0	0.952	2.313
18:2	g	0.320	0	0.781	1.898
18:3	g	0.070	0	0.171	0.415
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0	0
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.008	0	0.020	0.047
Threonine	g	0.021	0	0.051	0.125
Isoleucine	g	0.024	0	0.059	0.142
Leucine	g	0.041	0	0.100	0.243
Lysine	g	0.021	0	0.051	0.125
Methionine	g	0.009	0	0.022	0.053
Cystine	g	0.011	0	0.027	0.065
Phenylalanine	g	0.029	0	0.071	0.172
Tyrosine	g	0.017	0	0.041	0.101
Valine	g	0.027	0	0.066	0.160
Arginine	g	0.025	0	0.061	0.148
Histidine	g	0.015	0	0.037	0.089
Alanine	g	0.023	0	0.056	0.136
Aspartic acid	g	0.066	0	0.161	0.391
Glutamic acid	g	0.317	0	0.773	1.880
Glycine	g	0.022	0	0.054	0.130
Proline	g	0.055	0	0.134	0.326
Serine	g	0.032	0	0.078	0.190
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup (8 fl oz)
Measure 2: 1 can (10.75 oz), prepared

NDB No. 06560 Gravy, NESTLE, TRIO Supreme Brown Gravy 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	Samples	Measure 1* 6g	Measure 2* 6g	Measure 3* 454g
Proximates:							
Water	g	3.93		3	0.24	0.24	17.84
Energy	kcal	406		0	24	24	1843
Energy	kj	1699		0	102	102	7713
Protein (N x 5.95)	g	9.98		3	0.60	0.60	45.31
Total lipid (fat)	g	14.98		3	0.90	0.90	68.01
Carbohydrate, by difference	g	57.81		0	3.47	3.47	262.46
Fiber, total dietary	g	0.0		3	0.0	0.0	0.0
Ash	g	13.31		3	0.80	0.80	60.43
Sugars, total	g	15.25		3	0.92	0.92	69.23
Minerals:							
Calcium	mg	85		3	5	5	386
Iron	mg	0.00		3	0.00	0.00	0.00
Magnesium	mg	47		0	3	3	213
Phosphorus	mg	226		0	14	14	1026
Potassium	mg	554		0	33	33	2515
Sodium	mg	5000		3	300	300	22700
Zinc	mg	1.57		0	0.09	0.09	7.13
Copper	mg	0.235		0	0.014	0.014	1.067
Manganese	mg	0.407		0	0.024	0.024	1.848
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.397		0	0.024	0.024	1.802
Riboflavin	mg	0.689		0	0.041	0.041	3.128
Niacin	mg	5.710		0	0.343	0.343	25.923
Pantothenic acid	mg	1.680		0	0.101	0.101	7.627
Vitamin B-6	mg	0.412		0	0.025	0.025	1.870
Folate	µg	277		0	17	17	1258
Vitamin B-12	µg	0.22		0	0.01	0.01	1.00
Vitamin A	IU	50		3	3	3	227
Vitamin A, RE	µg	5		0	0	0	23
Vitamin E, α-TE	mg	0.302		0	0.018	0.018	1.371
Lipids:							
Saturated, total	g	1.500		3	0.090	0.090	6.810
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.012		0	0.001	0.001	0.054
12:0	g	0.010		0	0.001	0.001	0.045
14:0	g	0.100		0	0.006	0.006	0.454
15.0	g						
16:0	g	0.952		0	0.057	0.057	4.322
17:0	g						
18:0	g	0.415		0	0.025	0.025	1.884
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.050	0	0.363	0.363	27.467
14:1	g					
16:1	g	0.742	0	0.045	0.045	3.369
18:1	g	5.253	0	0.315	0.315	23.849
20:1	g	0.031	0	0.002	0.002	0.141
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.397	0	0.144	0.144	10.882
18:2	g	2.087	0	0.125	0.125	9.475
18:3	g	0.250	0	0.015	0.015	1.135
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.008	0	0.000	0.000	0.036
20:5	g	0.001	0	0.000	0.000	0.005
22:5	g	0.001	0	0.000	0.000	0.005
22:6	g	0.002	0	0.000	0.000	0.009
Cholesterol	mg	3	3	0	0	14
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 serving
Measure 3: 16 oz package

NDB No. 06561 Gravy, NESTLE, TRIO Brown Gravy 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	Samples	Measure 1* 6g	Measure 2* 6g	Measure 3* 453g
Proximates:							
Water	g	4.81		3	0.29	0.29	21.79
Energy	kcal	406		0	24	24	1839
Energy	kj	1699		0	102	102	7696
Protein (N x 5.95)	g	10.42		3	0.63	0.63	47.20
Total lipid (fat)	g	14.78		3	0.89	0.89	66.95
Carbohydrate, by difference	g	57.86		0	3.47	3.47	262.11
Fiber, total dietary	g	3.5		3	0.2	0.2	15.9
Ash	g	12.13		3	0.73	0.73	54.95
Sugars, total	g	14.00		3	0.84	0.84	63.42
Minerals:							
Calcium	mg	36		3	2	2	163
Iron	mg	1.80		3	0.11	0.11	8.15
Magnesium	mg	8		0	0	0	36
Phosphorus	mg	122		0	7	7	553
Potassium	mg	14		0	1	1	63
Sodium	mg	4363		3	262	262	19764
Zinc	mg	0.63		0	0.04	0.04	2.85
Copper	mg	0.269		0	0.016	0.016	1.219
Manganese	mg	0.256		0	0.015	0.015	1.160
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.025		0	0.002	0.002	0.113
Riboflavin	mg	0.015		0	0.001	0.001	0.068
Niacin	mg	0.210		0	0.013	0.013	0.951
Pantothenic acid	mg	0.009		0	0.001	0.001	0.041
Vitamin B-6	mg	0.014		0	0.001	0.001	0.063
Folate	µg	26		0	2	2	118
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		3	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.660		0	0.040	0.040	2.990
Lipids:							
Saturated, total	g	4.290		3	0.257	0.257	19.434
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.131		0	0.008	0.008	0.593
15.0	g						
16:0	g	3.753		0	0.225	0.225	17.001
17:0	g						
18:0	g	0.393		0	0.024	0.024	1.780
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.638	0	0.158	0.158	11.950
14:1	g					
16:1	g	0.115	0	0.007	0.007	0.521
18:1	g	2.527	0	0.152	0.152	11.447
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	7.649	0	0.459	0.459	34.650
18:2	g	7.569	0	0.454	0.454	34.288
18:3	g	0.056	0	0.003	0.003	0.254
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 serving
Measure 3: 16 oz package

NDB No. 06562 Gravy, CUSTOM FOODS, SUPERB Instant Brown Gravy 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	Samples	Measure 1* 454g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	5.51		1	25.02	0.37	
Energy	kcal	380		0	1725	25	
Energy	kj	1590		0	7219	107	
Protein (N x 5.95)	g	8.53		1	38.73	0.57	
Total lipid (fat)	g	11.85		1	53.80	0.79	
Carbohydrate, by difference	g	59.78		0	271.40	4.01	
Fiber, total dietary	g	3.2		1	14.5	0.2	
Ash	g	14.34		1	65.10	0.96	
Sugars, total	g	9.23		1	41.90	0.62	
Minerals:							
Calcium	mg	116		1	527	8	
Iron	mg	7.40		1	33.60	0.50	
Magnesium	mg	32		0	145	2	
Phosphorus	mg	212		0	962	14	
Potassium	mg	367		0	1666	25	
Sodium	mg	5053		1	22941	339	
Zinc	mg	0.96		0	4.36	0.06	
Copper	mg	0.149		0	0.676	0.010	
Manganese	mg	0.202		0	0.917	0.014	
Selenium	µg	9.3		0	42.2	0.6	
Vitamins:							
Ascorbic acid	mg	1.9		1	8.6	0.1	
Thiamin	mg	0.236		0	1.071	0.016	
Riboflavin	mg	0.473		0	2.147	0.032	
Niacin	mg	2.261		0	10.265	0.151	
Pantothenic acid	mg	1.014		0	4.604	0.068	
Vitamin B-6	mg	0.282		0	1.280	0.019	
Folate	µg	100		0	454	7	
Vitamin B-12	µg	0.33		0	1.50	0.02	
Vitamin A	IU	39		1	177	3	
Vitamin A, RE	µg	4		0	18	0	
Vitamin E, α-TE	mg	0.125		0	0.568	0.008	
Lipids:							
Saturated, total	g	5.866		1	26.632	0.393	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.014		1	0.064	0.001	
14:0	g	0.401		1	1.821	0.027	
15.0	g						
16:0	g	3.024		1	13.729	0.203	
17:0	g						
18:0	g	2.179		1	9.893	0.146	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.488	1	24.916	0.368
14:1	g				
16:1	g	0.326	1	1.480	0.022
18:1	g	5.045	1	22.904	0.338
20:1	g	0.056	1	0.254	0.004
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.499	1	2.265	0.033
18:2	g	0.448	1	2.034	0.030
18:3	g	0.037	1	0.168	0.002
18:4	g	0.000	1	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	12	1	54	1
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving

NDB No. 06563 Gravy, NESTLE, TRIO Southern Gravy 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	Samples	Measure 1* 368g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	3.68		3	13.54	0.37	
Energy	kcal	481		0	1770	48	
Energy	kj	2013		0	7408	201	
Protein (N x 5.95)	g	2.46		3	9.05	0.25	
Total lipid (fat)	g	25.45		3	93.66	2.54	
Carbohydrate, by difference	g	60.51		0	222.68	6.05	
Fiber, total dietary	g	0.0		3	0.0	0.0	
Ash	g	7.90		3	29.07	0.79	
Sugars, total	g	6.00		3	22.08	0.60	
Minerals:							
Calcium	mg	75		3	276	8	
Iron	mg	0.62		3	2.28	0.06	
Magnesium	mg	14		0	52	1	
Phosphorus	mg	66		0	243	7	
Potassium	mg	138		0	508	14	
Sodium	mg	2900		3	10672	290	
Zinc	mg	0.32		0	1.18	0.03	
Copper	mg	0.058		0	0.213	0.006	
Manganese	mg	0.189		0	0.696	0.019	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.7		3	2.6	0.1	
Thiamin	mg	0.030		0	0.110	0.003	
Riboflavin	mg	0.108		0	0.397	0.011	
Niacin	mg	0.099		0	0.364	0.010	
Pantothenic acid	mg	0.190		0	0.699	0.019	
Vitamin B-6	mg	0.034		0	0.125	0.003	
Folate	µg	3		0	11	0	
Vitamin B-12	µg	0.23		0	0.85	0.02	
Vitamin A	IU	244		3	898	24	
Vitamin A, RE	µg	24		0	88	2	
Vitamin E, α-TE	mg	4.287		0	15.776	0.429	
Lipids:							
Saturated, total	g	5.610		3	20.645	0.561	
4:0	g	0.008		0	0.029	0.001	
6.0	g	0.004		0	0.015	0.000	
8:0	g	0.003		0	0.011	0.000	
10:0	g	0.007		0	0.026	0.001	
12:0	g	0.008		0	0.029	0.001	
14:0	g	0.066		0	0.243	0.007	
15.0	g						
16:0	g	4.422		0	16.273	0.442	
17:0	g						
18:0	g	1.083		0	3.985	0.108	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.965	0	10.911	0.297
14:1	g				
16:1	g	0.110	0	0.405	0.011
18:1	g	2.853	0	10.499	0.285
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	11.909	0	43.825	1.191
18:2	g	10.559	0	38.857	1.056
18:3	g	1.352	0	4.975	0.135
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	2	3	7	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving

NDB No. 06564 Gravy, CUSTOM FOODS, SUPERB Country Gravy 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	Samples	Measure 1* 680g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	5.41		1	36.79	0.52	
Energy	kcal	481		0	3271	47	
Energy	kj	2013		0	13688	195	
Protein (N x 5.95)	g	8.10		1	55.08	0.79	
Total lipid (fat)	g	26.08		1	177.34	2.53	
Carbohydrate, by difference	g	53.58		0	364.34	5.20	
Fiber, total dietary	g	4.9		1	33.3	0.5	
Ash	g	6.84		1	46.51	0.66	
Sugars, total	g	9.05		1	61.54	0.88	
Minerals:							
Calcium	mg	43		1	292	4	
Iron	mg	5.69		1	38.69	0.55	
Magnesium	mg	16		0	109	2	
Phosphorus	mg	109		0	741	11	
Potassium	mg	155		0	1054	15	
Sodium	mg	2241		1	15239	217	
Zinc	mg	0.60		0	4.08	0.06	
Copper	mg	0.081		0	0.551	0.008	
Manganese	mg	0.262		0	1.782	0.025	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.9		1	12.9	0.2	
Thiamin	mg	0.371		0	2.523	0.036	
Riboflavin	mg	0.400		0	2.720	0.039	
Niacin	mg	3.397		0	23.100	0.330	
Pantothenic acid	mg	0.607		0	4.128	0.059	
Vitamin B-6	mg	0.082		0	0.558	0.008	
Folate	µg						
Vitamin B-12	µg	0.12		0	0.82	0.01	
Vitamin A	IU	39		1	265	4	
Vitamin A, RE	µg	4		0	27	0	
Vitamin E, α-TE	mg	4.261		0	28.975	0.413	
Lipids:							
Saturated, total	g	10.427		1	70.904	1.011	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.042		1	0.286	0.004	
14:0	g	0.133		1	0.904	0.013	
15.0	g						
16:0	g	9.695		1	65.926	0.940	
17:0	g						
18:0	g	0.000		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.600	1	85.680	1.222
14:1	g				
16:1	g	0.107	1	0.728	0.010
18:1	g	12.227	1	83.144	1.186
20:1	g	0.225	1	1.530	0.022
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	3.050	1	20.740	0.296
18:2	g	2.585	1	17.578	0.251
18:3	g	0.140	1	0.952	0.014
18:4	g	0.000	1	0.000	0.000
20:4	g	0.325	1	2.210	0.032
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	2	1	14	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving

NDB No. 06565 Gravy, CUSTOM FOODS, RED LABEL Au Jus Base, 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	Samples	Measure 1* 10g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	9.72		1	0.97	44.13	
Energy	kcal	191		0	19	867	
Energy	kj	799		0	80	3627	
Protein (N x 5.95)	g	15.68		1	1.57	71.19	
Total lipid (fat)	g	4.01		1	0.40	18.21	
Carbohydrate, by difference	g	22.98		0	2.30	104.33	
Fiber, total dietary	g	3.1		1	0.3	14.1	
Ash	g	47.62		1	4.76	216.19	
Sugars, total	g	13.02		1	1.30	59.11	
Minerals:							
Calcium	mg	1661		1	166	7541	
Iron	mg	2.96		1	0.30	13.44	
Magnesium	mg	25		0	3	114	
Phosphorus	mg	184		0	18	835	
Potassium	mg	184		0	18	835	
Sodium	mg	18623		1	1862	84548	
Zinc	mg	1.45		0	0.14	6.58	
Copper	mg	0.278		0	0.028	1.262	
Manganese	mg	0.317		0	0.032	1.439	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		1	0.1	2.3	
Thiamin	mg	0.090		0	0.009	0.409	
Riboflavin	mg	0.047		0	0.005	0.213	
Niacin	mg	0.684		0	0.068	3.105	
Pantothenic acid	mg	0.051		0	0.005	0.232	
Vitamin B-6	mg	0.258		0	0.026	1.171	
Folate	µg	49		0	5	222	
Vitamin B-12	µg	0.30		0	0.03	1.36	
Vitamin A	IU	49		1	5	222	
Vitamin A, RE	µg	5		0	1	23	
Vitamin E, α-TE	mg	0.022		0	0.002	0.100	
Lipids:							
Saturated, total	g	2.268		1	0.227	10.297	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.015		1	0.002	0.068	
14:0	g	0.226		1	0.023	1.026	
15.0	g						
16:0	g	2.011		1	0.201	9.130	
17:0	g						
18:0	g	0.000		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.484	1	0.148	6.737
14:1	g				
16:1	g	0.282	1	0.028	1.280
18:1	g	1.107	1	0.111	5.026
20:1	g	0.036	1	0.004	0.163
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.256	1	0.026	1.162
18:2	g	0.224	1	0.022	1.017
18:3	g	0.032	1	0.003	0.145
18:4	g	0.000	1	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	6	1	1	27
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 16 oz package

NDB No. 06566 Gravy, NESTLE, TRIO Au Jus Gravy 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	Samples	Measure 1* 3g	Measure 2* 198g	Measure 3* 3g
Proximates:							
Water	g	3.62		3	0.11	7.17	0.11
Energy	kcal	280		0	8	554	8
Energy	kj	1172		0	35	2321	35
Protein (N x 5.95)	g	0.91		3	0.03	1.80	0.03
Total lipid (fat)	g	5.01		3	0.15	9.92	0.15
Carbohydrate, by difference	g	57.83		0	1.73	114.50	1.73
Fiber, total dietary	g	1.0		3	0.0	2.0	0.0
Ash	g	32.63		3	0.98	64.61	0.98
Sugars, total	g	1.60		3	0.05	3.17	0.05
Minerals:							
Calcium	mg	103		3	3	204	3
Iron	mg	2.80		3	0.08	5.54	0.08
Magnesium	mg	1		0	0	2	0
Phosphorus	mg	5		0	0	10	0
Potassium	mg	4		0	0	8	0
Sodium	mg	13300		3	399	26334	399
Zinc	mg	0.05		0	0.00	0.10	0.00
Copper	mg	0.027		0	0.001	0.053	0.001
Manganese	mg	0.051		0	0.002	0.101	0.002
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.000		0	0.000	0.000	0.000
Riboflavin	mg	0.001		0	0.000	0.002	0.000
Niacin	mg	0.005		0	0.000	0.010	0.000
Pantothenic acid	mg	0.000		0	0.000	0.000	0.000
Vitamin B-6	mg	0.001		0	0.000	0.002	0.000
Folate	µg	0		0	0	0	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		3	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.182		0	0.005	0.360	0.005
Lipids:							
Saturated, total	g	1.780		3	0.053	3.524	0.053
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.023		0	0.001	0.046	0.001
14:0	g	0.104		0	0.003	0.206	0.003
15.0	g						
16:0	g	1.030		0	0.031	2.039	0.031
17:0	g						
18:0	g	0.589		0	0.018	1.166	0.018
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.772	0	0.053	3.509	0.053
14:1	g					
16:1	g	0.108	0	0.003	0.214	0.003
18:1	g	1.628	0	0.049	3.223	0.049
20:1	g	0.007	0	0.000	0.014	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.322	0	0.040	2.618	0.040
18:2	g	1.233	0	0.037	2.441	0.037
18:3	g	0.086	0	0.003	0.170	0.003
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	4	3	0	8	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 teaspoon
Measure 2: 1 package (7 oz)
Measure 3: 1 serving

NDB No. 06567 Gravy, CUSTOM FOODS, SUPERB Instant Au Jus 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	Samples	Measure 1* 113g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	2.37		1	2.68	0.16	
Energy	kcal	296		0	334	20	
Energy	kj	1238		0	1399	83	
Protein (N x 5.95)	g	21.15		1	23.90	1.42	
Total lipid (fat)	g	5.99		1	6.77	0.40	
Carbohydrate, by difference	g	39.44		0	44.57	2.64	
Fiber, total dietary	g	3.0		1	3.4	0.2	
Ash	g	31.05		1	35.09	2.08	
Sugars, total	g	18.49		1	20.89	1.24	
Minerals:							
Calcium	mg	152		1	172	10	
Iron	mg	28.80		1	32.54	1.93	
Magnesium	mg	29		0	33	2	
Phosphorus	mg	243		0	275	16	
Potassium	mg	265		0	299	18	
Sodium	mg	11063		1	12501	741	
Zinc	mg	1.93		0	2.18	0.13	
Copper	mg	0.384		0	0.434	0.026	
Manganese	mg	0.557		0	0.629	0.037	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.0		1	4.5	0.3	
Thiamin	mg	1.276		0	1.442	0.085	
Riboflavin	mg	0.552		0	0.624	0.037	
Niacin	mg	5.955		0	6.729	0.399	
Pantothenic acid	mg	0.370		0	0.418	0.025	
Vitamin B-6	mg	0.420		0	0.475	0.028	
Folate	µg						
Vitamin B-12	µg	0.25		0	0.28	0.02	
Vitamin A	IU	39		1	44	3	
Vitamin A, RE	µg	4		0	5	0	
Vitamin E, α-TE	mg	0.284		0	0.321	0.019	
Lipids:							
Saturated, total	g	2.766		1	3.126	0.185	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.013		1	0.015	0.001	
14:0	g	0.175		1	0.198	0.012	
15.0	g						
16:0	g	1.418		1	1.602	0.095	
17:0	g						
18:0	g	1.048		1	1.184	0.070	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.913	1	3.292	0.195
14:1	g				
16:1	g	0.150	1	0.170	0.010
18:1	g	2.715	1	3.068	0.182
20:1	g	0.012	1	0.014	0.001
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.314	1	0.355	0.021
18:2	g	0.280	1	0.316	0.019
18:3	g	0.033	1	0.037	0.002
18:4	g	0.000	1	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	6	1	7	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (4 oz)
Measure 2: 1 serving

NDB No. 06568 Gravy, CUSTOM FOODS, SUPERB Peppered Old-Fashioned Biscuit Gravy 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	Samples	Measure 1* 680g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	5.69		1	38.69	0.55	
Energy	kcal	500		0	3400	49	
Energy	kj	2092		0	14226	203	
Protein (N x 5.95)	g	6.57		1	44.68	0.64	
Total lipid (fat)	g	29.64		1	201.55	2.88	
Carbohydrate, by difference	g	51.87		0	352.72	5.03	
Fiber, total dietary	g	2.7		1	18.4	0.3	
Ash	g	6.24		1	42.43	0.61	
Sugars, total	g	4.98		1	33.86	0.48	
Minerals:							
Calcium	mg	35		1	238	3	
Iron	mg	0.28		1	1.90	0.03	
Magnesium	mg	16		0	109	2	
Phosphorus	mg	101		0	687	10	
Potassium	mg	140		0	952	14	
Sodium	mg	2480		1	16864	241	
Zinc	mg	0.54		0	3.67	0.05	
Copper	mg	0.075		0	0.510	0.007	
Manganese	mg	0.296		0	2.013	0.029	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.8		1	5.4	0.1	
Thiamin	mg	0.352		0	2.394	0.034	
Riboflavin	mg	0.301		0	2.047	0.029	
Niacin	mg	2.521		0	17.143	0.245	
Pantothenic acid	mg	0.369		0	2.509	0.036	
Vitamin B-6	mg	0.039		0	0.265	0.004	
Folate	µg	33		0	224	3	
Vitamin B-12	µg	0.22		0	1.50	0.02	
Vitamin A	IU	430		1	2924	42	
Vitamin A, RE	µg	43		0	292	4	
Vitamin E, α-TE	mg	1.671		0	11.363	0.162	
Lipids:							
Saturated, total	g	8.689		1	59.085	0.843	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.024		1	0.163	0.002	
14:0	g	0.048		1	0.326	0.005	
15.0	g						
16:0	g	3.698		1	25.146	0.359	
17:0	g						
18:0	g	4.587		1	31.192	0.445	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	20.004	1	136.027	1.940
14:1	g				
16:1	g	0.029	1	0.197	0.003
18:1	g	19.887	1	135.232	1.929
20:1	g	0.088	1	0.598	0.009
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.943	1	6.412	0.091
18:2	g	0.901	1	6.127	0.087
18:3	g	0.042	1	0.286	0.004
18:4	g	0.000	1	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	1	1	7	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving

NDB No. 06569 Gravy, CUSTOM FOODS, SUPERB Instant Pork Gravy 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	Samples	Measure 1* 7g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	5.29		1	0.35	24.02	
Energy	kcal	363		0	24	1648	
Energy	kj	1519		0	102	6896	
Protein (N x 5.95)	g	8.33		1	0.56	37.82	
Total lipid (fat)	g	7.88		1	0.53	35.78	
Carbohydrate, by difference	g	64.72		0	4.34	293.83	
Fiber, total dietary	g	2.4		1	0.2	10.9	
Ash	g	13.78		1	0.92	62.56	
Sugars, total	g	12.38		1	0.83	56.21	
Minerals:							
Calcium	mg	117		1	8	531	
Iron	mg	3.94		1	0.26	17.89	
Magnesium	mg	22		0	1	100	
Phosphorus	mg	172		0	12	781	
Potassium	mg	208		0	14	944	
Sodium	mg	4469		1	299	20289	
Zinc	mg	0.73		0	0.05	3.31	
Copper	mg	0.207		0	0.014	0.940	
Manganese	mg	0.222		0	0.015	1.008	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.4		1	0.1	6.4	
Thiamin	mg	0.119		0	0.008	0.540	
Riboflavin	mg	0.252		0	0.017	1.144	
Niacin	mg	0.841		0	0.056	3.818	
Pantothenic acid	mg	0.553		0	0.037	2.511	
Vitamin B-6	mg	0.073		0	0.005	0.331	
Folate	µg	18		0	1	82	
Vitamin B-12	µg	0.32		0	0.02	1.45	
Vitamin A	IU	117		1	8	531	
Vitamin A, RE	µg	27		0	2	123	
Vitamin E, α-TE	mg	0.077		0	0.005	0.350	
Lipids:							
Saturated, total	g	3.919		1	0.263	17.792	
4:0	g	0.133		1	0.009	0.604	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.012		1	0.001	0.054	
14:0	g	0.244		1	0.016	1.108	
15.0	g						
16:0	g	1.946		1	0.130	8.835	
17:0	g						
18:0	g	1.428		1	0.096	6.483	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.545	1	0.238	16.094
14:1	g				
16:1	g	0.198	1	0.013	0.899
18:1	g	3.262	1	0.219	14.809
20:1	g	0.037	1	0.002	0.168
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.415	1	0.028	1.884
18:2	g	0.382	1	0.026	1.734
18:3	g	0.032	1	0.002	0.145
18:4	g	0.000	1	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	10	1	1	45
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 16 oz package

NDB No. 06570 Gravy, CUSTOM FOODS, SUPERB Instant Beef Gravy 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	Samples	Measure 1* 7g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	4.65		1	0.31	21.11	
Energy	kcal	369		0	25	1675	
Energy	kj	1544		0	103	7010	
Protein (N x 5.95)	g	9.80		1	0.66	44.49	
Total lipid (fat)	g	9.48		1	0.64	43.04	
Carbohydrate, by difference	g	61.10		0	4.09	277.39	
Fiber, total dietary	g	4.3		1	0.3	19.5	
Ash	g	14.97		1	1.00	67.96	
Sugars, total	g	10.71		1	0.72	48.62	
Minerals:							
Calcium	mg	141		1	9	640	
Iron	mg	6.27		1	0.42	28.47	
Magnesium	mg	41		0	3	186	
Phosphorus	mg	239		0	16	1085	
Potassium	mg	450		0	30	2043	
Sodium	mg	5203		1	349	23622	
Zinc	mg	0.76		0	0.05	3.45	
Copper	mg	0.146		0	0.010	0.663	
Manganese	mg	0.154		0	0.010	0.699	
Selenium	µg	18.0		0	1.2	81.7	
Vitamins:							
Ascorbic acid	mg	0.9		1	0.1	4.1	
Thiamin	mg	0.187		0	0.013	0.849	
Riboflavin	mg	0.514		0	0.034	2.334	
Niacin	mg	1.075		0	0.072	4.880	
Pantothenic acid	mg	1.218		0	0.082	5.530	
Vitamin B-6	mg	0.138		0	0.009	0.627	
Folate	µg	10		0	1	45	
Vitamin B-12	µg	0.62		0	0.04	2.81	
Vitamin A	IU	40		1	3	182	
Vitamin A, RE	µg	4		0	0	18	
Vitamin E, α-TE	mg	0.099		0	0.007	0.449	
Lipids:							
Saturated, total	g	4.880		1	0.327	22.155	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.023		1	0.002	0.104	
14:0	g	0.451		1	0.030	2.048	
15.0	g						
16:0	g	4.031		1	0.270	18.301	
17:0	g						
18:0	g	0.000		1	0.000	0.000	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.659	1	0.245	16.612
14:1	g				
16:1	g	0.389	1	0.026	1.766
18:1	g	3.102	1	0.208	14.083
20:1	g	0.092	1	0.006	0.418
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.938	1	0.063	4.259
18:2	g	0.870	1	0.058	3.950
18:3	g	0.068	1	0.005	0.309
18:4	g	0.000	1	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	11	1	1	50
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 16 oz package

NDB No. 06571 Gravy, CUSTOM FOODS, SUPERB Old-Fashioned BISCUIT Gravy 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	Samples	Measure 1* 680g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	5.17		1	35.16	0.50	
Energy	kcal	495		0	3366	48	
Energy	kj	2071		0	14083	201	
Protein (N x 5.95)	g	6.56		1	44.61	0.64	
Total lipid (fat)	g	28.03		1	190.60	2.72	
Carbohydrate, by difference	g	54.23		0	368.76	5.26	
Fiber, total dietary	g	4.8		1	32.6	0.5	
Ash	g	6.01		1	40.87	0.58	
Sugars, total	g	8.44		1	57.39	0.82	
Minerals:							
Calcium	mg	37		1	252	4	
Iron	mg	6.04		1	41.07	0.59	
Magnesium	mg	12		0	82	1	
Phosphorus	mg	82		0	558	8	
Potassium	mg	621		0	4223	60	
Sodium	mg	1973		1	13416	191	
Zinc	mg	0.52		0	3.54	0.05	
Copper	mg	0.161		0	1.095	0.016	
Manganese	mg	0.168		0	1.142	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.3		1	2.0	0.0	
Thiamin	mg	0.196		0	1.333	0.019	
Riboflavin	mg	0.204		0	1.387	0.020	
Niacin	mg	1.347		0	9.160	0.131	
Pantothenic acid	mg	0.284		0	1.931	0.028	
Vitamin B-6	mg	0.030		0	0.204	0.003	
Folate	µg	33		0	224	3	
Vitamin B-12	µg	0.23		0	1.56	0.02	
Vitamin A	IU	470		1	3196	46	
Vitamin A, RE	µg	47		0	320	5	
Vitamin E, α-TE	mg	4.538		0	30.858	0.440	
Lipids:							
Saturated, total	g	8.377		1	56.964	0.813	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.044		1	0.299	0.004	
15.0	g						
16:0	g	3.467		1	23.576	0.336	
17:0	g						
18:0	g	4.550		1	30.940	0.441	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	18.690	1	127.092	1.813
14:1	g				
16:1	g	0.028	1	0.190	0.003
18:1	g	18.606	1	126.521	1.805
20:1	g	0.057	1	0.388	0.006
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.959	1	6.521	0.093
18:2	g	0.914	1	6.215	0.089
18:3	g	0.045	1	0.306	0.004
18:4	g	0.000	1	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	3	1	20	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving

NDB No. 06572 Gravy, NESTLE, TRIO Country Gravy 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	Samples	Measure 1* 8g	Measure 2* 624g	Measure 3* 8g
Proximates:							
Water	g	4.20		3	0.34	26.21	0.34
Energy	kcal	433		0	35	2702	35
Energy	kj	1812		0	145	11307	145
Protein (N x 5.95)	g	9.08		3	0.73	56.66	0.73
Total lipid (fat)	g	15.27		3	1.22	95.28	1.22
Carbohydrate, by difference	g	64.87		0	5.19	404.79	5.19
Fiber, total dietary	g	9.0		3	0.7	56.2	0.7
Ash	g	6.59		3	0.53	41.12	0.53
Sugars, total	g	28.50		3	2.28	177.84	2.28
Minerals:							
Calcium	mg	65		3	5	406	5
Iron	mg	1.30		3	0.10	8.11	0.10
Magnesium	mg	14		0	1	87	1
Phosphorus	mg	111		0	9	693	9
Potassium	mg	139		0	11	867	11
Sodium	mg	2559		3	205	15968	205
Zinc	mg	0.64		0	0.05	3.99	0.05
Copper	mg	0.088		0	0.007	0.549	0.007
Manganese	mg	0.173		0	0.014	1.080	0.014
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.123		0	0.010	0.768	0.010
Riboflavin	mg	0.192		0	0.015	1.198	0.015
Niacin	mg	1.256		0	0.100	7.837	0.100
Pantothenic acid	mg	0.333		0	0.027	2.078	0.027
Vitamin B-6	mg	0.038		0	0.003	0.237	0.003
Folate	µg	10		0	1	62	1
Vitamin B-12	µg	0.09		0	0.01	0.56	0.01
Vitamin A	IU	0		3	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.821		0	0.066	5.123	0.066
Lipids:							
Saturated, total	g	3.990		3	0.319	24.898	0.319
4:0	g	0.003		0	0.000	0.019	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.002		0	0.000	0.012	0.000
12:0	g	0.003		0	0.000	0.019	0.000
14:0	g	0.039		0	0.003	0.243	0.003
15.0	g						
16:0	g	3.155		0	0.252	19.687	0.252
17:0	g						
18:0	g	0.779		0	0.062	4.861	0.062
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.812	0	0.145	11.307	0.145
14:1	g					
16:1	g	0.084	0	0.007	0.524	0.007
18:1	g	1.724	0	0.138	10.758	0.138
20:1	g	0.003	0	0.000	0.019	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	6.783	0	0.543	42.326	0.543
18:2	g	6.014	0	0.481	37.527	0.481
18:3	g	0.756	0	0.060	4.717	0.060
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.007	0	0.001	0.044	0.001
20:5	g	0.001	0	0.000	0.006	0.000
22:5	g	0.002	0	0.000	0.012	0.000
22:6	g	0.003	0	0.000	0.019	0.000
Cholesterol	mg	6	3	0	37	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06573 Gravy, CUSTOM FOODS, SUPERB Instant Chicken Gravy 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	Samples	Measure 1* 7g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	5.90		1	0.40	26.79	
Energy	kcal	395		0	26	1793	
Energy	kj	1653		0	111	7505	
Protein (N x 5.95)	g	10.20		1	0.68	46.31	
Total lipid (fat)	g	14.23		1	0.95	64.60	
Carbohydrate, by difference	g	56.54		0	3.79	256.69	
Fiber, total dietary	g	3.2		1	0.2	14.5	
Ash	g	13.13		1	0.88	59.61	
Sugars, total	g	14.08		1	0.94	63.92	
Minerals:							
Calcium	mg	107		1	7	486	
Iron	mg	5.38		1	0.36	24.43	
Magnesium	mg	38		0	3	173	
Phosphorus	mg	227		0	15	1031	
Potassium	mg	415		0	28	1884	
Sodium	mg	4605		1	309	20907	
Zinc	mg	1.25		0	0.08	5.67	
Copper	mg	0.120		0	0.008	0.545	
Manganese	mg	0.206		0	0.014	0.935	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.9		1	0.1	4.1	
Thiamin	mg	0.285		0	0.019	1.294	
Riboflavin	mg	0.575		0	0.039	2.610	
Niacin	mg	3.947		0	0.264	17.919	
Pantothenic acid	mg	1.496		0	0.100	6.792	
Vitamin B-6	mg	0.200		0	0.013	0.908	
Folate	µg	51		0	3	232	
Vitamin B-12	µg	0.41		0	0.03	1.86	
Vitamin A	IU	80		1	5	363	
Vitamin A, RE	µg	18		0	1	82	
Vitamin E, α-TE	mg	0.596		0	0.040	2.706	
Lipids:							
Saturated, total	g	4.511		1	0.302	20.480	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.011		1	0.001	0.050	
14:0	g	0.102		1	0.007	0.463	
15.0	g						
16:0	g	3.447		1	0.231	15.649	
17:0	g						
18:0	g	0.867		1	0.058	3.936	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.800	1	0.456	30.872
14:1	g				
16:1	g	0.975	1	0.065	4.426
18:1	g	5.687	1	0.381	25.819
20:1	g	0.075	1	0.005	0.341
22.1	g	0.020	1	0.001	0.091
Polyunsaturated, total	g	2.921	1	0.196	13.261
18:2	g	2.746	1	0.184	12.467
18:3	g	0.137	1	0.009	0.622
18:4	g	0.000	1	0.000	0.000
20:4	g	0.038	1	0.003	0.173
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	35	1	2	159
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 16 oz package

NDB No. 06574 Gravy, NESTLE, TRIO Chicken Gravy 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	Samples	Measure 1* 8g	Measure 2* 641g	Measure 3* 8g
Proximates:							
Water	g	3.81		3	0.30	24.42	0.30
Energy	kcal	405		0	32	2596	32
Energy	kj	1695		0	136	10865	136
Protein (N x 5.95)	g	11.40		3	0.91	73.07	0.91
Total lipid (fat)	g	11.80		3	0.94	75.64	0.94
Carbohydrate, by difference	g	63.22		0	5.06	405.24	5.06
Fiber, total dietary	g	1.4		3	0.1	9.0	0.1
Ash	g	9.77		3	0.78	62.63	0.78
Sugars, total	g	10.20		3	0.82	65.38	0.82
Minerals:							
Calcium	mg	160		3	13	1026	13
Iron	mg	1.30		3	0.10	8.33	0.10
Magnesium	mg	26		0	2	167	2
Phosphorus	mg	199		0	16	1276	16
Potassium	mg	272		0	22	1744	22
Sodium	mg	3250		3	260	20833	260
Zinc	mg	1.19		0	0.10	7.63	0.10
Copper	mg	0.163		0	0.013	1.045	0.013
Manganese	mg	0.132		0	0.011	0.846	0.011
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.2		3	0.1	7.7	0.1
Thiamin	mg	0.081		0	0.006	0.519	0.006
Riboflavin	mg	0.278		0	0.022	1.782	0.022
Niacin	mg	1.718		0	0.137	11.012	0.137
Pantothenic acid	mg	0.875		0	0.070	5.609	0.070
Vitamin B-6	mg	0.134		0	0.011	0.859	0.011
Folate	µg	16		0	1	103	1
Vitamin B-12	µg	0.39		0	0.03	2.50	0.03
Vitamin A	IU	208		3	17	1333	17
Vitamin A, RE	µg	33		0	3	212	3
Vitamin E, α-TE	mg	0.444		0	0.036	2.846	0.036
Lipids:							
Saturated, total	g	4.070		3	0.326	26.089	0.326
4:0	g	0.007		0	0.001	0.045	0.001
6.0	g	0.001		0	0.000	0.006	0.000
8:0	g	0.001		0	0.000	0.006	0.000
10:0	g	0.003		0	0.000	0.019	0.000
12:0	g	0.014		0	0.001	0.090	0.001
14:0	g	0.116		0	0.009	0.744	0.009
15.0	g						
16:0	g	2.960		0	0.237	18.974	0.237
17:0	g						
18:0	g	0.846		0	0.068	5.423	0.068
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.399	0	0.352	28.198	0.352
14:1	g					
16:1	g	0.414	0	0.033	2.654	0.033
18:1	g	3.873	0	0.310	24.826	0.310
20:1	g	0.069	0	0.006	0.442	0.006
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.692	0	0.295	23.666	0.295
18:2	g	3.411	0	0.273	21.865	0.273
18:3	g	0.205	0	0.016	1.314	0.016
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.030	0	0.002	0.192	0.002
20:5	g	0.003	0	0.000	0.019	0.000
22:5	g	0.005	0	0.000	0.032	0.000
22:6	g	0.011	0	0.001	0.071	0.001
Cholesterol	mg	28	3	2	179	2
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06575 Gravy, NESTLE, TRIO Supreme Chicken Gravy 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	Samples	Measure 1* 8g	Measure 2* 567g	Measure 3* 8g
Proximates:							
Water	g	3.45		3	0.28	19.56	0.28
Energy	kcal	404		0	32	2291	32
Energy	kj	1690		0	135	9582	135
Protein (N x 5.95)	g	11.18		3	0.89	63.39	0.89
Total lipid (fat)	g	11.86		3	0.95	67.25	0.95
Carbohydrate, by difference	g	63.04		0	5.04	357.44	5.04
Fiber, total dietary	g	0.0		3	0.0	0.0	0.0
Ash	g	10.48		3	0.84	59.42	0.84
Sugars, total	g	12.80		3	1.02	72.58	1.02
Minerals:							
Calcium	mg	130		3	10	737	10
Iron	mg	0.00		3	0.00	0.00	0.00
Magnesium	mg	52		0	4	295	4
Phosphorus	mg	367		0	29	2081	29
Potassium	mg	668		0	53	3788	53
Sodium	mg	3566		3	285	20219	285
Zinc	mg	1.47		0	0.12	8.33	0.12
Copper	mg	0.135		0	0.011	0.765	0.011
Manganese	mg	0.139		0	0.011	0.788	0.011
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.449		0	0.036	2.546	0.036
Riboflavin	mg	1.197		0	0.096	6.787	0.096
Niacin	mg	6.706		0	0.536	38.023	0.536
Pantothenic acid	mg	2.672		0	0.214	15.150	0.214
Vitamin B-6	mg	0.374		0	0.030	2.121	0.030
Folate	µg	354		0	28	2007	28
Vitamin B-12	µg	0.40		0	0.03	2.27	0.03
Vitamin A	IU	483		3	39	2739	39
Vitamin A, RE	µg	48		0	4	272	4
Vitamin E, α-TE	mg	0.612		0	0.049	3.470	0.049
Lipids:							
Saturated, total	g	1.240		3	0.099	7.031	0.099
4:0	g	0.006		0	0.000	0.034	0.000
6.0	g	0.001		0	0.000	0.006	0.000
8:0	g	0.001		0	0.000	0.006	0.000
10:0	g	0.002		0	0.000	0.011	0.000
12:0	g	0.005		0	0.000	0.028	0.000
14:0	g	0.018		0	0.001	0.102	0.001
15.0	g						
16:0	g	0.874		0	0.070	4.956	0.070
17:0	g						
18:0	g	0.303		0	0.024	1.718	0.024
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.214	0	0.257	18.223	0.257
14:1	g					
16:1	g	0.296	0	0.024	1.678	0.024
18:1	g	2.872	0	0.230	16.284	0.230
20:1	g	0.031	0	0.002	0.176	0.002
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	5.940	0	0.475	33.680	0.475
18:2	g	5.252	0	0.420	29.779	0.420
18:3	g	0.653	0	0.052	3.703	0.052
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.008	0	0.001	0.045	0.001
20:5	g	0.001	0	0.000	0.006	0.000
22:5	g	0.001	0	0.000	0.006	0.000
22:6	g	0.003	0	0.000	0.017	0.000
Cholesterol	mg	4	3	0	23	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06576 Gravy, CUSTOM FOODS, SUPERB Instant Turkey Gravy 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	Samples	Measure 1* 7g	Measure 2* 454g	Measure 3*
Proximates:							
Water	g	5.24		1	0.35	23.79	
Energy	kcal	409		0	27	1857	
Energy	kj	1711		0	115	7768	
Protein (N x 5.95)	g	11.72		1	0.79	53.21	
Total lipid (fat)	g	14.66		1	0.98	66.56	
Carbohydrate, by difference	g	57.56		0	3.86	261.32	
Fiber, total dietary	g	3.8		1	0.3	17.3	
Ash	g	10.82		1	0.72	49.12	
Sugars, total	g	6.56		1	0.44	29.78	
Minerals:							
Calcium	mg	115		1	8	522	
Iron	mg	9.57		1	0.64	43.45	
Magnesium	mg	30		0	2	136	
Phosphorus	mg	203		0	14	922	
Potassium	mg	306		0	21	1389	
Sodium	mg	4090		1	274	18569	
Zinc	mg	1.13		0	0.08	5.13	
Copper	mg	0.169		0	0.011	0.767	
Manganese	mg	0.186		0	0.012	0.844	
Selenium	µg	19.4		0	1.3	88.1	
Vitamins:							
Ascorbic acid	mg	0.9		1	0.1	4.1	
Thiamin	mg	0.130		0	0.009	0.590	
Riboflavin	mg	0.264		0	0.018	1.199	
Niacin	mg	1.181		0	0.079	5.362	
Pantothenic acid	mg	0.630		0	0.042	2.860	
Vitamin B-6	mg	0.205		0	0.014	0.931	
Folate	µg	25		0	2	114	
Vitamin B-12	µg	0.37		0	0.02	1.68	
Vitamin A	IU	140		1	9	636	
Vitamin A, RE	µg	32		0	2	145	
Vitamin E, α-TE	mg	0.678		0	0.045	3.078	
Lipids:							
Saturated, total	g	4.931		1	0.330	22.387	
4:0	g	0.044		1	0.003	0.200	
6.0	g	0.028		1	0.002	0.127	
8:0	g	0.018		1	0.001	0.082	
10:0	g	0.049		1	0.003	0.222	
12:0	g	0.072		1	0.005	0.327	
14:0	g	0.322		1	0.022	1.462	
15.0	g						
16:0	g	3.004		1	0.201	13.638	
17:0	g						
18:0	g	1.234		1	0.083	5.602	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.250	1	0.352	23.835
14:1	g				
16:1	g	0.349	1	0.023	1.584
18:1	g	4.744	1	0.318	21.538
20:1	g	0.070	1	0.005	0.318
22.1	g	0.036	1	0.002	0.163
Polyunsaturated, total	g	4.478	1	0.300	20.330
18:2	g	4.023	1	0.270	18.264
18:3	g	0.426	1	0.029	1.934
18:4	g	0.029	1	0.002	0.132
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	24	1	2	109
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 16 oz package

NDB No. 06577 Gravy, NESTLE, TRIO Turkey Gravy 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	Samples	Measure 1* 567g	Measure 2* 8g	Measure 3*
Proximates:							
Water	g	5.05		3	28.63	0.40	
Energy	kcal	362		0	2053	29	
Energy	kj	1515		0	8590	121	
Protein (N x 5.95)	g	8.57		3	48.59	0.69	
Total lipid (fat)	g	4.34		3	24.61	0.35	
Carbohydrate, by difference	g	72.05		0	408.52	5.76	
Fiber, total dietary	g	1.5		3	8.5	0.1	
Ash	g	9.99		3	56.64	0.80	
Sugars, total	g	6.80		3	38.56	0.54	
Minerals:							
Calcium	mg	120		3	680	10	
Iron	mg	1.20		3	6.80	0.10	
Magnesium	mg	57		0	323	5	
Phosphorus	mg	357		0	2024	29	
Potassium	mg	717		0	4065	57	
Sodium	mg	3387		3	19204	271	
Zinc	mg	1.25		0	7.09	0.10	
Copper	mg	0.130		0	0.737	0.010	
Manganese	mg	0.072		0	0.408	0.006	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	
Thiamin	mg	0.302		0	1.712	0.024	
Riboflavin	mg	0.957		0	5.426	0.077	
Niacin	mg	3.428		0	19.437	0.274	
Pantothenic acid	mg	2.307		0	13.081	0.185	
Vitamin B-6	mg	0.307		0	1.741	0.025	
Folate	µg	159		0	902	13	
Vitamin B-12	µg	0.68		0	3.86	0.05	
Vitamin A	IU	0		3	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.170		0	0.964	0.014	
Lipids:							
Saturated, total	g	0.990		3	5.613	0.079	
4:0	g	0.011		0	0.062	0.001	
6.0	g	0.001		0	0.006	0.000	
8:0	g	0.002		0	0.011	0.000	
10:0	g	0.004		0	0.023	0.000	
12:0	g	0.006		0	0.034	0.000	
14:0	g	0.044		0	0.249	0.004	
15.0	g						
16:0	g	0.673		0	3.816	0.054	
17:0	g						
18:0	g	0.198		0	1.123	0.016	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.858	0	10.535	0.149
14:1	g				
16:1	g	0.304	0	1.724	0.024
18:1	g	1.490	0	8.448	0.119
20:1	g	0.038	0	0.215	0.003
22.1	g	0.001	0	0.006	0.000
Polyunsaturated, total	g	0.818	0	4.638	0.065
18:2	g	0.746	0	4.230	0.060
18:3	g	0.040	0	0.227	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.012	0	0.068	0.001
20:5	g	0.000	0	0.000	0.000
22:5	g	0.002	0	0.011	0.000
22:6	g	0.003	0	0.017	0.000
Cholesterol	mg	11	3	62	1
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving

NDB No. 06579 Gravy, HEINZ, HEINZ Home Style Savory Brown Gravy, 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	Samples	Measure 1* 60g	Measure 2*	Measure 3*
Proximates:							
Water	g	89.90		1	53.94		
Energy	kcal	41		0	24		
Energy	kj	169		0	101		
Protein (N x 5.95)	g	1.50		1	0.90		
Total lipid (fat)	g	1.30		1	0.78		
Carbohydrate, by difference	g	5.69		0	3.41		
Fiber, total dietary	g						
Ash	g	1.60		1	0.96		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	586		1	352		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.540		1	0.324		
4:0	g						
6.0	g						
8:0	g	0.003		1	0.002		
10:0	g	0.007		1	0.004		
12:0	g	0.008		1	0.005		
14:0	g	0.045		1	0.027		
15.0	g	0.007		1	0.004		
16:0	g	0.273		1	0.164		
17:0	g	0.012		1	0.007		
18:0	g	0.193		1	0.116		
20:0	g	0.003		1	0.002		
22.0	g	0.001		1	0.001		
24:0	g						

Monounsaturated, total	g	0.460	1	0.276
14:1	g	0.006	1	0.004
16:1	g	0.028	1	0.017
18:1	g	0.430	1	0.258
20:1	g	0.002	1	0.001
22.1	g			
Polyunsaturated, total	g	0.062	1	0.037
18:2	g	0.055	1	0.033
18:3	g	0.006	1	0.004
18:4	g			
20:4	g	0.001	1	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	4	1	2
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1/4 cup

NDB No. 06581 Soup, NISSIN, OODLES OF NOODLES TOP RAMEN Ramen Noodle, Oriental flavor, dry form

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 42g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.70		1	1.97		
Energy	kcal	453		0	190		
Energy	kj	1896		0	796		
Protein (N x 5.95)	g	9.30		1	3.91		
Total lipid (fat)	g	17.10		1	7.18		
Carbohydrate, by difference	g	65.50		0	27.51		
Fiber, total dietary	g						
Ash	g	3.40		1	1.43		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	4.27		1	1.79		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	1160		1	487		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.630		1	3.205		
4:0	g						
6.0	g						
8:0	g	0.009		1	0.004		
10:0	g	0.009		1	0.004		
12:0	g	0.075		1	0.032		
14:0	g	0.171		1	0.072		
15.0	g	0.010		1	0.004		
16:0	g	6.556		1	2.754		
17:0	g	0.010		1	0.004		
18:0	g	0.766		1	0.322		
20:0	g	0.058		1	0.024		
22.0	g	0.010		1	0.004		
24:0	g						

Monounsaturated, total	g	6.450	1	2.709
14:1	g	0.009	1	0.004
16:1	g	0.029	1	0.012
18:1	g	6.383	1	2.681
20:1	g	0.038	1	0.016
22.1	g			
Polyunsaturated, total	g	1.024	1	0.430
18:2	g	0.976	1	0.410
18:3	g	0.038	1	0.016
18:4	g			
20:4	g	0.010	1	0.004
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06582 Soup, NISSIN, CUP NOODLES, Ramen Noodle, chicken flavor, 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	Samples	Measure 1* 64g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.90		1	3.78		
Energy	kcal	463		0	296		
Energy	kj	1936		0	1239		
Protein (N x 5.95)	g	8.70		1	5.57		
Total lipid (fat)	g	22.00		1	14.08		
Carbohydrate, by difference	g	57.50		0	36.80		
Fiber, total dietary	g						
Ash	g	5.90		1	3.78		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	3.41		1	2.18		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	2240		1	1434		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	625		1	400		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.770		1	6.253		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g
14:1	g
16:1	g
18:1	g
20:1	g
22.1	g
Polyunsaturated, total	g
18:2	g
18:3	g
18:4	g
20:4	g
20:5	g
22:5	g
22:6	g
Cholesterol	mg
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
Other:	
Caffeine	mg
Theobromine	mg
Alcohol	g

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 individual container

NDB No. 06710 Sauce, CUSTOM FOODS, RED LABEL All Purpose Italian 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	Samples	Measure 1* 425g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	3.11		1	13.22	0.17	
Energy	kcal	346		0	1471	19	
Energy	kj	1448		0	6154	81	
Protein (N x 5.95)	g	2.86		1	12.15	0.16	
Total lipid (fat)	g	3.52		1	14.96	0.20	
Carbohydrate, by difference	g	75.69		0	321.68	4.24	
Fiber, total dietary	g	4.8		1	20.4	0.3	
Ash	g	14.82		1	62.98	0.83	
Sugars, total	g	25.83		1	109.78	1.45	
Minerals:							
Calcium	mg	108		1	459	6	
Iron	mg	19.64		1	83.47	1.10	
Magnesium	mg	40		0	170	2	
Phosphorus	mg	86		0	366	5	
Potassium	mg	437		0	1857	24	
Sodium	mg	6416		1	27268	359	
Zinc	mg	0.70		0	2.98	0.04	
Copper	mg	0.183		0	0.778	0.010	
Manganese	mg	0.707		0	3.005	0.040	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.4		1	6.0	0.1	
Thiamin	mg	0.121		0	0.514	0.007	
Riboflavin	mg	0.049		0	0.208	0.003	
Niacin	mg	0.513		0	2.180	0.029	
Pantothenic acid	mg	0.240		0	1.020	0.013	
Vitamin B-6	mg	0.432		0	1.836	0.024	
Folate	µg	45		0	191	3	
Vitamin B-12	µg	0.00		0	0.00	0.00	
Vitamin A	IU	60		1	255	3	
Vitamin A, RE	µg	6		0	26	0	
Vitamin E, α-TE	mg	0.535		0	2.274	0.030	
Lipids:							
Saturated, total	g	0.309		1	1.313	0.017	
4:0	g	0.000		1	0.000	0.000	
6.0	g	0.000		1	0.000	0.000	
8:0	g	0.000		1	0.000	0.000	
10:0	g	0.000		1	0.000	0.000	
12:0	g	0.041		1	0.174	0.002	
14:0	g	0.026		1	0.110	0.001	
15.0	g						
16:0	g	0.000		1	0.000	0.000	
17:0	g						
18:0	g	0.161		1	0.684	0.009	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.347	1	5.725	0.075
14:1	g				
16:1	g	0.000	1	0.000	0.000
18:1	g	0.737	1	3.132	0.041
20:1	g	0.000	1	0.000	0.000
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	1.865	1	7.926	0.104
18:2	g	1.605	1	6.821	0.090
18:3	g	0.260	1	1.105	0.015
18:4	g	0.000	1	0.000	0.000
20:4	g	0.000	1	0.000	0.000
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	1	1	4	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving

NDB No. 06711 Sauce, NESTLE, TRIO Alfredo 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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	2.05		3			
Energy	kcal	535		0			
Energy	kj	2238		0			
Protein (N x 5.95)	g	15.32		3			
Total lipid (fat)	g	36.35		3			
Carbohydrate, by difference	g	36.52		0			
Fiber, total dietary	g	2.0		3			
Ash	g	9.76		3			
Sugars, total	g	5.40		3			
Minerals:							
Calcium	mg	467		3			
Iron	mg	0.94		3			
Magnesium	mg	32		0			
Phosphorus	mg	415		0			
Potassium	mg	254		0			
Sodium	mg	2590		3			
Zinc	mg	1.49		0			
Copper	mg	0.064		0			
Manganese	mg	0.056		0			
Selenium	µg	9.3		0			
Vitamins:							
Ascorbic acid	mg	0.0		3			
Thiamin	mg	0.156		0			
Riboflavin	mg	0.054		0			
Niacin	mg	2.070		0			
Pantothenic acid	mg	1.044		0			
Vitamin B-6	mg	0.134		0			
Folate	µg	118		0			
Vitamin B-12	µg	0.38		0			
Vitamin A	IU	567		3			
Vitamin A, RE	µg	170		0			
Vitamin E, α-TE	mg	3.924		0			
Lipids:							
Saturated, total	g	13.180		3			
4:0	g	0.692		0			
6.0	g	0.289		0			
8:0	g	0.158		0			
10:0	g	0.381		0			
12:0	g	0.492		0			
14:0	g	1.692		0			
15.0	g						
16:0	g	6.418		0			
17:0	g						
18:0	g	2.680		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.669	0
14:1	g		
16:1	g	0.399	0
18:1	g	13.006	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	8.610	0
18:2	g	7.845	0
18:3	g	0.745	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	56	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 06712 Sauce, NESTLE, TRIO Supreme 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	Samples	Measure 1* 12g	Measure 2* 907g	Measure 3* 12g
Proximates:							
Water	g	3.69		3	0.44	33.47	0.44
Energy	kcal	451		0	54	4091	54
Energy	kj	1887		0	226	17115	226
Protein (N x 5.95)	g	6.22		3	0.75	56.42	0.75
Total lipid (fat)	g	20.34		3	2.44	184.48	2.44
Carbohydrate, by difference	g	60.76		0	7.29	551.09	7.29
Fiber, total dietary	g	0.6		3	0.1	5.4	0.1
Ash	g	8.99		3	1.08	81.54	1.08
Sugars, total	g	9.47		3	1.14	85.89	1.14
Minerals:							
Calcium	mg	200		3	24	1814	24
Iron	mg	0.00		3	0.00	0.00	0.00
Magnesium	mg	36		0	4	327	4
Phosphorus	mg	283		0	34	2567	34
Potassium	mg	428		0	51	3882	51
Sodium	mg	3010		3	361	27301	361
Zinc	mg	1.11		0	0.13	10.07	0.13
Copper	mg	0.085		0	0.010	0.771	0.010
Manganese	mg	0.052		0	0.006	0.472	0.006
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.211		0	0.025	1.914	0.025
Riboflavin	mg	0.678		0	0.081	6.149	0.081
Niacin	mg	2.399		0	0.288	21.759	0.288
Pantothenic acid	mg	1.499		0	0.180	13.596	0.180
Vitamin B-6	mg	0.182		0	0.022	1.651	0.022
Folate	µg	134		0	16	1215	16
Vitamin B-12	µg	0.46		0	0.06	4.17	0.06
Vitamin A	IU	150		3	18	1361	18
Vitamin A, RE	µg	45		0	5	408	5
Vitamin E, α-TE	mg	2.327		0	0.279	21.106	0.279
Lipids:							
Saturated, total	g	10.760		3	1.291	97.593	1.291
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g					
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	32	3	4	290	4
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 2 lb package
Measure 3: 2 tablespoons

NDB No. 06713 Sauce, NESTLE, TRIO 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	Samples	Measure 1* 12g	Measure 2* 907g	Measure 3* 12g
Proximates:							
Water	g	3.53		3	0.42	32.02	0.42
Energy	kcal	446		0	54	4045	54
Energy	kj	1866		0	224	16925	224
Protein (N x 5.95)	g	7.38		0	0.89	66.94	0.89
Total lipid (fat)	g	19.15		3	2.30	173.69	2.30
Carbohydrate, by difference	g	60.91		0	7.31	552.45	7.31
Fiber, total dietary	g	0.0		3	0.0	0.0	0.0
Ash	g	9.03		3	1.08	81.90	1.08
Sugars, total	g	10.80		3	1.30	97.96	1.30
Minerals:							
Calcium	mg	183		3	22	1660	22
Iron	mg	0.71		3	0.09	6.44	0.09
Magnesium	mg	36		0	4	327	4
Phosphorus	mg	283		0	34	2567	34
Potassium	mg	428		0	51	3882	51
Sodium	mg	2580		3	310	23401	310
Zinc	mg	1.11		0	0.13	10.07	0.13
Copper	mg	0.085		0	0.010	0.771	0.010
Manganese	mg	0.052		0	0.006	0.472	0.006
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.211		0	0.025	1.914	0.025
Riboflavin	mg	0.678		0	0.081	6.149	0.081
Niacin	mg	2.399		0	0.288	21.759	0.288
Pantothenic acid	mg	1.499		0	0.180	13.596	0.180
Vitamin B-6	mg	0.182		0	0.022	1.651	0.022
Folate	µg	134		0	16	1215	16
Vitamin B-12	µg	0.46		0	0.06	4.17	0.06
Vitamin A	IU	173		3	21	1569	21
Vitamin A, RE	µg	52		0	6	472	6
Vitamin E, α-TE	mg	2.327		0	0.279	21.106	0.279
Lipids:							
Saturated, total	g	6.670		3	0.800	60.497	0.800
4:0	g	0.155		0	0.019	1.406	0.019
6.0	g	0.075		0	0.009	0.680	0.009
8:0	g	0.040		0	0.005	0.363	0.005
10:0	g	0.086		0	0.010	0.780	0.010
12:0	g	0.079		0	0.009	0.717	0.009
14:0	g	0.494		0	0.059	4.481	0.059
15.0	g						
16:0	g	2.812		0	0.337	25.505	0.337
17:0	g						
18:0	g	1.282		0	0.154	11.628	0.154
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.510	0	0.901	68.116	0.901
14:1	g					
16:1	g	0.274	0	0.033	2.485	0.033
18:1	g	7.154	0	0.858	64.887	0.858
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	5.400	0	0.648	48.978	0.648
18:2	g	4.971	0	0.597	45.087	0.597
18:3	g	0.416	0	0.050	3.773	0.050
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	19	3	2	172	2
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 2 lb package
Measure 3: 2 tablespoons

NDB No. 06714 Sauce, NESTLE, TRIO Nacho 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	Samples	Measure 1* 12g	Measure 2* 907g	Measure 3* 12g
Proximates:							
Water	g	3.52		3	0.42	31.93	0.42
Energy	kcal	428		0	51	3882	51
Energy	kj	1791		0	215	16244	215
Protein (N x 5.95)	g	8.95		3	1.07	81.18	1.07
Total lipid (fat)	g	15.52		3	1.86	140.77	1.86
Carbohydrate, by difference	g	63.06		0	7.57	571.95	7.57
Fiber, total dietary	g	0.6		3	0.1	5.4	0.1
Ash	g	8.95		3	1.07	81.18	1.07
Sugars, total	g	10.70		3	1.28	97.05	1.28
Minerals:							
Calcium	mg	167		3	20	1515	20
Iron	mg	0.71		3	0.09	6.44	0.09
Magnesium	mg	36		0	4	327	4
Phosphorus	mg	283		0	34	2567	34
Potassium	mg	428		0	51	3882	51
Sodium	mg	2820		3	338	25577	338
Zinc	mg	1.11		0	0.13	10.07	0.13
Copper	mg	0.085		0	0.010	0.771	0.010
Manganese	mg	0.052		0	0.006	0.472	0.006
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.4		3	0.3	21.8	0.3
Thiamin	mg	0.211		0	0.025	1.914	0.025
Riboflavin	mg	0.678		0	0.081	6.149	0.081
Niacin	mg	2.399		0	0.288	21.759	0.288
Pantothenic acid	mg	1.499		0	0.180	13.596	0.180
Vitamin B-6	mg	0.182		0	0.022	1.651	0.022
Folate	µg	134		0	16	1215	16
Vitamin B-12	µg	0.46		0	0.06	4.17	0.06
Vitamin A	IU	181		3	22	1642	22
Vitamin A, RE	µg	45		0	5	408	5
Vitamin E, α-TE	mg	2.327		0	0.279	21.106	0.279
Lipids:							
Saturated, total	g	6.660		3	0.799	60.406	0.799
4:0	g	0.273		0	0.033	2.476	0.033
6.0	g	0.134		0	0.016	1.215	0.016
8:0	g	0.072		0	0.009	0.653	0.009
10:0	g	0.154		0	0.018	1.397	0.018
12:0	g	0.139		0	0.017	1.261	0.017
14:0	g	0.874		0	0.105	7.927	0.105
15.0	g						
16:0	g	3.485		0	0.418	31.609	0.418
17:0	g						
18:0	g	1.281		0	0.154	11.619	0.154
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.501	0	0.540	40.824	0.540
14:1	g					
16:1	g	0.335	0	0.040	3.038	0.040
18:1	g	4.043	0	0.485	36.670	0.485
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.522	0	0.423	31.945	0.423
18:2	g	3.236	0	0.388	29.351	0.388
18:3	g	0.286	0	0.034	2.594	0.034
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	17	3	2	154	2
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 2 lb package
Measure 3: 2 tablespoons

NDB No. 06715 Sauce, CUSTOM FOODS, SUPERB Instant Nacho 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	Samples	Measure 1* 14g	Measure 2* 907g	Measure 3*
Proximates:							
Water	g	4.49		1	0.64	40.72	
Energy	kcal	420		0	60	3809	
Energy	kj	1757		0	249	15936	
Protein (N x 5.95)	g	7.99		1	1.13	72.47	
Total lipid (fat)	g	18.31		1	2.60	166.07	
Carbohydrate, by difference	g	55.93		0	7.94	507.29	
Fiber, total dietary	g	2.8		1	0.4	25.4	
Ash	g	13.28		1	1.89	120.45	
Sugars, total	g	9.56		1	1.36	86.71	
Minerals:							
Calcium	mg	305		1	43	2766	
Iron	mg	0.80		1	0.11	7.26	
Magnesium	mg	36		0	5	327	
Phosphorus	mg	283		0	40	2567	
Potassium	mg	428		0	61	3882	
Sodium	mg	5164		1	733	46837	
Zinc	mg	1.11		0	0.16	10.07	
Copper	mg	0.085		0	0.012	0.771	
Manganese	mg	0.052		0	0.007	0.472	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.3		1	0.2	11.8	
Thiamin	mg	0.211		0	0.030	1.914	
Riboflavin	mg	0.678		0	0.096	6.149	
Niacin	mg	2.399		0	0.341	21.759	
Pantothenic acid	mg	1.499		0	0.213	13.596	
Vitamin B-6	mg	0.182		0	0.026	1.651	
Folate	µg	134		0	19	1215	
Vitamin B-12	µg	0.46		0	0.07	4.17	
Vitamin A	IU	303		1	43	2748	
Vitamin A, RE	µg	83		0	12	753	
Vitamin E, α-TE	mg	2.327		0	0.330	21.106	
Lipids:							
Saturated, total	g	10.315		1	1.465	93.557	
4:0	g	0.243		1	0.035	2.204	
6.0	g	0.152		1	0.022	1.379	
8:0	g	0.111		1	0.016	1.007	
10:0	g	0.291		1	0.041	2.639	
12:0	g	0.396		1	0.056	3.592	
14:0	g	1.424		1	0.202	12.916	
15.0	g						
16:0	g	4.745		1	0.674	43.037	
17:0	g						
18:0	g	2.587		1	0.367	23.464	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.040	1	1.000	63.853
14:1	g				
16:1	g	0.196	1	0.028	1.778
18:1	g	6.662	1	0.946	60.424
20:1	g	0.057	1	0.008	0.517
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	0.958	1	0.136	8.689
18:2	g	0.807	1	0.115	7.319
18:3	g	0.129	1	0.018	1.170
18:4	g	0.000	1	0.000	0.000
20:4	g	0.022	1	0.003	0.200
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	21	1	3	190
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 2 lb package

NDB No. 06716 Sauce, CUSTOM FOODS, SUPERB Instant Cheddar 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	Samples	Measure 1* 14g	Measure 2* 907g	Measure 3*
Proximates:							
Water	g	4.88		1	0.69	44.26	
Energy	kcal	423		0	60	3837	
Energy	kj	1770		0	251	16054	
Protein (N x 5.95)	g	7.94		1	1.13	72.02	
Total lipid (fat)	g	18.32		1	2.60	166.16	
Carbohydrate, by difference	g	56.51		0	8.02	512.55	
Fiber, total dietary	g	4.4		1	0.6	39.9	
Ash	g	12.36		1	1.76	112.11	
Sugars, total	g	10.45		1	1.48	94.78	
Minerals:							
Calcium	mg	285		1	40	2585	
Iron	mg	0.46		1	0.07	4.17	
Magnesium	mg	36		0	5	327	
Phosphorus	mg	283		0	40	2567	
Potassium	mg	428		0	61	3882	
Sodium	mg	4825		1	685	43763	
Zinc	mg	1.11		0	0.16	10.07	
Copper	mg	0.085		0	0.012	0.771	
Manganese	mg	0.052		0	0.007	0.472	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		1	0.1	9.1	
Thiamin	mg	0.211		0	0.030	1.914	
Riboflavin	mg	0.678		0	0.096	6.149	
Niacin	mg	2.399		0	0.341	21.759	
Pantothenic acid	mg	1.499		0	0.213	13.596	
Vitamin B-6	mg	0.182		0	0.026	1.651	
Folate	µg	134		0	19	1215	
Vitamin B-12	µg	0.46		0	0.07	4.17	
Vitamin A	IU	404		1	57	3664	
Vitamin A, RE	µg	115		0	16	1043	
Vitamin E, α-TE	mg	2.327		0	0.330	21.106	
Lipids:							
Saturated, total	g	10.627		1	1.509	96.387	
4:0	g	0.266		1	0.038	2.413	
6.0	g	0.164		1	0.023	1.487	
8:0	g	0.121		1	0.017	1.097	
10:0	g	0.318		1	0.045	2.884	
12:0	g	0.428		1	0.061	3.882	
14:0	g	1.504		1	0.214	13.641	
15.0	g						
16:0	g	4.835		1	0.687	43.853	
17:0	g						
18:0	g	2.614		1	0.371	23.709	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.685	1	0.949	60.633
14:1	g				
16:1	g	0.196	1	0.028	1.778
18:1	g	6.322	1	0.898	57.341
20:1	g	0.048	1	0.007	0.435
22.1	g	0.000	1	0.000	0.000
Polyunsaturated, total	g	1.007	1	0.143	9.133
18:2	g	0.842	1	0.120	7.637
18:3	g	0.139	1	0.020	1.261
18:4	g	0.000	1	0.000	0.000
20:4	g	0.026	1	0.004	0.236
20:5	g	0.000	1	0.000	0.000
22:5	g	0.000	1	0.000	0.000
22:6	g	0.000	1	0.000	0.000
Cholesterol	mg	27	1	4	245
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 2 lb package

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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	3.78		11			
Energy	kcal	438		0			
Energy	kj	1833		0			
Protein (N x 5.95)	g	7.68		8			
Total lipid (fat)	g	18.33		11			
Carbohydrate, by difference	g	60.52		0			
Fiber, total dietary	g	1.0		11			
Ash	g	9.67		11			
Sugars, total	g	10.26		11			
Minerals:							
Calcium	mg	204		11			
Iron	mg	0.50		11			
Magnesium	mg	36		0			
Phosphorus	mg	283		0			
Potassium	mg	428		0			
Sodium	mg	3202		11			
Zinc	mg	1.11		0			
Copper	mg	0.085		0			
Manganese	mg	0.052		0			
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.9		11			
Thiamin	mg	0.211		0			
Riboflavin	mg	0.678		0			
Niacin	mg	2.399		0			
Pantothenic acid	mg	1.499		0			
Vitamin B-6	mg	0.182		0			
Folate	µg	134		0			
Vitamin B-12	µg	0.46		0			
Vitamin A	IU	202		11			
Vitamin A, RE	µg	57		0			
Vitamin E, α-TE	mg	2.327		0			
Lipids:							
Saturated, total	g	8.440		11			
4:0	g	0.205		0			
6.0	g	0.127		0			
8:0	g	0.094		0			
10:0	g	0.245		0			
12:0	g	0.332		0			
14:0	g	1.179		0			
15.0	g						
16:0	g	3.858		0			
17:0	g						
18:0	g	2.096		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.868	0
14:1	g		
16:1	g	0.196	0
18:1	g	6.497	0
20:1	g	0.052	0
22.1	g	0.000	0
Polyunsaturated, total	g	0.983	0
18:2	g	0.825	0
18:3	g	0.134	0
18:4	g	0.000	0
20:4	g	0.024	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	23	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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 06721 Sauce, CPC, KNORR Alfredo Sauce, 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	Samples	Measure 1* 15g	Measure 2*	Measure 3*
Proximates:							
Water	g	5.55		1	0.83		
Energy	kcal	412		0	62		
Energy	kj	1724		0	259		
Protein (N x 5.95)	g	14.80		1	2.22		
Total lipid (fat)	g	18.10		1	2.71		
Carbohydrate, by difference	g	47.50		0	7.13		
Fiber, total dietary	g						
Ash	g	14.00		1	2.10		
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	4868		1	730		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.050		2	1.658		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.948	1	1.042
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	0.641	1	0.096
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	36	2	5
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 2 tablespoons

NDB No. 06722 Soup, LIPTON, RECIPE SECRETS BEEFY MUSHROOM, 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	Samples	Measure 1* 11g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.44		
Energy	kcal	298		0	33		
Energy	kj	1247		0	137		
Protein (N x 5.95)	g	7.76		0	0.85		
Total lipid (fat)	g	3.43		0	0.38		
Carbohydrate, by difference	g	60.22		0	6.62		
Fiber, total dietary	g	1.0		0	0.1		
Ash	g	24.59		0	2.70		
Sugars, total	g	14.17		0	1.56		
Minerals:							
Calcium	mg	98		0	11		
Iron	mg	0.94		0	0.10		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	5865		0	645		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.5		0	0.2		
Thiamin	mg	0.030		0	0.003		
Riboflavin	mg	0.069		0	0.008		
Niacin	mg	0.685		0	0.075		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	0		0	0		
Vitamin B-12	µg						
Vitamin A	IU	8		0	1		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.485		0	0.053		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	2	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06723 Soup, LIPTON, RECIPE SECRETS FIESTA HERB WITH RED, 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	Samples	Measure 1* 9g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.36		
Energy	kcal	322		0	29		
Energy	kj	1347		0	121		
Protein (N x 5.95)	g	10.66		0	0.96		
Total lipid (fat)	g	3.77		0	0.34		
Carbohydrate, by difference	g	64.44		0	5.80		
Fiber, total dietary	g	4.6		0	0.4		
Ash	g	17.13		0	1.54		
Sugars, total	g	7.46		0	0.67		
Minerals:							
Calcium	mg	106		0	10		
Iron	mg	3.62		0	0.33		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	6210		0	559		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	16.8		0	1.5		
Thiamin	mg	0.397		0	0.036		
Riboflavin	mg	0.463		0	0.042		
Niacin	mg	3.259		0	0.293		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	23		0	2		
Vitamin B-12	µg						
Vitamin A	IU	1659		0	149		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.637		0	0.057		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	15	0	1
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 06724 Soup, LIPTON, RECIPE SECRETS BEEFY ONION, 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	Samples	Measure 1* 8g	Measure 2*	Measure 3*
Proximates:							
Water	g	4.00		0	0.32		
Energy	kcal	314		0	25		
Energy	kj	1314		0	105		
Protein (N x 5.95)	g	6.47		0	0.52		
Total lipid (fat)	g	7.93		0	0.63		
Carbohydrate, by difference	g	58.53		0	4.68		
Fiber, total dietary	g	4.4		0	0.4		
Ash	g	23.07		0	1.85		
Sugars, total	g	6.59		0	0.53		
Minerals:							
Calcium	mg	140		0	11		
Iron	mg	1.50		0	0.12		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	7582		0	607		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	8.2		0	0.7		
Thiamin	mg	0.186		0	0.015		
Riboflavin	mg	0.233		0	0.019		
Niacin	mg	1.508		0	0.121		
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg	0		0	0		
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.801		0	0.144		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 539g	Measure 2* 240g	Measure 3*
Proximates:							
Water	g	82.10		1	442.52	197.04	
Energy	kcal	99		0	534	238	
Energy	kj	414		0	2231	994	
Protein (N x 5.95)	g	3.10		1	16.71	7.44	
Total lipid (fat)	g	6.30		1	33.96	15.12	
Carbohydrate, by difference	g	7.50		0	40.42	18.00	
Fiber, total dietary	g	0.9		1	4.9	2.2	
Ash	g	1.00		1	5.39	2.40	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	299		1	1612	718	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1150		1	6199	2760	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.750		1	9.432	4.200	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.270	1	6.845	3.048
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.900	1	10.241	4.560
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	11	1	59	26
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 06726 Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 539g	Measure 2* 240g	Measure 3*
Proximates:							
Water	g	84.20		1	453.84	202.08	
Energy	kcal	80		0	431	192	
Energy	kj	335		0	1806	804	
Protein (N x 5.95)	g	3.00		1	16.17	7.20	
Total lipid (fat)	g	4.40		1	23.72	10.56	
Carbohydrate, by difference	g	7.10		0	38.27	17.04	
Fiber, total dietary	g	1.4		1	7.5	3.4	
Ash	g	1.30		1	7.01	3.12	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.48		1	2.59	1.15	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	339		1	1827	814	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.0		1	10.8	4.8	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.150		1	6.198	2.760	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.837	1	4.511	2.009
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.740	1	9.379	4.176
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	1	32	14
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 06727 Soup, chicken noodle, 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	Samples	Measure 1* 539g	Measure 2* 243g	Measure 3*
Proximates:							
Water	g	88.70		1	478.09	215.54	
Energy	kcal	47		0	253	114	
Energy	kj	197		0	1062	479	
Protein (N x 5.95)	g	3.20		1	17.25	7.78	
Total lipid (fat)	g	1.30		1	7.01	3.16	
Carbohydrate, by difference	g	5.70		0	30.72	13.85	
Fiber, total dietary	g						
Ash	g	1.10		1	5.93	2.67	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.49		1	2.64	1.19	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	360		1	1940	875	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1075		1	5794	2612	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.321		1	1.730	0.780	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.497	1	2.679	1.208
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.262	1	1.412	0.637
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	10	1	54	24
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

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	Samples	Measure 1* 539g	Measure 2* 240g	Measure 3*
Proximates:							
Water	g	85.30		1	459.77	204.72	
Energy	kcal	80		0	431	192	
Energy	kj	335		0	1806	804	
Protein (N x 5.95)	g	2.70		1	14.55	6.48	
Total lipid (fat)	g	5.20		1	28.03	12.48	
Carbohydrate, by difference	g	5.60		0	30.18	13.44	
Fiber, total dietary	g	0.6		1	3.2	1.4	
Ash	g	1.20		1	6.47	2.88	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.70		1	3.77	1.68	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	364		1	1962	874	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.620		1	8.732	3.888	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.460	1	13.259	5.904
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.320	1	1.725	0.768
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	9	1	49	22
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

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	Samples	Measure 1* 539g	Measure 2* 240g	Measure 3*
Proximates:							
Water	g	84.10		1	453.30	201.84	
Energy	kcal	77		0	415	185	
Energy	kj	322		0	1736	773	
Protein (N x 5.95)	g	4.20		1	22.64	10.08	
Total lipid (fat)	g	3.70		1	19.94	8.88	
Carbohydrate, by difference	g	6.80		0	36.65	16.32	
Fiber, total dietary	g	2.3		1	12.4	5.5	
Ash	g	1.20		1	6.47	2.88	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.87		1	4.69	2.09	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	361		1	1946	866	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1250		1	6738	3000	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.330		1	7.169	3.192	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.320	1	7.115	3.168
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.523	1	2.819	1.255
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	11	1	59	26
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 06730 Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 539g	Measure 2* 243g	Measure 3*
Proximates:							
Water	g	81.00		1	436.59	196.83	
Energy	kcal	76		0	410	185	
Energy	kj	318		0	1714	773	
Protein (N x 5.95)	g	5.20		1	28.03	12.64	
Total lipid (fat)	g	1.10		1	5.93	2.67	
Carbohydrate, by difference	g	11.30		0	60.91	27.46	
Fiber, total dietary	g						
Ash	g	1.40		1	7.55	3.40	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.92		1	4.96	2.24	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	343		1	1849	833	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.2		1	22.6	10.2	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	2625		1	14149	6379	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.300		1	1.617	0.729	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.404	1	2.178	0.982
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.198	1	1.067	0.481
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	1	32	15
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

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	Samples	Measure 1* 326g	Measure 2* 135g	Measure 3*
Proximates:							
Water	g	70.90		1	231.13	95.72	
Energy	kcal	117		0	381	158	
Energy	kj	490		0	1597	662	
Protein (N x 5.95)	g	6.50		1	21.19	8.78	
Total lipid (fat)	g	2.10		1	6.85	2.84	
Carbohydrate, by difference	g	18.00		0	58.68	24.30	
Fiber, total dietary	g	4.6		1	15.0	6.2	
Ash	g	2.50		1	8.15	3.38	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	1.37		1	4.47	1.85	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	736		1	2399	994	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	183		1	597	247	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.601		1	1.959	0.811	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.747	1	2.435	1.008
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.446	1	1.454	0.602
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	1	10	4
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 06732 Soup, beef broth, 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	Samples	Measure 1* 298g	Measure 2* 126g	Measure 3*
Proximates:							
Water	g	94.60		1	281.91	119.20	
Energy	kcal	18		0	54	23	
Energy	kj	75		0	224	95	
Protein (N x 5.95)	g	2.60		1	7.75	3.28	
Total lipid (fat)	g	1.00		1	2.98	1.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g						
Ash	g	2.10		1	6.26	2.65	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	769		1	2292	969	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g						
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g				
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g				
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	1	1	3	1
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

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	Samples	Measure 1* 312g	Measure 2* 127g	Measure 3*
Proximates:							
Water	g	84.60		1	263.95	107.44	
Energy	kcal	61		0	190	77	
Energy	kj	255		0	796	324	
Protein (N x 5.95)	g	3.90		1	12.17	4.95	
Total lipid (fat)	g	1.40		1	4.37	1.78	
Carbohydrate, by difference	g	8.20		0	25.58	10.41	
Fiber, total dietary	g						
Ash	g	1.90		1	5.93	2.41	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	707		1	2206	898	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	567		1	1769	720	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.480		1	1.498	0.610	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.567	1	1.769	0.720
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.098	1	0.306	0.124
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	1	19	8
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

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	Samples	Measure 1* 298g	Measure 2* 125g	Measure 3*
Proximates:							
Water	g	86.80		1	258.66	108.50	
Energy	kcal	50		0	149	63	
Energy	kj	209		0	623	261	
Protein (N x 5.95)	g	2.30		1	6.85	2.88	
Total lipid (fat)	g	1.40		1	4.17	1.75	
Carbohydrate, by difference	g	7.10		0	21.16	8.87	
Fiber, total dietary	g						
Ash	g	2.40		1	7.15	3.00	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	732		1	2181	915	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	433		1	1290	541	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.342		1	1.019	0.428	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.546	1	1.627	0.683
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.303	1	0.903	0.379
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	1	12	5
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

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	Samples	Measure 1* 305g	Measure 2* 126g	Measure 3*
Proximates:							
Water	g	81.40		1	248.27	102.56	
Energy	kcal	99		0	302	125	
Energy	kj	414		0	1263	522	
Protein (N x 5.95)	g	2.40		1	7.32	3.02	
Total lipid (fat)	g	6.50		1	19.82	8.19	
Carbohydrate, by difference	g	7.70		0	23.48	9.70	
Fiber, total dietary	g						
Ash	g	2.00		1	6.10	2.52	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	788		1	2403	993	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.610		1	4.910	2.029	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.640	1	5.002	2.066
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.050	1	6.253	2.583
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	7	1	21	9
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

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	Samples	Measure 1* 326g	Measure 2* 135g	Measure 3*
Proximates:							
Water	g	65.40		1	213.20	88.29	
Energy	kcal	140		0	456	189	
Energy	kj	586		0	1910	791	
Protein (N x 5.95)	g	8.60		1	28.04	11.61	
Total lipid (fat)	g	2.30		1	7.50	3.11	
Carbohydrate, by difference	g	21.20		0	69.11	28.62	
Fiber, total dietary	g	3.0		1	9.8	4.0	
Ash	g	2.50		1	8.15	3.38	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	1.59		1	5.18	2.15	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	729		1	2377	984	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	150		1	489	203	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.676		1	2.204	0.913	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.892	1	2.908	1.204
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.439	1	1.431	0.593
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	1	10	4
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

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	Samples	Measure 1* 298g	Measure 2* 136g	Measure 3*
Proximates:							
Water	g	86.00		1	256.28	116.96	
Energy	kcal	53		0	158	72	
Energy	kj	222		0	662	302	
Protein (N x 5.95)	g	3.80		1	11.32	5.17	
Total lipid (fat)	g	0.80		1	2.38	1.09	
Carbohydrate, by difference	g	7.70		0	22.95	10.47	
Fiber, total dietary	g						
Ash	g	1.70		1	5.07	2.31	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	555		1	1654	755	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1367		1	4074	1859	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.231		1	0.688	0.314	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.176	1	0.524	0.239
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.237	1	0.706	0.322
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	1	15	7
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

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	Samples	Measure 1* 454g	Measure 2* 240g	Measure 3*
Proximates:							
Water	g	89.50		1	406.33	214.80	
Energy	kcal	40		0	182	96	
Energy	kj	167		0	758	401	
Protein (N x 5.95)	g	2.70		1	12.26	6.48	
Total lipid (fat)	g	0.50		1	2.27	1.20	
Carbohydrate, by difference	g	6.30		0	28.60	15.12	
Fiber, total dietary	g						
Ash	g	1.00		1	4.54	2.40	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	192		1	872	461	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1283		1	5825	3079	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.121		1	0.549	0.290	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.168	1	0.763	0.403
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.107	1	0.486	0.257
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	4	1	18	10
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 06741 Soup, chicken noodle with celery and carrots, homestyle, 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	Samples	Measure 1* 305g	Measure 2* 305g	Measure 3*
Proximates:							
Water	g	92.70		1	282.74	282.74	
Energy	kcal	31		0	95	95	
Energy	kj	130		0	397	397	
Protein (N x 5.95)	g	2.10		1	6.41	6.41	
Total lipid (fat)	g	1.10		1	3.36	3.36	
Carbohydrate, by difference	g	3.10		0	9.45	9.45	
Fiber, total dietary	g						
Ash	g	1.00		1	3.05	3.05	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.50		1	1.52	1.52	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	323		1	985	985	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	217		1	662	662	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.283		1	0.863	0.863	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.414	1	1.263	1.263
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.170	1	0.518	0.518
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	7	1	21	21
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

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	Samples	Measure 1* 292g	Measure 2* 292g	Measure 3*
Proximates:							
Water	g	88.60		1	258.71	258.71	
Energy	kcal	44		0	128	128	
Energy	kj	184		0	537	537	
Protein (N x 5.95)	g	6.20		1	18.10	18.10	
Total lipid (fat)	g	0.70		1	2.04	2.04	
Carbohydrate, by difference	g	3.30		0	9.64	9.64	
Fiber, total dietary	g	1.5		1	4.4	4.4	
Ash	g	1.20		1	3.50	3.50	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	376		1	1098	1098	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	650		1	1898	1898	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.221		1	0.645	0.645	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.223	1	0.651	0.651
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.112	1	0.327	0.327
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	3	1	9	9
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 06743 Soup, beef with country vegetables, 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	Samples	Measure 1* 425g	Measure 2* 249g	Measure 3*
Proximates:							
Water	g	86.90		1	369.32	216.38	
Energy	kcal	56		0	238	139	
Energy	kj	234		0	995	583	
Protein (N x 5.95)	g	3.10		1	13.18	7.72	
Total lipid (fat)	g	1.30		1	5.53	3.24	
Carbohydrate, by difference	g	7.90		0	33.57	19.67	
Fiber, total dietary	g						
Ash	g	0.80		1	3.40	1.99	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	176		1	748	438	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.6		1	11.1	6.5	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1584		1	6732	3944	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.317		1	1.347	0.789	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.504	1	2.142	1.255
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.275	1	1.169	0.685
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	12	1	51	30
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 06746 Gravy, PEPPERIDGE FARM HEARTY BEEF GRAVY, GLASS JAR

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 340g	Measure 2* 60g	Measure 3*
Proximates:							
Water	g	88.40		1	300.56	53.04	
Energy	kcal	43		0	146	26	
Energy	kj	180		0	612	108	
Protein (N x 5.95)	g	3.00		1	10.20	1.80	
Total lipid (fat)	g	0.70		1	2.38	0.42	
Carbohydrate, by difference	g	6.20		0	21.08	3.72	
Fiber, total dietary	g						
Ash	g	1.70		1	5.78	1.02	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	631		1	2145	379	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.238		1	0.809	0.143	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.252	1	0.857	0.151
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.064	1	0.218	0.038
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	5	1	17	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 06747 Soup, PROGRESSO CHICKEN & WILD RICE WITH VEGETABLES

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 538g	Measure 2* 239g	Measure 3*
Proximates:							
Water	g	90.50		1	486.89	216.29	
Energy	kcal	39		0	210	93	
Energy	kj	163		0	877	390	
Protein (N x 5.95)	g	2.50		1	13.45	5.97	
Total lipid (fat)	g	0.90		1	4.84	2.15	
Carbohydrate, by difference	g	5.00		0	26.90	11.95	
Fiber, total dietary	g						
Ash	g	1.00		1	5.38	2.39	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	328		1	1765	784	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	550		1	2959	1315	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.250		1	1.345	0.598	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.411	1	2.211	0.982
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.211	1	1.135	0.504
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	6	1	32	14
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 06748 Soup, PROGRESSO HEALTHY CLASSICS BEEF BARLEY, 99% FAT FREE

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 453g	Measure 2* 241g	Measure 3*
Proximates:							
Water	g	86.10		1	390.03	207.50	
Energy	kcal	57		0	258	137	
Energy	kj	238		0	1078	574	
Protein (N x 5.95)	g	5.10		1	23.10	12.29	
Total lipid (fat)	g	0.68		1	3.08	1.64	
Carbohydrate, by difference	g	7.10		0	32.16	17.11	
Fiber, total dietary	g	1.5		1	6.8	3.6	
Ash	g	0.80		1	3.62	1.93	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.65		1	2.94	1.57	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	219		1	992	528	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	834		1	3776	2009	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.290		1	1.314	0.699	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.300	1	1.359	0.723
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.090	1	0.408	0.217
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	8	1	38	20
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 06749 Soup, beef with country vegetables, 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	Samples	Measure 1* 539g	Measure 2* 243g	Measure 3*
Proximates:							
Water	g	85.30		1	459.77	207.28	
Energy	kcal	63		0	340	153	
Energy	kj	264		0	1423	642	
Protein (N x 5.95)	g	5.10		1	27.49	12.39	
Total lipid (fat)	g	1.80		1	9.70	4.37	
Carbohydrate, by difference	g	6.60		0	35.57	16.04	
Fiber, total dietary	g						
Ash	g	1.20		1	6.47	2.92	
Sugars, total	g						
Minerals:							
Calcium	mg						
Iron	mg	0.89		1	4.80	2.16	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	357		1	1924	868	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	1800		1	9702	4374	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.539		1	2.905	1.310	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.443	1	2.388	1.076
14:1	g				
16:1	g				
18:1	g				
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.511	1	2.754	1.242
18:2	g				
18:3	g				
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	10	1	54	24
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package yields
Measure 2: 1 serving

NDB No. 06800 Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, 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	Samples	Measure 1* 2977g	Measure 2* 62g	Measure 3* 62g
Proximates:							
Water	g	75.33		3	2242.57	46.70	46.70
Energy	kcal	155		0	4614	96	96
Energy	kj	649		0	19321	402	402
Protein (N x 5.95)	g	4.60		3	136.94	2.85	2.85
Total lipid (fat)	g	12.40		3	369.15	7.69	7.69
Carbohydrate, by difference	g	6.28		0	186.96	3.89	3.89
Fiber, total dietary	g	0.7		3	20.8	0.4	0.4
Ash	g	1.39		3	41.38	0.86	0.86
Sugars, total	g	0.78		3	23.22	0.48	0.48
Minerals:							
Calcium	mg	6		3	179	4	4
Iron	mg	0.55		3	16.37	0.34	0.34
Magnesium	mg	5		0	149	3	3
Phosphorus	mg	41		0	1221	25	25
Potassium	mg	77		0	2292	48	48
Sodium	mg	380		3	11313	236	236
Zinc	mg	0.55		0	16.37	0.34	0.34
Copper	mg	0.038		0	1.131	0.024	0.024
Manganese	mg	0.033		0	0.982	0.020	0.020
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		3	3.0	0.1	0.1
Thiamin	mg	0.159		0	4.733	0.099	0.099
Riboflavin	mg	0.062		0	1.846	0.038	0.038
Niacin	mg	1.049		0	31.229	0.650	0.650
Pantothenic acid	mg	0.159		0	4.733	0.099	0.099
Vitamin B-6	mg	0.065		0	1.935	0.040	0.040
Folate	µg	1		0	30	1	1
Vitamin B-12	µg	0.34		0	10.12	0.21	0.21
Vitamin A	IU	0		3	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.297		0	8.842	0.184	0.184
Lipids:							
Saturated, total	g	3.220		3	95.859	1.996	1.996
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.026		0	0.774	0.016	0.016
12:0	g	0.019		0	0.566	0.012	0.012
14:0	g	0.110		0	3.275	0.068	0.068
15.0	g						
16:0	g	2.108		0	62.755	1.307	1.307
17:0	g						
18:0	g	0.957		0	28.490	0.593	0.593
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.698	0	139.859	2.913	2.913
14:1	g					
16:1	g	0.253	0	7.532	0.157	0.157
18:1	g	4.445	0	132.328	2.756	2.756
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.483	0	103.689	2.159	2.159
18:2	g	3.212	0	95.621	1.991	1.991
18:3	g	0.273	0	8.127	0.169	0.169
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	21	3	625	13	13
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving
Measure 3: 1/4 cup

NDB No. 06901 Sauce, NESTLE, CONTADINA Deluxe Marinara Sauce, 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	Samples	Measure 1* 250g	Measure 2* 3005g	Measure 3* 125g
Proximates:							
Water	g	87.70		3	219.25	2635.39	109.63
Energy	kcal	58		0	145	1743	73
Energy	kj	243		0	608	7302	304
Protein (N x 5.95)	g	1.22		3	3.05	36.66	1.52
Total lipid (fat)	g	2.82		3	7.05	84.74	3.52
Carbohydrate, by difference	g	6.95		0	17.38	208.85	8.69
Fiber, total dietary	g	1.2		3	3.0	36.1	1.5
Ash	g	1.31		3	3.27	39.37	1.64
Sugars, total	g	4.70		3	11.75	141.24	5.88
Minerals:							
Calcium	mg	19		3	48	571	24
Iron	mg	0.60		3	1.50	18.03	0.75
Magnesium	mg	12		0	30	361	15
Phosphorus	mg	26		0	65	781	33
Potassium	mg	207		0	518	6220	259
Sodium	mg	375		3	938	11269	469
Zinc	mg	0.13		0	0.33	3.91	0.16
Copper	mg	0.075		0	0.188	2.254	0.094
Manganese	mg	0.207		0	0.517	6.220	0.259
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	7.0		3	17.5	210.3	8.8
Thiamin	mg	0.043		0	0.108	1.292	0.054
Riboflavin	mg	0.032		0	0.080	0.962	0.040
Niacin	mg	0.572		0	1.430	17.189	0.715
Pantothenic acid	mg	0.199		0	0.498	5.980	0.249
Vitamin B-6	mg	0.084		0	0.210	2.524	0.105
Folate	µg	9		0	23	270	11
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	350		3	875	10518	438
Vitamin A, RE	µg	35		0	88	1052	44
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	0.000
Lipids:							
Saturated, total	g	0.440		3	1.100	13.222	0.550
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.004		0	0.010	0.120	0.005
15.0	g						
16:0	g	0.348		0	0.870	10.457	0.435
17:0	g						
18:0	g	0.084		0	0.210	2.524	0.105
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.371	0	3.428	41.199	1.714
14:1	g					
16:1	g	0.014	0	0.035	0.421	0.018
18:1	g	1.353	0	3.382	40.658	1.691
20:1	g	0.004	0	0.010	0.120	0.005
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.824	0	2.060	24.761	1.030
18:2	g	0.778	0	1.945	23.379	0.973
18:3	g	0.048	0	0.120	1.442	0.060
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06903 Sauce, NESTLE, CHEF-MATE Creole Sauce, 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	Samples	Measure 1* 248g	Measure 2* 1956g	Measure 3* 62g
Proximates:							
Water	g	89.27		3	221.39	1746.12	55.35
Energy	kcal	40		0	99	782	25
Energy	kj	167		0	414	3267	104
Protein (N x 5.95)	g	1.49		3	3.70	29.14	0.92
Total lipid (fat)	g	1.11		3	2.75	21.71	0.69
Carbohydrate, by difference	g	5.98		0	14.83	116.97	3.71
Fiber, total dietary	g	1.3		0	3.2	25.4	0.8
Ash	g	2.15		3	5.33	42.05	1.33
Sugars, total	g	4.70		3	11.66	91.93	2.91
Minerals:							
Calcium	mg	56		3	139	1095	35
Iron	mg	0.50		3	1.24	9.78	0.31
Magnesium	mg	14		0	35	274	9
Phosphorus	mg	28		0	69	548	17
Potassium	mg	302		0	749	5907	187
Sodium	mg	547		3	1357	10699	339
Zinc	mg	0.16		0	0.40	3.13	0.10
Copper	mg	0.095		0	0.236	1.858	0.059
Manganese	mg	0.167		0	0.414	3.267	0.104
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.054		0	0.134	1.056	0.033
Riboflavin	mg	0.040		0	0.099	0.782	0.025
Niacin	mg	0.850		0	2.108	16.626	0.527
Pantothenic acid	mg	0.266		0	0.660	5.203	0.165
Vitamin B-6	mg	0.111		0	0.275	2.171	0.069
Folate	µg	14		0	35	274	9
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	377		3	935	7374	234
Vitamin A, RE	µg	38		0	94	743	24
Vitamin E, α-TE	mg	0.987		0	2.448	19.306	0.612
Lipids:							
Saturated, total	g	0.108		3	0.268	2.112	0.067
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.002		0	0.005	0.039	0.001
15.0	g						
16:0	g	0.084		0	0.208	1.643	0.052
17:0	g						
18:0	g	0.021		0	0.052	0.411	0.013
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.372	0	0.923	7.276	0.231
14:1	g					
16:1	g	0.003	0	0.007	0.059	0.002
18:1	g	0.368	0	0.913	7.198	0.228
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.471	0	1.168	9.213	0.292
18:2	g	0.444	0	1.101	8.685	0.275
18:3	g	0.026	0	0.064	0.509	0.016
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06904 Sauce, NESTLE, CONTADINA Spaghetti Sauce, 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	Samples	Measure 1* 250g	Measure 2* 2977g	Measure 3* 125g
Proximates:							
Water	g	86.09		3	215.22	2562.90	107.61
Energy	kcal	56		0	140	1667	70
Energy	kj	234		0	585	6966	293
Protein (N x 5.95)	g	1.62		3	4.05	48.23	2.02
Total lipid (fat)	g	1.31		3	3.27	39.00	1.64
Carbohydrate, by difference	g	9.50		0	23.75	282.81	11.88
Fiber, total dietary	g	1.9		3	4.8	56.6	2.4
Ash	g	1.48		3	3.70	44.06	1.85
Sugars, total	g	6.30		3	15.75	187.55	7.88
Minerals:							
Calcium	mg	25		3	63	744	31
Iron	mg	0.85		3	2.13	25.30	1.06
Magnesium	mg	22		0	55	655	28
Phosphorus	mg	37		0	93	1101	46
Potassium	mg	383		0	958	11402	479
Sodium	mg	450		3	1125	13397	563
Zinc	mg	0.21		0	0.53	6.25	0.26
Copper	mg	0.148		0	0.370	4.406	0.185
Manganese	mg	0.234		0	0.585	6.966	0.293
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	8.9		3	22.3	265.0	11.1
Thiamin	mg	0.065		0	0.163	1.935	0.081
Riboflavin	mg	0.049		0	0.123	1.459	0.061
Niacin	mg	1.552		0	3.880	46.203	1.940
Pantothenic acid	mg	0.397		0	0.993	11.819	0.496
Vitamin B-6	mg	0.144		0	0.360	4.287	0.180
Folate	µg	10		0	25	298	13
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	400		3	1000	11908	500
Vitamin A, RE	µg	40		0	100	1191	50
Vitamin E, α-TE	mg	2.503		0	6.258	74.514	3.129
Lipids:							
Saturated, total	g	0.150		3	0.375	4.466	0.188
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.003		0	0.008	0.089	0.004
15.0	g						
16:0	g	0.116		0	0.290	3.453	0.145
17:0	g						
18:0	g	0.031		0	0.078	0.923	0.039
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.368	0	0.920	10.955	0.460
14:1	g					
16:1	g	0.002	0	0.005	0.060	0.003
18:1	g	0.365	0	0.913	10.866	0.456
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.620	0	1.550	18.457	0.775
18:2	g	0.582	0	1.455	17.326	0.728
18:3	g	0.036	0	0.090	1.072	0.045
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06905 Sauce, NESTLE, CHEF-MATE Lemon Sauce, 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	Samples	Measure 1* 2126g	Measure 2* 32g	Measure 3* 32g
Proximates:							
Water	g	67.15		3	1427.61	21.49	21.49
Energy	kcal	134		0	2849	43	43
Energy	kj	561		0	11927	180	180
Protein (N x 5.95)	g	0.22		3	4.68	0.07	0.07
Total lipid (fat)	g	0.59		3	12.54	0.19	0.19
Carbohydrate, by difference	g	31.92		0	678.62	10.21	10.21
Fiber, total dietary	g	0.0		3	0.0	0.0	0.0
Ash	g	0.13		3	2.76	0.04	0.04
Sugars, total	g	24.50		3	520.87	7.84	7.84
Minerals:							
Calcium	mg	4		3	85	1	1
Iron	mg	0.38		3	8.08	0.12	0.12
Magnesium	mg	2		0	43	1	1
Phosphorus	mg	4		0	85	1	1
Potassium	mg	20		0	425	6	6
Sodium	mg	8		3	170	3	3
Zinc	mg	0.04		0	0.85	0.01	0.01
Copper	mg	0.024		0	0.510	0.008	0.008
Manganese	mg	0.031		0	0.659	0.010	0.010
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	8.6		3	182.8	2.8	2.8
Thiamin	mg	0.007		0	0.149	0.002	0.002
Riboflavin	mg	0.005		0	0.106	0.002	0.002
Niacin	mg	0.035		0	0.744	0.011	0.011
Pantothenic acid	mg	0.020		0	0.425	0.006	0.006
Vitamin B-6	mg	0.008		0	0.170	0.003	0.003
Folate	µg	1		0	21	0	0
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	0		3	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.044		0	0.935	0.014	0.014
Lipids:							
Saturated, total	g	0.072		3	1.531	0.023	0.023
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.000		0	0.000	0.000	0.000
15.0	g						
16:0	g	0.050		0	1.063	0.016	0.016
17:0	g						
18:0	g	0.020		0	0.425	0.006	0.006
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.169	0	3.593	0.054	0.054
14:1	g					
16:1	g	0.001	0	0.021	0.000	0.000
18:1	g	0.167	0	3.550	0.053	0.053
20:1	g	0.001	0	0.021	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.280	0	5.953	0.090	0.090
18:2	g	0.257	0	5.464	0.082	0.082
18:3	g	0.023	0	0.489	0.007	0.007
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	3	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving
Measure 3: 2 tablespoons

NDB No. 06907 Sauce, NESTLE, CHEF-MATE Sharp Cheddar Cheese Sauce, 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	Samples	Measure 1* 252g	Measure 2* 3033g	Measure 3* 63g
Proximates:							
Water	g	67.63		3	170.43	2051.22	42.61
Energy	kcal	211		0	532	6400	133
Energy	kj	883		0	2225	26781	556
Protein (N x 5.95)	g	8.66		3	21.82	262.66	5.46
Total lipid (fat)	g	18.27		3	46.04	554.13	11.51
Carbohydrate, by difference	g	2.90		0	7.31	87.96	1.83
Fiber, total dietary	g	1.0		3	2.5	30.3	0.6
Ash	g	2.54		3	6.40	77.04	1.60
Sugars, total	g	0.53		3	1.34	16.07	0.33
Minerals:							
Calcium	mg	216		3	544	6551	136
Iron	mg	0.21		3	0.53	6.37	0.13
Magnesium	mg	10		0	25	303	6
Phosphorus	mg	167		0	421	5065	105
Potassium	mg	32		0	81	971	20
Sodium	mg	751		3	1893	22778	473
Zinc	mg	1.03		0	2.60	31.24	0.65
Copper	mg	0.016		0	0.040	0.485	0.010
Manganese	mg	0.008		0	0.020	0.243	0.005
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		3	0.3	3.0	0.1
Thiamin	mg	0.007		0	0.018	0.212	0.004
Riboflavin	mg	0.122		0	0.307	3.700	0.077
Niacin	mg	0.026		0	0.066	0.789	0.016
Pantothenic acid	mg	0.134		0	0.338	4.064	0.084
Vitamin B-6	mg	0.018		0	0.045	0.546	0.011
Folate	µg	5		0	13	152	3
Vitamin B-12	µg	0.15		0	0.38	4.55	0.09
Vitamin A	IU	480		3	1210	14558	302
Vitamin A, RE	µg	77		0	194	2335	49
Vitamin E, α-TE	mg	0.410		0	1.033	12.435	0.258
Lipids:							
Saturated, total	g	7.250		3	18.270	219.893	4.567
4:0	g	0.340		0	0.857	10.312	0.214
6.0	g	0.172		0	0.433	5.217	0.108
8:0	g	0.091		0	0.229	2.760	0.057
10:0	g	0.195		0	0.491	5.914	0.123
12:0	g	0.176		0	0.444	5.338	0.111
14:0	g	1.102		0	2.777	33.424	0.694
15.0	g						
16:0	g	4.074		0	10.266	123.564	2.567
17:0	g						
18:0	g	1.537		0	3.873	46.617	0.968
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.922	0	12.403	149.284	3.101
14:1	g					
16:1	g	0.339	0	0.854	10.282	0.214
18:1	g	4.427	0	11.156	134.271	2.789
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.354	0	8.452	101.727	2.113
18:2	g	3.058	0	7.706	92.749	1.927
18:3	g	0.296	0	0.746	8.978	0.186
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	36	3	91	1092	23
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06908 Sauce, NESTLE, CHEF-MATE Golden Cheese Sauce, 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	Samples	Measure 1* 252g	Measure 2* 3033g	Measure 3* 63g
Proximates:							
Water	g	64.76		3	163.20	1964.17	40.80
Energy	kcal	220		0	554	6673	139
Energy	kj	920		0	2318	27904	580
Protein (N x 5.95)	g	10.65		3	26.84	323.01	6.71
Total lipid (fat)	g	18.07		3	45.54	548.06	11.38
Carbohydrate, by difference	g	3.65		0	9.20	110.70	2.30
Fiber, total dietary	g	1.1		3	2.8	33.4	0.7
Ash	g	2.87		3	7.23	87.05	1.81
Sugars, total	g	0.70		3	1.76	21.23	0.44
Minerals:							
Calcium	mg	255		3	643	7734	161
Iron	mg	0.22		3	0.55	6.67	0.14
Magnesium	mg	10		0	25	303	6
Phosphorus	mg	167		0	421	5065	105
Potassium	mg	32		0	81	971	20
Sodium	mg	796		3	2006	24143	501
Zinc	mg	1.03		0	2.60	31.24	0.65
Copper	mg	0.016		0	0.040	0.485	0.010
Manganese	mg	0.008		0	0.020	0.243	0.005
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.007		0	0.018	0.212	0.004
Riboflavin	mg	0.122		0	0.307	3.700	0.077
Niacin	mg	0.026		0	0.066	0.789	0.016
Pantothenic acid	mg	0.134		0	0.338	4.064	0.084
Vitamin B-6	mg	0.018		0	0.045	0.546	0.011
Folate	µg	5		0	13	152	3
Vitamin B-12	µg	0.15		0	0.38	4.55	0.09
Vitamin A	IU	317		3	799	9615	200
Vitamin A, RE	µg	82		0	207	2487	52
Vitamin E, α-TE	mg	0.410		0	1.033	12.435	0.258
Lipids:							
Saturated, total	g	8.840		3	22.277	268.117	5.569
4:0	g	0.340		0	0.857	10.312	0.214
6.0	g	0.172		0	0.433	5.217	0.108
8:0	g	0.091		0	0.229	2.760	0.057
10:0	g	0.195		0	0.491	5.914	0.123
12:0	g	0.176		0	0.444	5.338	0.111
14:0	g	1.102		0	2.777	33.424	0.694
15.0	g						
16:0	g	4.074		0	10.266	123.564	2.567
17:0	g						
18:0	g	1.537		0	3.873	46.617	0.968
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.922	0	12.403	149.284	3.101
14:1	g					
16:1	g	0.339	0	0.854	10.282	0.214
18:1	g	4.427	0	11.156	134.271	2.789
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.354	0	8.452	101.727	2.113
18:2	g	3.058	0	7.706	92.749	1.927
18:3	g	0.296	0	0.746	8.978	0.186
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	46	3	116	1395	29
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06909 Sauce, NESTLE, QUE BUENO Mild Nacho Cheese Sauce, 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	Samples	Measure 1* 252g	Measure 2* 3005g	Measure 3* 63g
Proximates:							
Water	g	70.43		3	177.48	2116.42	44.37
Energy	kcal	189		0	476	5679	119
Energy	kj	791		0	1993	23770	498
Protein (N x 5.95)	g	7.17		3	18.07	215.46	4.52
Total lipid (fat)	g	16.07		3	40.50	482.90	10.12
Carbohydrate, by difference	g	4.00		0	10.08	120.20	2.52
Fiber, total dietary	g	0.8		3	2.0	24.0	0.5
Ash	g	2.33		3	5.87	70.02	1.47
Sugars, total	g	0.00		3	0.00	0.00	0.00
Minerals:							
Calcium	mg	187		3	471	5619	118
Iron	mg	0.32		3	0.81	9.62	0.20
Magnesium	mg	10		0	25	301	6
Phosphorus	mg	167		0	421	5018	105
Potassium	mg	32		0	81	962	20
Sodium	mg	781		3	1968	23469	492
Zinc	mg	1.03		0	2.60	30.95	0.65
Copper	mg	0.016		0	0.040	0.481	0.010
Manganese	mg	0.008		0	0.020	0.240	0.005
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		3	0.3	3.0	0.1
Thiamin	mg	0.007		0	0.018	0.210	0.004
Riboflavin	mg	0.122		0	0.307	3.666	0.077
Niacin	mg	0.026		0	0.066	0.781	0.016
Pantothenic acid	mg	0.134		0	0.338	4.027	0.084
Vitamin B-6	mg	0.018		0	0.045	0.541	0.011
Folate	µg	5		0	13	150	3
Vitamin B-12	µg	0.15		0	0.38	4.51	0.09
Vitamin A	IU	203		3	512	6100	128
Vitamin A, RE	µg	50		0	126	1503	32
Vitamin E, α-TE	mg	0.410		0	1.033	12.320	0.258
Lipids:							
Saturated, total	g	6.710		3	16.909	201.635	4.227
4:0	g	0.340		0	0.857	10.217	0.214
6.0	g	0.172		0	0.433	5.169	0.108
8:0	g	0.091		0	0.229	2.735	0.057
10:0	g	0.195		0	0.491	5.860	0.123
12:0	g	0.176		0	0.444	5.289	0.111
14:0	g	1.102		0	2.777	33.115	0.694
15.0	g						
16:0	g	4.074		0	10.266	122.424	2.567
17:0	g						
18:0	g	1.537		0	3.873	46.187	0.968
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.922	0	12.403	147.906	3.101
14:1	g					
16:1	g	0.339	0	0.854	10.187	0.214
18:1	g	4.427	0	11.156	133.031	2.789
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.354	0	8.452	100.788	2.113
18:2	g	3.058	0	7.706	91.893	1.927
18:3	g	0.296	0	0.746	8.895	0.186
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	32	3	81	962	20
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06910 Sauce, NESTLE, QUE BUENO Nacho Cheese Sauce, 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	Samples	Measure 1* 252g	Measure 2* 3005g	Measure 3* 63g
Proximates:							
Water	g	66.50		3	167.58	1998.33	41.90
Energy	kcal	203		0	512	6100	128
Energy	kj	849		0	2139	25512	535
Protein (N x 5.95)	g	8.32		3	20.97	250.02	5.24
Total lipid (fat)	g	16.03		3	40.40	481.70	10.10
Carbohydrate, by difference	g	6.38		0	16.08	191.72	4.02
Fiber, total dietary	g	0.7		3	1.8	21.0	0.4
Ash	g	2.77		3	6.98	83.24	1.75
Sugars, total	g	0.73		3	1.84	21.94	0.46
Minerals:							
Calcium	mg	287		3	723	8624	181
Iron	mg	0.24		3	0.60	7.21	0.15
Magnesium	mg	10		0	25	301	6
Phosphorus	mg	167		0	421	5018	105
Potassium	mg	32		0	81	962	20
Sodium	mg	920		3	2318	27646	580
Zinc	mg	1.03		0	2.60	30.95	0.65
Copper	mg	0.016		0	0.040	0.481	0.010
Manganese	mg	0.008		0	0.020	0.240	0.005
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.7		3	1.8	21.0	0.4
Thiamin	mg	0.007		0	0.018	0.210	0.004
Riboflavin	mg	0.122		0	0.307	3.666	0.077
Niacin	mg	0.026		0	0.066	0.781	0.016
Pantothenic acid	mg	0.134		0	0.338	4.027	0.084
Vitamin B-6	mg	0.018		0	0.045	0.541	0.011
Folate	µg	5		0	13	150	3
Vitamin B-12	µg	0.15		0	0.38	4.51	0.09
Vitamin A	IU	763		3	1923	22928	481
Vitamin A, RE	µg	129		0	325	3876	81
Vitamin E, α-TE	mg	0.410		0	1.033	12.320	0.258
Lipids:							
Saturated, total	g	9.200		3	23.184	276.460	5.796
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g					
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	46	3	116	1382	29
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06921 Sauce, NESTLE, CHEF-MATE Basic Cheddar Cheese Sauce, 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	Samples	Measure 1* 248g	Measure 2* 3005g	Measure 3* 62g
Proximates:							
Water	g	74.21		3	184.04	2230.01	46.01
Energy	kcal	132		0	327	3967	82
Energy	kj	552		0	1369	16588	342
Protein (N x 5.95)	g	2.90		3	7.19	87.14	1.80
Total lipid (fat)	g	7.58		3	18.80	227.78	4.70
Carbohydrate, by difference	g	12.93		0	32.07	388.55	8.02
Fiber, total dietary	g	0.0		3	0.0	0.0	0.0
Ash	g	2.38		3	5.90	71.52	1.48
Sugars, total	g	0.16		3	0.40	4.81	0.10
Minerals:							
Calcium	mg	74		3	184	2224	46
Iron	mg	0.29		3	0.72	8.71	0.18
Magnesium	mg	6		0	15	180	4
Phosphorus	mg	82		0	203	2464	51
Potassium	mg	26		0	64	781	16
Sodium	mg	760		3	1885	22838	471
Zinc	mg	0.54		0	1.34	16.23	0.33
Copper	mg	0.013		0	0.032	0.391	0.008
Manganese	mg	0.007		0	0.017	0.210	0.004
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.9		3	2.2	27.0	0.6
Thiamin	mg	0.004		0	0.010	0.120	0.002
Riboflavin	mg	0.065		0	0.161	1.953	0.040
Niacin	mg	0.067		0	0.166	2.013	0.042
Pantothenic acid	mg	0.141		0	0.350	4.237	0.087
Vitamin B-6	mg	0.013		0	0.032	0.391	0.008
Folate	µg	3		0	7	90	2
Vitamin B-12	µg	0.09		0	0.22	2.70	0.06
Vitamin A	IU	63		3	156	1893	39
Vitamin A, RE	µg	19		0	47	571	12
Vitamin E, α-TE	mg	2.000		0	4.960	60.100	1.240
Lipids:							
Saturated, total	g	2.540		3	6.299	76.327	1.575
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g					
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g					
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	10	3	25	301	6
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

NDB No. 06922 Sauce, NESTLE, QUE BUENO Jalapeno Cheese Sauce, 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	Samples	Measure 1* 3005g	Measure 2* 63g	Measure 3* 63g
Proximates:							
Water	g	74.22		3	2230.31	46.76	46.76
Energy	kcal	129		0	3876	81	81
Energy	kj	540		0	16227	340	340
Protein (N x 5.95)	g	3.19		3	95.86	2.01	2.01
Total lipid (fat)	g	7.46		3	224.17	4.70	4.70
Carbohydrate, by difference	g	12.30		0	369.62	7.75	7.75
Fiber, total dietary	g	0.0		3	0.0	0.0	0.0
Ash	g	2.83		3	85.04	1.78	1.78
Sugars, total	g	0.19		3	5.71	0.12	0.12
Minerals:							
Calcium	mg	85		3	2554	54	54
Iron	mg	0.19		3	5.71	0.12	0.12
Magnesium	mg	6		0	180	4	4
Phosphorus	mg	82		0	2464	52	52
Potassium	mg	26		0	781	16	16
Sodium	mg	907		3	27255	571	571
Zinc	mg	0.54		0	16.23	0.34	0.34
Copper	mg	0.013		0	0.391	0.008	0.008
Manganese	mg	0.007		0	0.210	0.004	0.004
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.8		3	24.0	0.5	0.5
Thiamin	mg	0.004		0	0.120	0.003	0.003
Riboflavin	mg	0.065		0	1.953	0.041	0.041
Niacin	mg	0.067		0	2.013	0.042	0.042
Pantothenic acid	mg	0.141		0	4.237	0.089	0.089
Vitamin B-6	mg	0.013		0	0.391	0.008	0.008
Folate	µg	3		0	90	2	2
Vitamin B-12	µg	0.09		0	2.70	0.06	0.06
Vitamin A	IU	113		3	3396	71	71
Vitamin A, RE	µg	27		0	811	17	17
Vitamin E, α-TE	mg	0.523		0	15.716	0.329	0.329
Lipids:							
Saturated, total	g	2.870		3	86.243	1.808	1.808
4:0	g	0.159		0	4.778	0.100	0.100
6.0	g	0.082		0	2.464	0.052	0.052
8:0	g	0.046		0	1.382	0.029	0.029
10:0	g	0.103		0	3.095	0.065	0.065
12:0	g	0.090		0	2.704	0.057	0.057
14:0	g	0.571		0	17.159	0.360	0.360
15.0	g						
16:0	g	1.913		0	57.486	1.205	1.205
17:0	g						
18:0	g	0.783		0	23.529	0.493	0.493
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.707	0	81.345	1.705	1.705
14:1	g					
16:1	g	0.173	0	5.199	0.109	0.109
18:1	g	2.457	0	73.833	1.548	1.548
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.191	0	35.790	0.750	0.750
18:2	g	1.060	0	31.853	0.668	0.668
18:3	g	0.129	0	3.876	0.081	0.081
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	10	3	301	6	6
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 1 serving
Measure 3: 1/4 cup

NDB No. 06923 Sauce, NESTLE, QUE BUENO Con Queso Sauce, 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	Samples	Measure 1* 252g	Measure 2* 3005g	Measure 3* 63g
Proximates:							
Water	g	75.73		3	190.84	2275.69	47.71
Energy	kcal	133		0	335	3997	84
Energy	kj	556		0	1401	16708	350
Protein (N x 5.95)	g	6.11		3	15.40	183.61	3.85
Total lipid (fat)	g	9.55		3	24.07	286.98	6.02
Carbohydrate, by difference	g	5.67		0	14.29	170.38	3.57
Fiber, total dietary	g	0.0		3	0.0	0.0	0.0
Ash	g	2.94		3	7.41	88.35	1.85
Sugars, total	g	0.60		3	1.51	18.03	0.38
Minerals:							
Calcium	mg	187		3	471	5619	118
Iron	mg	0.00		3	0.00	0.00	0.00
Magnesium	mg	6		0	15	180	4
Phosphorus	mg	82		0	207	2464	52
Potassium	mg	26		0	66	781	16
Sodium	mg	881		3	2220	26474	555
Zinc	mg	0.53		0	1.34	15.93	0.33
Copper	mg	0.013		0	0.033	0.391	0.008
Manganese	mg	0.007		0	0.018	0.210	0.004
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		3	0.0	0.0	0.0
Thiamin	mg	0.004		0	0.010	0.120	0.003
Riboflavin	mg	0.065		0	0.164	1.953	0.041
Niacin	mg	0.067		0	0.169	2.013	0.042
Pantothenic acid	mg	0.141		0	0.355	4.237	0.089
Vitamin B-6	mg	0.013		0	0.033	0.391	0.008
Folate	µg	3		0	8	90	2
Vitamin B-12	µg	0.09		0	0.23	2.70	0.06
Vitamin A	IU	273		3	688	8204	172
Vitamin A, RE	µg	59		0	149	1773	37
Vitamin E, α-TE	mg	0.523		0	1.318	15.716	0.329
Lipids:							
Saturated, total	g	4.660		3	11.743	140.033	2.936
4:0	g	0.159		0	0.401	4.778	0.100
6.0	g	0.082		0	0.207	2.464	0.052
8:0	g	0.046		0	0.116	1.382	0.029
10:0	g	0.103		0	0.260	3.095	0.065
12:0	g	0.090		0	0.227	2.704	0.057
14:0	g	0.571		0	1.439	17.159	0.360
15.0	g						
16:0	g	1.913		0	4.821	57.486	1.205
17:0	g						
18:0	g	0.783		0	1.973	23.529	0.493
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.707	0	6.822	81.345	1.705
14:1	g					
16:1	g	0.173	0	0.436	5.199	0.109
18:1	g	2.457	0	6.192	73.833	1.548
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.191	0	3.001	35.790	0.750
18:2	g	1.060	0	2.671	31.853	0.668
18:3	g	0.129	0	0.325	3.876	0.081
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	25	3	63	751	16
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 package
Measure 3: 1 serving

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	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	70.50		21			
Energy	kcal	174		0			
Energy	kj	728		0			
Protein (N x 5.95)	g	6.71		21			
Total lipid (fat)	g	13.29		21			
Carbohydrate, by difference	g	6.83		0			
Fiber, total dietary	g	0.5		21			
Ash	g	2.67		21			
Sugars, total	g	0.42		21			
Minerals:							
Calcium	mg	184		21			
Iron	mg	0.21		21			
Magnesium	mg	9		0			
Phosphorus	mg	157		0			
Potassium	mg	30		0			
Sodium	mg	828		21			
Zinc	mg	0.98		0			
Copper	mg	0.018		0			
Manganese	mg	0.010		0			
Selenium	µg	3.2		0			
Vitamins:							
Ascorbic acid	mg	0.4		21			
Thiamin	mg	0.006		0			
Riboflavin	mg	0.114		0			
Niacin	mg	0.024		0			
Pantothenic acid	mg	0.125		0			
Vitamin B-6	mg	0.017		0			
Folate	µg	4		0			
Vitamin B-12	µg	0.14		0			
Vitamin A	IU	316		21			
Vitamin A, RE	µg	63		0			
Vitamin E, α-TE	mg	0.318		0			
Lipids:							
Saturated, total	g	6.010		21			
4:0	g	0.265		0			
6.0	g	0.134		0			
8:0	g	0.071		0			
10:0	g	0.152		0			
12:0	g	0.137		0			
14:0	g	0.857		0			
15.0	g						
16:0	g	3.167		0			
17:0	g						
18:0	g	1.195		0			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.823	0
14:1	g		
16:1	g	0.264	0
18:1	g	3.437	0
20:1	g	0.000	0
22.1	g	0.000	0
Polyunsaturated, total	g	2.599	0
18:2	g	2.369	0
18:3	g	0.230	0
18:4	g	0.000	0
20:4	g	0.000	0
20:5	g	0.000	0
22:5	g	0.000	0
22:6	g	0.000	0
Cholesterol	mg	29	21
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 06931 Sauce, pasta, spaghetti/marinara, ready-to-serve

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 250g	Measure 2* 125g	Measure 3* 125g
Proximates:							
Water	g	86.89		6	217.22	108.61	108.61
Energy	kcal	57		0	143	71	71
Energy	kj	238		0	595	298	298
Protein (N x 5.95)	g	1.42		6	3.55	1.77	1.77
Total lipid (fat)	g	2.06		6	5.15	2.58	2.58
Carbohydrate, by difference	g	8.22		0	20.55	10.28	10.28
Fiber, total dietary	g	1.6		6	4.0	2.0	2.0
Ash	g	1.40		6	3.50	1.75	1.75
Sugars, total	g						
Minerals:							
Calcium	mg	22		6	55	28	28
Iron	mg	0.72		6	1.80	0.90	0.90
Magnesium	mg	17		0	43	21	21
Phosphorus	mg	32		0	80	40	40
Potassium	mg	295		0	738	369	369
Sodium	mg	412		6	1030	515	515
Zinc	mg	0.17		0	0.43	0.21	0.21
Copper	mg	0.112		0	0.280	0.140	0.140
Manganese	mg	0.220		0	0.550	0.275	0.275
Selenium	µg	0.6		0	1.5	0.8	0.8
Vitamins:							
Ascorbic acid	mg	8.0		6	20.0	10.0	10.0
Thiamin	mg	0.054		0	0.135	0.068	0.068
Riboflavin	mg	0.040		0	0.100	0.050	0.050
Niacin	mg	1.062		0	2.655	1.327	1.327
Pantothenic acid	mg	0.298		0	0.745	0.373	0.373
Vitamin B-6	mg	0.114		0	0.285	0.142	0.142
Folate	µg	10		0	25	13	13
Vitamin B-12	µg	0.00		0	0.00	0.00	0.00
Vitamin A	IU	375		6	938	469	469
Vitamin A, RE	µg	38		0	95	48	48
Vitamin E, α-TE	mg	1.252		0	3.130	1.565	1.565
Lipids:							
Saturated, total	g	0.295		6	0.738	0.369	0.369
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.004		0	0.010	0.005	0.005
15.0	g						
16:0	g	0.232		0	0.580	0.290	0.290
17:0	g						
18:0	g	0.058		0	0.145	0.072	0.072
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.870	0	2.175	1.087	1.087
14:1	g					
16:1	g	0.008	0	0.020	0.010	0.010
18:1	g	0.859	0	2.147	1.074	1.074
20:1	g	0.002	0	0.005	0.003	0.003
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.722	0	1.805	0.903	0.903
18:2	g	0.680	0	1.700	0.850	0.850
18:3	g	0.042	0	0.105	0.053	0.053
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	0	6	0	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup
Measure 2: 1 serving
Measure 3: 1/2 cup

NDB No. 06932 Sauce, PREGO 100% Natural Spaghetti Sauce, Traditional, jar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 130g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.80		1	99.46		
Energy	kcal	105		0	136		
Energy	kj	438		0	567		
Protein (N x 5.95)	g	1.70		1	2.20		
Total lipid (fat)	g	3.90		1	5.05		
Carbohydrate, by difference	g	16.00		0	20.72		
Fiber, total dietary	g	3.1		1	4.0		
Ash	g	1.90		1	2.46		
Sugars, total	g	8.10		1	10.49		
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	430		1	557		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	10.4		1	13.5		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	567		1	734		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.870		1	1.127		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g			
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g			
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	0	1	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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 2 tablespoons

NDB No. 06933 Sauce, LIPTON, RAGU Old World Style Smooth Pasta Sauce, Traditional, jar

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 125g	Measure 2*	Measure 3*
Proximates:							
Water	g	84.40		1	105.50		
Energy	kcal	64		0	80		
Energy	kj	267		0	334		
Protein (N x 5.95)	g	1.50		1	1.88		
Total lipid (fat)	g	2.10		1	2.63		
Carbohydrate, by difference	g	9.69		0	12.11		
Fiber, total dietary	g	2.1		1	2.6		
Ash	g	2.30		1	2.88		
Sugars, total	g	4.30		1	5.38		
Minerals:							
Calcium	mg						
Iron	mg	0.82		1	1.02		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	605		1	756		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	517		1	646		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.290		1	0.363		
4:0	g						
6.0	g						
8:0	g	0.001		1	0.001		
10:0	g	0.001		1	0.001		
12:0	g	0.001		1	0.001		
14:0	g	0.002		1	0.003		
15.0	g	0.001		1	0.001		
16:0	g	0.207		1	0.259		
17:0	g	0.001		1	0.001		
18:0	g	0.074		1	0.093		
20:0	g	0.007		1	0.009		
22.0	g	0.008		1	0.010		
24:0	g						

Monounsaturated, total	g	0.437	1	0.546
14:1	g	0.001	1	0.001
16:1	g	0.003	1	0.004
18:1	g	0.429	1	0.536
20:1	g	0.005	1	0.006
22.1	g			
Polyunsaturated, total	g	1.032	1	1.290
18:2	g	0.911	1	1.139
18:3	g	0.120	1	0.150
18:4	g			
20:4	g	0.001	1	0.001
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg			
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1/2 cup