NDB No. 06565
Gravy, CUSTOM FOODS, RED LABEL Au Jus Base, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.72		1	A	1		0.97	44.13	
Energy	kcal	191		0	MC	9		19	867	
Energy	kj	799				9		80	3628	
Protein	g	15.68		1	A	1		1.57	71.19	
Total lipid (fat)	g	4.01		1	A	1		0.40	18.21	
Ash	g	47.62		1	A	1		4.76	216.19	
Carbohydrate, by difference	g	22.98		0	MC	9		2.30	104.33	
Fiber, total dietary	g	3.1		1	A	1		0.3	14.1	
Sugars, total	g	13.02		1	MA	12		1.30	59.11	
Starch	g									
Minerals:										
Calcium, Ca	mg	1661		1	A	1		166	7541	
Iron, Fe	mg	2.96		1	A	1		0.30	13.44	
Magnesium, Mg	mg	25		0	FLM	4		3	114	
Phosphorus, P	mg	184		0	FLM	4		18	835	
Potassium, K	mg	184		0	FLM	4		18	835	
Sodium, Na	mg	18623		1	A	1		1862	84548	
Zinc, Zn	mg	1.45		0	FLM	4		0.15	6.58	
Copper, Cu	mg	0.278		0	FLM	4		0.028	1.262	
Manganese, Mn	mg	0.317		0	FLM	4		0.032	1.439	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		1	A	1		0.1	2.3	
Thiamin	mg	0.090		0	FLM	4		0.009	0.409	
Riboflavin	mg	0.047		0	FLM	4		0.005	0.213	
Niacin	mg	0.684		0	FLM	4		0.068	3.105	
Pantothenic acid	mg	0.051		0	FLM	4		0.005	0.232	
Vitamin B-6	mg	0.258		0	FLM	4		0.026	1.171	
Folate, total	mcg	49		0	FLM	4		5	222	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.30		0	FLM	4		0.03	1.36	
Vitamin A, IU	IU	49		1	A	1		5	222	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.022		0	FLM	4		0.002	0.100	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.268		1	A	1		0.227	10.297	
4:0	g	0.000		1	A	1		0.000	0.000	
6:0	g	0.000		1	A	1		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.015		1	A	1		0.002	0.068	
13:0	g									
14:0	g	0.226		1	A	1		0.023	1.026	
15:0	g									
16:0	g	2.011		1	A	1		0.201	9.130	
17:0	g									
18:0	g	0.000		1	A	1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.484		1	A	1		0.148	6.737	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.282		1	A	1		0.028	1.280	
17:1	g									
18:1 undifferentiated	g	1.107		1	A	1		0.111	5.026	
20:1	g	0.036		1	A	1		0.004	0.163	

NDB No. 06565
Gravy, CUSTOM FOODS, RED LABEL Au Jus Base, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.256		1	A	1		0.026	1.162	
18:2 undifferentiated....g	0.224		1	A	1		0.022	1.017	
18:3 undifferentiated....g	0.032		1	A	1		0.003	0.145	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:5 n-3....g	0.000		1	A	1		0.000	0.000	
22:5 n-3....g	0.000		1	A	1		0.000	0.000	
22:6 n-3....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	6		1	A	1		1	27	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 10.0g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06564
Gravy, CUSTOM FOODS, SUPERB Country Gravy Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.41		1	A	1		36.79	0.52	
Energy	kcal	481		0	MC	9		3271	47	
Energy	kj	2013				9		13685	195	
Protein	g	8.10		1	A	1		55.08	0.79	
Total lipid (fat)	g	26.08		1	A	1		177.34	2.53	
Ash	g	6.84		1	A	1		46.51	0.66	
Carbohydrate, by difference	g	53.58		0	MC	9		364.34	5.20	
Fiber, total dietary	g	4.9		1	A	1		33.3	0.5	
Sugars, total	g	9.05		1	A	1		61.54	0.88	
Starch	g									
Minerals:										
Calcium, Ca	mg	43		1	A	1		292	4	
Iron, Fe	mg	5.69		1	A	1		38.69	0.55	
Magnesium, Mg	mg	16		0	FLM	4		109	2	
Phosphorus, P	mg	109		0	FLM	4		741	11	
Potassium, K	mg	155		0	FLM	4		1054	15	
Sodium, Na	mg	2241		1	A	1		15239	217	
Zinc, Zn	mg	0.60		0	FLM	4		4.08	0.06	
Copper, Cu	mg	0.081		0	FLM	4		0.551	0.008	
Manganese, Mn	mg	0.262		0	FLM	4		1.782	0.025	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		1	A	1		12.9	0.2	
Thiamin	mg	0.371		0	FLM	4		2.523	0.036	
Riboflavin	mg	0.400		0	FLM	4		2.720	0.039	
Niacin	mg	3.397		0	FLM	4		23.100	0.330	
Pantothenic acid	mg	0.607		0	FLM	4		4.128	0.059	
Vitamin B-6	mg	0.082		0	FLM	4		0.558	0.008	
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.12		0	FLM	4		0.82	0.01	
Vitamin A, IU	IU	39		1	A	1		265	4	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	4.261		0	FLM	4		28.975	0.413	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	10.427		1	A	1		70.904	1.011	
4:0	g	0.000		1	A	1		0.000	0.000	
6:0	g	0.000		1	A	1		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.042		1	A	1		0.286	0.004	
13:0	g									
14:0	g	0.133		1	A	1		0.904	0.013	
15:0	g									
16:0	g	9.695		1	A	1		65.926	0.940	
17:0	g									
18:0	g	0.000		1	A	1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	12.600		1	A	1		85.680	1.222	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.107		1	A	1		0.728	0.010	
17:1	g									
18:1 undifferentiated	g	12.227		1	A	1		83.144	1.186	
20:1	g	0.225		1	A	1		1.530	0.022	

NDB No. 06564
Gravy, CUSTOM FOODS, SUPERB Country Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.050		1	A	1		20.740	0.296	
18:2 undifferentiated.....g	2.585		1	A	1		17.578	0.251	
18:3 undifferentiated.....g	0.140		1	A	1		0.952	0.014	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.325		1	A	1		2.210	0.032	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	A	1		14	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 680g: 1 package

Measure 2 = 9.7g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06567
Gravy, CUSTOM FOODS, SUPERB Instant Au Jus Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.37		1	A	1		2.68	0.16	
Energy	kcal	296		0	MC	9		334	20	
Energy	kj	1238				9		1399	83	
Protein	g	21.15		1	A	1		23.90	1.42	
Total lipid (fat)	g	5.99		1	A	1		6.77	0.40	
Ash	g	31.05		1	A	1		35.09	2.08	
Carbohydrate, by difference	g	39.44		0	MC	9		44.57	2.64	
Fiber, total dietary	g	3.0		1	A	1		3.4	0.2	
Sugars, total	g	18.49		1	MA	12		20.89	1.24	
Starch	g									
Minerals:										
Calcium, Ca	mg	152		1	A	1		172	10	
Iron, Fe	mg	28.80		1	A	1		32.54	1.93	
Magnesium, Mg	mg	29		0	FLM	4		33	2	
Phosphorus, P	mg	243		0	FLM	4		275	16	
Potassium, K	mg	265		0	FLM	4		299	18	
Sodium, Na	mg	11063		1	A	1		12501	741	
Zinc, Zn	mg	1.93		0	FLM	4		2.18	0.13	
Copper, Cu	mg	0.384		0	FLM	4		0.434	0.026	
Manganese, Mn	mg	0.557		0	FLM	4		0.629	0.037	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		1	A	1		4.5	0.3	
Thiamin	mg	1.276		0	FLM	4		1.442	0.085	
Riboflavin	mg	0.552		0	FLM	4		0.624	0.037	
Niacin	mg	5.955		0	FLM	4		6.729	0.399	
Pantothenic acid	mg	0.370		0	FLM	4		0.418	0.025	
Vitamin B-6	mg	0.420		0	FLM	4		0.475	0.028	
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.25		0	FLM	4		0.28	0.02	
Vitamin A, IU	IU	39		1	A	1		44	3	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.284		0	FLM	4		0.321	0.019	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.766		1	A	1		3.126	0.185	
4:0	g	0.000		1	A	1		0.000	0.000	
6:0	g	0.000		1	A	1		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.013		1	A	1		0.015	0.001	
13:0	g									
14:0	g	0.175		1	A	1		0.198	0.012	
15:0	g									
16:0	g	1.418		1	A	1		1.602	0.095	
17:0	g									
18:0	g	1.048		1	A	1		1.184	0.070	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.913		1	A	1		3.292	0.195	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.150		1	A	1		0.170	0.010	
17:1	g									
18:1 undifferentiated	g	2.715		1	A	1		3.068	0.182	
20:1	g	0.012		1	A	1		0.014	0.001	

NDB No. 06567
Gravy, CUSTOM FOODS, SUPERB Instant Au Jus Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.314		1	A	1		0.355	0.021	
18:2 undifferentiated.....g	0.280		1	A	1		0.316	0.019	
18:3 undifferentiated.....g	0.033		1	A	1		0.037	0.002	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	A	1		7	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 113g: 1 package (4 oz)

Measure 2 = 6.7g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06570
Gravy, CUSTOM FOODS, SUPERB Instant Beef Gravy Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.65		1	A	1		0.31	21.11	
Energy	kcal	369		0	MC	9		25	1675	
Energy	kj	1544				9		103	7009	
Protein	g	9.80		1	A	1		0.66	44.49	
Total lipid (fat)	g	9.48		1	A	1		0.64	43.04	
Ash	g	14.97		1	A	1		1.00	67.96	
Carbohydrate, by difference	g	61.10		0	MC	9		4.09	277.39	
Fiber, total dietary	g	4.3		1	A	1		0.3	19.5	
Sugars, total	g	10.71		1	MA	12		0.72	48.62	
Starch	g									
Minerals:										
Calcium, Ca	mg	141		1	A	1		9	640	
Iron, Fe	mg	6.27		1	A	1		0.42	28.47	
Magnesium, Mg	mg	41		0	FLM	4		3	186	
Phosphorus, P	mg	239		0	FLM	4		16	1085	
Potassium, K	mg	450		0	FLM	4		30	2043	
Sodium, Na	mg	5203		1	A	1		349	23622	
Zinc, Zn	mg	0.76		0	FLM	4		0.05	3.45	
Copper, Cu	mg	0.146		0	FLM	4		0.010	0.663	
Manganese, Mn	mg	0.154		0	FLM	4		0.010	0.699	
Selenium, Se	mcg	18.0		0	FLM	4		1.2	81.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1	A	1		0.1	4.1	
Thiamin	mg	0.187		0	FLM	4		0.013	0.849	
Riboflavin	mg	0.514		0	FLM	4		0.034	2.334	
Niacin	mg	1.075		0	FLM	4		0.072	4.881	
Pantothenic acid	mg	1.218		0	FLM	4		0.082	5.530	
Vitamin B-6	mg	0.138		0	FLM	4		0.009	0.627	
Folate, total	mcg	10		0	FLM	4		1	45	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.62		0	FLM	4		0.04	2.81	
Vitamin A, IU	IU	40		1	A	1		3	182	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.099		0	FLM	4		0.007	0.449	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.880		1	A	1		0.327	22.155	
4:0	g	0.000		1	A	1		0.000	0.000	
6:0	g	0.000		1	A	1		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.023		1	A	1		0.002	0.104	
13:0	g									
14:0	g	0.451		1	A	1		0.030	2.048	
15:0	g									
16:0	g	4.031		1	A	1		0.270	18.301	
17:0	g									
18:0	g	0.000		1	A	1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.659		1	A	1		0.245	16.612	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.389		1	A	1		0.026	1.766	
17:1	g									
18:1 undifferentiated	g	3.102		1	A	1		0.208	14.083	
20:1	g	0.092		1	A	1		0.006	0.418	

NDB No. 06570
Gravy, CUSTOM FOODS, SUPERB Instant Beef Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.938		1	A	1		0.063	4.259	
18:2 undifferentiated.....g	0.870		1	A	1		0.058	3.950	
18:3 undifferentiated.....g	0.068		1	A	1		0.005	0.309	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	A	1		1	50	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 6.7g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06562
Gravy, CUSTOM FOODS, SUPERB Instant Brown Gravy Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.51		1	A	1		25.02	0.37	
Energy	kcal	380		0	MC	9		1725	25	
Energy	kj	1590				9		7218	107	
Protein	g	8.53		1	A	1		38.73	0.57	
Total lipid (fat)	g	11.85		1	A	1		53.80	0.79	
Ash	g	14.34		1	A	1		65.10	0.96	
Carbohydrate, by difference	g	59.78		0	MC	9		271.40	4.01	
Fiber, total dietary	g	3.2		1	A	1		14.5	0.2	
Sugars, total	g	9.23		1	MA	12		41.90	0.62	
Starch	g									
Minerals:										
Calcium, Ca	mg	116		1	A	1		527	8	
Iron, Fe	mg	7.40		1	A	1		33.60	0.50	
Magnesium, Mg	mg	32		0	FLM	4		145	2	
Phosphorus, P	mg	212		0	FLM	4		962	14	
Potassium, K	mg	367		0	FLM	4		1666	25	
Sodium, Na	mg	5053		1	A	1		22941	339	
Zinc, Zn	mg	0.96		0	FLM	4		4.36	0.06	
Copper, Cu	mg	0.149		0	FLM	4		0.676	0.010	
Manganese, Mn	mg	0.202		0	FLM	4		0.917	0.014	
Selenium, Se	mcg	9.3		0	FLM	4		42.2	0.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		1	A	1		8.6	0.1	
Thiamin	mg	0.236		0	FLM	4		1.071	0.016	
Riboflavin	mg	0.473		0	FLM	4		2.147	0.032	
Niacin	mg	2.261		0	FLM	4		10.265	0.151	
Pantothenic acid	mg	1.014		0	FLM	4		4.604	0.068	
Vitamin B-6	mg	0.282		0	FLM	4		1.280	0.019	
Folate, total	mcg	100		0	FLM	4		454	7	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.33		0	FLM	4		1.50	0.02	
Vitamin A, IU	IU	39		1	A	1		177	3	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.125		0	FLM	4		0.568	0.008	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.866		1	A	1		26.632	0.393	
4:0	g	0.000		1	A	1		0.000	0.000	
6:0	g	0.000		1	A	1		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.014		1	A	1		0.064	0.001	
13:0	g									
14:0	g	0.401		1	A	1		1.821	0.027	
15:0	g									
16:0	g	3.024		1	A	1		13.729	0.203	
17:0	g									
18:0	g	2.179		1	A	1		9.893	0.146	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.488		1	A	1		24.916	0.368	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.326		1	A	1		1.480	0.022	
17:1	g									
18:1 undifferentiated	g	5.045		1	A	1		22.904	0.338	
20:1	g	0.056		1	A	1		0.254	0.004	

NDB No. 06562
Gravy, CUSTOM FOODS, SUPERB Instant Brown Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.499		1	A	1		2.265	0.033	
18:2 undifferentiated.....g	0.448		1	A	1		2.034	0.030	
18:3 undifferentiated.....g	0.037		1	A	1		0.168	0.002	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1	A	1		54	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 454g: 1 package

Measure 2 = 6.7g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06573
Gravy, CUSTOM FOODS, SUPERB Instant Chicken Gravy Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.90		1	A	1		0.40	26.79	
Energy	kcal	395		0	NC	4		26	1793	
Energy	kj	1653				4		111	7503	
Protein	g	10.20		1	A	1		0.68	46.31	
Total lipid (fat)	g	14.23		1	A	1		0.95	64.60	
Ash	g	13.13		1	A	1		0.88	59.61	
Carbohydrate, by difference	g	56.54		0	NC	4		3.79	256.69	
Fiber, total dietary	g	3.2		1	MA	12		0.2	14.5	
Sugars, total	g	14.08		1	MA	12		0.94	63.92	
Starch	g									
Minerals:										
Calcium, Ca	mg	107		1	A	1		7	486	
Iron, Fe	mg	5.38		1	A	1		0.36	24.43	
Magnesium, Mg	mg	38		0	FLM	4		3	173	
Phosphorus, P	mg	227		0	FLM	4		15	1031	
Potassium, K	mg	415		0	FLM	4		28	1884	
Sodium, Na	mg	4605		1	A	1		309	20907	
Zinc, Zn	mg	1.25		0	FLM	4		0.08	5.68	
Copper, Cu	mg	0.120		0	FLM	4		0.008	0.545	
Manganese, Mn	mg	0.206		0	FLM	4		0.014	0.935	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1	A	1		0.1	4.1	
Thiamin	mg	0.285		0	FLM	4		0.019	1.294	
Riboflavin	mg	0.575		0	FLM	4		0.039	2.611	
Niacin	mg	3.947		0	FLM	4		0.264	17.919	
Pantothenic acid	mg	1.496		0	FLM	4		0.100	6.792	
Vitamin B-6	mg	0.200		0	FLM	4		0.013	0.908	
Folate, total	mcg	51		0	FLM	4		3	232	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.41		0	FLM	4		0.03	1.86	
Vitamin A, IU	IU	80		1	A	1		5	363	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.596		0	FLM	4		0.040	2.706	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.511		1	A	1		0.302	20.480	
4:0	g	0.000		1	A	1		0.000	0.000	
6:0	g	0.000		1	A	1		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.011		1	A	1		0.001	0.050	
13:0	g									
14:0	g	0.102		1	A	1		0.007	0.463	
15:0	g									
16:0	g	3.447		1	A	1		0.231	15.649	
17:0	g									
18:0	g	0.867		1	A	1		0.058	3.936	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	6.800		1	A	1		0.456	30.872	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.975		1	A	1		0.065	4.427	
17:1	g									
18:1 undifferentiated	g	5.687		1	A	1		0.381	25.819	
20:1	g	0.075		1	A	1		0.005	0.341	

NDB No. 06573
Gravy, CUSTOM FOODS, SUPERB Instant Chicken Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.020		1	A	1		0.001	0.091	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.921		1	A	1		0.196	13.261	
18:2 undifferentiated.....g	2.746		1	A	1		0.184	12.467	
18:3 undifferentiated.....g	0.137		1	A	1		0.009	0.622	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		1	A	1		0.003	0.173	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		1	A	1		2	159	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 6.7g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06569
Gravy, CUSTOM FOODS, SUPERB Instant Pork Gravy Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.29		1	A	1		0.35	24.02	
Energy	kcal	363		0	MC	9		24	1648	
Energy	kj	1519				9		102	6895	
Protein	g	8.33		1	A	1		0.56	37.82	
Total lipid (fat)	g	7.88		1	A	1		0.53	35.78	
Ash	g	13.78		1	A	1		0.92	62.56	
Carbohydrate, by difference	g	64.72		0	MC	9		4.34	293.83	
Fiber, total dietary	g	2.4		1	A	1		0.2	10.9	
Sugars, total	g	12.38		1	MA	12		0.83	56.21	
Starch	g									
Minerals:										
Calcium, Ca	mg	117		1	A	1		8	531	
Iron, Fe	mg	3.94		1	A	1		0.26	17.89	
Magnesium, Mg	mg	22		0	FLM	4		1	100	
Phosphorus, P	mg	172		0	FLM	4		12	781	
Potassium, K	mg	208		0	FLM	4		14	944	
Sodium, Na	mg	4469		1	A	1		299	20289	
Zinc, Zn	mg	0.73		0	FLM	4		0.05	3.31	
Copper, Cu	mg	0.207		0	FLM	4		0.014	0.940	
Manganese, Mn	mg	0.222		0	FLM	4		0.015	1.008	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		1	A	1		0.1	6.4	
Thiamin	mg	0.119		0	FLM	4		0.008	0.540	
Riboflavin	mg	0.252		0	FLM	4		0.017	1.144	
Niacin	mg	0.841		0	FLM	4		0.056	3.818	
Pantothenic acid	mg	0.553		0	FLM	4		0.037	2.511	
Vitamin B-6	mg	0.073		0	FLM	4		0.005	0.331	
Folate, total	mcg	18		0	FLM	4		1	82	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.32		0	FLM	4		0.02	1.45	
Vitamin A, IU	IU	117		1	A	1		8	531	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.077		0	FLM	4		0.005	0.350	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.919		1	A	1		0.263	17.792	
4:0	g	0.133		1	A	1		0.009	0.604	
6:0	g	0.000		1	A	1		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.012		1	A	1		0.001	0.054	
13:0	g									
14:0	g	0.244		1	A	1		0.016	1.108	
15:0	g									
16:0	g	1.946		1	A	1		0.130	8.835	
17:0	g									
18:0	g	1.428		1	A	1		0.096	6.483	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.545		1	A	1		0.238	16.094	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.198		1	A	1		0.013	0.899	
17:1	g									
18:1 undifferentiated	g	3.262		1	A	1		0.219	14.809	
20:1	g	0.037		1	A	1		0.002	0.168	

NDB No. 06569
Gravy, CUSTOM FOODS, SUPERB Instant Pork Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.415		1	A	1		0.028	1.884	
18:2 undifferentiated.....g	0.382		1	A	1		0.026	1.734	
18:3 undifferentiated.....g	0.032		1	A	1		0.002	0.145	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	A	1		1	45	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 6.7g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06576
Gravy, CUSTOM FOODS, SUPERB Instant Turkey Gravy Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.24		1	A	1		0.35	23.79	
Energy	kcal	409		0	MC	9		27	1857	
Energy	kj	1711				9		115	7769	
Protein	g	11.72		1	A	1		0.79	53.21	
Total lipid (fat)	g	14.66		1	A	1		0.98	66.56	
Ash	g	10.82		1	A	1		0.72	49.12	
Carbohydrate, by difference	g	57.56		0	MC	9		3.86	261.32	
Fiber, total dietary	g	3.8		1	A	1		0.3	17.3	
Sugars, total	g	6.56		1	MA	12		0.44	29.78	
Starch	g									
Minerals:										
Calcium, Ca	mg	115		1	A	1		8	522	
Iron, Fe	mg	9.57		1	A	1		0.64	43.45	
Magnesium, Mg	mg	30		0	FLM	4		2	136	
Phosphorus, P	mg	203		0	FLM	4		14	922	
Potassium, K	mg	306		0	FLM	4		21	1389	
Sodium, Na	mg	4090		1	A	1		274	18569	
Zinc, Zn	mg	1.13		0	FLM	4		0.08	5.13	
Copper, Cu	mg	0.169		0	FLM	4		0.011	0.767	
Manganese, Mn	mg	0.186		0	FLM	4		0.012	0.844	
Selenium, Se	mcg	19.4		0	FLM	4		1.3	88.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		1	A	1		0.1	4.1	
Thiamin	mg	0.130		0	FLM	4		0.009	0.590	
Riboflavin	mg	0.264		0	FLM	4		0.018	1.199	
Niacin	mg	1.181		0	FLM	4		0.079	5.362	
Pantothenic acid	mg	0.630		0	FLM	4		0.042	2.860	
Vitamin B-6	mg	0.205		0	FLM	4		0.014	0.931	
Folate, total	mcg	25		0	FLM	4		2	114	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.37		0	FLM	4		0.02	1.68	
Vitamin A, IU	IU	140		1	A	1		9	636	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.678		0	FLM	4		0.045	3.078	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.931		1	A	1		0.330	22.387	
4:0	g	0.044		1	A	1		0.003	0.200	
6:0	g	0.028		1	A	1		0.002	0.127	
8:0	g	0.018		1	A	1		0.001	0.082	
10:0	g	0.049		1	A	1		0.003	0.222	
12:0	g	0.072		1	A	1		0.005	0.327	
13:0	g									
14:0	g	0.322		1	A	1		0.022	1.462	
15:0	g									
16:0	g	3.004		1	A	1		0.201	13.638	
17:0	g									
18:0	g	1.234		1	A	1		0.083	5.602	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.250		1	A	1		0.352	23.835	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.349		1	A	1		0.023	1.584	
17:1	g									
18:1 undifferentiated	g	4.744		1	A	1		0.318	21.538	
20:1	g	0.070		1	A	1		0.005	0.318	

NDB No. 06576
Gravy, CUSTOM FOODS, SUPERB Instant Turkey Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.036		1	A	1		0.002	0.163	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.478		1	A	1		0.300	20.330	
18:2 undifferentiated.....g	4.023		1	A	1		0.270	18.264	
18:3 undifferentiated.....g	0.426		1	A	1		0.029	1.934	
18:4.....g	0.029		1	A	1		0.002	0.132	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		1	A	1		2	109	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 6.7g: 1 serving

Measure 2 = 454g: 1 package (16 oz)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.17		1	A	1		35.16	0.50	
Energy	kcal	495		0	MC	9		3366	48	
Energy	kj	2071				9		14083	201	
Protein	g	6.56		1	A	1		44.61	0.64	
Total lipid (fat)	g	28.03		1	A	1		190.60	2.72	
Ash	g	6.01		1	A	1		40.87	0.58	
Carbohydrate, by difference	g	54.23		0	MC	9		368.76	5.26	
Fiber, total dietary	g	4.8		1	A	1		32.6	0.5	
Sugars, total	g	8.44		1	MA	12		57.39	0.82	
Starch	g									
Minerals:										
Calcium, Ca	mg	37		1	A	1		252	4	
Iron, Fe	mg	6.04		1	A	1		41.07	0.59	
Magnesium, Mg	mg	12		0	FLM	4		82	1	
Phosphorus, P	mg	82		0	FLM	4		558	8	
Potassium, K	mg	621		0	FLM	4		4223	60	
Sodium, Na	mg	1973		1	A	1		13416	191	
Zinc, Zn	mg	0.52		0	FLM	4		3.54	0.05	
Copper, Cu	mg	0.161		0	FLM	4		1.095	0.016	
Manganese, Mn	mg	0.168		0	FLM	4		1.142	0.016	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		1	A	1		2.0	0.0	
Thiamin	mg	0.196		0	FLM	4		1.333	0.019	
Riboflavin	mg	0.204		0	FLM	4		1.387	0.020	
Niacin	mg	1.347		0	FLM	4		9.160	0.131	
Pantothenic acid	mg	0.284		0	FLM	4		1.931	0.028	
Vitamin B-6	mg	0.030		0	FLM	4		0.204	0.003	
Folate, total	mcg	33		0	MC	9		224	3	
Folic acid	mcg	25		0	NC	4		170	2	
Folate, food	mcg	8		0		4		54	1	
Folate, DFE	mcg_DFE	51		0	NC	4		343	5	
Vitamin B-12	mcg	0.23		0	FLM	4		1.56	0.02	
Vitamin A, IU	IU	470		1	A	1		3196	46	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	4.538		0	FLM	4		30.858	0.440	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.377		1	A	1		56.964	0.813	
4:0	g	0.000		1	A	1		0.000	0.000	
6:0	g	0.000		1	A	1		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.000		1	A	1		0.000	0.000	
13:0	g									
14:0	g	0.044		1	A	1		0.299	0.004	
15:0	g									
16:0	g	3.467		1	A	1		23.576	0.336	
17:0	g									
18:0	g	4.550		1	A	1		30.940	0.441	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	18.690		1	A	1		127.092	1.813	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.028		1	A	1		0.190	0.003	

NDB No. 06571
Gravy, CUSTOM FOODS, SUPERB Old-Fashioned BISCUIT Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	18.606		1	A	1		126.521	1.805	
20:1 ... g	0.057		1	A	1		0.388	0.006	
22:1 undifferentiated ... g	0.000		1	A	1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.959		1	A	1		6.521	0.093	
18:2 undifferentiated ... g	0.914		1	A	1		6.215	0.089	
18:3 undifferentiated ... g	0.045		1	A	1		0.306	0.004	
18:4 ... g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		1	A	1		0.000	0.000	
20:5 n-3 ... g	0.000		1	A	1		0.000	0.000	
22:5 n-3 ... g	0.000		1	A	1		0.000	0.000	
22:6 n-3 ... g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	3		1	A	1		20	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 680g: 1 package

Measure 2 = 9.7g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.69		1	A	1		38.69	0.55	
Energy	kcal	500		0	MC	9		3400	49	
Energy	kj	2092				9		14226	203	
Protein	g	6.57		1	A	1		44.68	0.64	
Total lipid (fat)	g	29.64		1	A	1		201.55	2.88	
Ash	g	6.24		1	A	1		42.43	0.61	
Carbohydrate, by difference	g	51.87		0	MC	9		352.72	5.03	
Fiber, total dietary	g	2.7		1	A	1		18.4	0.3	
Sugars, total	g	4.98		1	MA	12		33.86	0.48	
Starch	g									
Minerals:										
Calcium, Ca	mg	35		1	A	1		238	3	
Iron, Fe	mg	0.28		1	A	1		1.90	0.03	
Magnesium, Mg	mg	16		0	FLM	4		109	2	
Phosphorus, P	mg	101		0	FLM	4		687	10	
Potassium, K	mg	140		0	FLM	4		952	14	
Sodium, Na	mg	2480		1	A	1		16864	241	
Zinc, Zn	mg	0.54		0	FLM	4		3.67	0.05	
Copper, Cu	mg	0.075		0	FLM	4		0.510	0.007	
Manganese, Mn	mg	0.296		0	FLM	4		2.013	0.029	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		1	A	1		5.4	0.1	
Thiamin	mg	0.352		0	FLM	4		2.394	0.034	
Riboflavin	mg	0.301		0	FLM	4		2.047	0.029	
Niacin	mg	2.521		0	FLM	4		17.143	0.245	
Pantothenic acid	mg	0.369		0	FLM	4		2.509	0.036	
Vitamin B-6	mg	0.039		0	FLM	4		0.265	0.004	
Folate, total	mcg	33		0	MC	9		224	3	
Folic acid	mcg	19		0	NC	4		129	2	
Folate, food	mcg	14		0		4		95	1	
Folate, DFE	mcg_DFE	46		0	NC	4		315	4	
Vitamin B-12	mcg	0.22		0	FLM	4		1.50	0.02	
Vitamin A, IU	IU	430		1	A	1		2924	42	
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	1.671		0	FLM	4		11.363	0.162	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.689		1	A	1		59.085	0.843	
4:0	g	0.000		1	A	1		0.000	0.000	
6:0	g	0.000		1	A	1		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.024		1	A	1		0.163	0.002	
13:0	g									
14:0	g	0.048		1	A	1		0.326	0.005	
15:0	g									
16:0	g	3.698		1	A	1		25.146	0.359	
17:0	g									
18:0	g	4.587		1	A	1		31.192	0.445	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	20.004		1	A	1		136.027	1.940	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.029		1	A	1		0.197	0.003	

NDB No. 06568

Gravy, CUSTOM FOODS, SUPERB Peppered Old-Fashioned Biscuit Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	19.887		1	A	1		135.232	1.929	
20:1 g	0.088		1	A	1		0.598	0.009	
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.943		1	A	1		6.412	0.091	
18:2 undifferentiated g	0.901		1	A	1		6.127	0.087	
18:3 undifferentiated g	0.042		1	A	1		0.286	0.004	
18:4 g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:5 n-3 g	0.000		1	A	1		0.000	0.000	
22:5 n-3 g	0.000		1	A	1		0.000	0.000	
22:6 n-3 g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	1		1	A	1		7	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 680g: 1 package

Measure 2 = 9.7g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.90		1	A	1		53.94		
Energy	kcal	41		0	MC	9		24		
Energy	kj	169				9		102		
Protein	g	1.50		1	A	1		0.90		
Total lipid (fat)	g	1.30		1	A	1		0.78		
Ash	g	1.60		1	A	1		0.96		
Carbohydrate, by difference	g	5.69		0	MC	9		3.41		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	586		1	A	1		352		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.540		1	A	1		0.324		
4:0	g									
6:0	g									
8:0	g	0.003		1	A	1		0.002		
10:0	g	0.007		1	A	1		0.004		
12:0	g	0.008		1	A	1		0.005		
13:0	g									
14:0	g	0.045		1	A	1		0.027		
15:0	g	0.007		1	A	1		0.004		
16:0	g	0.273		1	A	1		0.164		
17:0	g	0.012		1	A	1		0.007		
18:0	g	0.193		1	A	1		0.116		
20:0	g	0.003		1	A	1		0.002		
22:0	g	0.001		1	A	1		0.001		
24:0	g									
Fatty acids, total monounsaturated	g	0.460		1	A	1		0.276		
14:1	g	0.006		1	A	1		0.004		
15:1	g									
16:1 undifferentiated	g	0.028		1	A	1		0.017		
17:1	g	0.008		1	A	1		0.005		
18:1 undifferentiated	g	0.430		1	A	1		0.258		
20:1	g	0.002		1	A	1		0.001		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.062		1	A	1		0.037		
18:2 undifferentiated	g	0.055		1	A	1		0.033		
18:3 undifferentiated	g	0.006		1	A	1		0.004		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g	0.001		1	A	1		0.001		
20:4 undifferentiated	g	0.001		1	A	1		0.001		
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	4		1	A	1		2		
Phytosterols	mg									

NDB No. 06579
Gravy, HEINZ, HEINZ Home Style Savory Brown Gravy, canned

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

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

Common Measures:

Measure 1 = 60g: .25 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.33		3	MA	12		2242.57	46.70	46.70
Energy	kcal	155		0	MC	9		4614	96	96
Energy	kj	649				9		19306	402	402
Protein	g	4.60		3	A	1		136.94	2.85	2.85
Total lipid (fat)	g	12.40		3	MA	12		369.15	7.69	7.69
Ash	g	1.39		3	A	1		41.38	0.86	0.86
Carbohydrate, by difference	g	6.28		0	MC	9		186.96	3.89	3.89
Fiber, total dietary	g	0.7		3	A	1		20.8	0.4	0.4
Sugars, total	g	0.78		3	MA	12		23.22	0.48	0.48
Starch	g									
Minerals:										
Calcium, Ca	mg	6		3	A	1		179	4	4
Iron, Fe	mg	0.55		3	A	1		16.37	0.34	0.34
Magnesium, Mg	mg	5		0	FLM	4		149	3	3
Phosphorus, P	mg	41		0	FLM	4		1221	25	25
Potassium, K	mg	77		0	FLM	4		2292	48	48
Sodium, Na	mg	380		3	A	1		11313	236	236
Zinc, Zn	mg	0.55		0	FLM	4		16.37	0.34	0.34
Copper, Cu	mg	0.038		0	FLM	4		1.131	0.024	0.024
Manganese, Mn	mg	0.033		0	FLM	4		0.982	0.020	0.020
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		3	A	1		3.0	0.1	0.1
Thiamin	mg	0.159		0	FLM	4		4.733	0.099	0.099
Riboflavin	mg	0.062		0	FLM	4		1.846	0.038	0.038
Niacin	mg	1.049		0	FLM	4		31.229	0.650	0.650
Pantothenic acid	mg	0.159		0	FLM	4		4.733	0.099	0.099
Vitamin B-6	mg	0.065		0	FLM	4		1.935	0.040	0.040
Folate, total	mcg	1		0	FLM	4		30	1	1
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.34		0	FLM	4		10.12	0.21	0.21
Vitamin A, IU	IU	0		3	MA	12		0	0	0
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.297		0	FLM	4		8.842	0.184	0.184
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.220		3	MA	12		95.859	1.996	1.996
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.026		0	FLM	4		0.774	0.016	0.016
12:0	g	0.019		0	FLM	4		0.566	0.012	0.012
13:0	g									
14:0	g	0.110		0	FLM	4		3.275	0.068	0.068
15:0	g									
16:0	g	2.108		0	FLM	4		62.755	1.307	1.307
17:0	g									
18:0	g	0.957		0	FLM	4		28.490	0.593	0.593
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.698		0	FLM	4		139.859	2.913	2.913
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.253		0	FLM	4		7.532	0.157	0.157
17:1	g									
18:1 undifferentiated	g	4.445		0	FLM	4		132.328	2.756	2.756
20:1	g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 06800
Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.483		0	FLM	4		103.689	2.159	2.159
18:2 undifferentiated.....g	3.212		0	FLM	4		95.621	1.991	1.991
18:3 undifferentiated.....g	0.273		0	FLM	4		8.127	0.169	0.169
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	21		3	MA	12		625	13	13
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 2977g: 1 package

Measure 2 = 62g: 1 serving

Measure 3 = 62g: .25 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06566
Gravy, NESTLE, TRIO Au Jus Gravy Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.62		3	MA	12		0.11	7.17	0.11
Energy	kcal	280		0	MC	9		8	554	8
Energy	kj	1172				9		35	2320	35
Protein	g	0.91		3	A	1		0.03	1.80	0.03
Total lipid (fat)	g	5.01		3	MA	12		0.15	9.92	0.15
Ash	g	32.63		3	A	1		0.98	64.61	0.98
Carbohydrate, by difference	g	57.83		0	MC	9		1.73	114.50	1.73
Fiber, total dietary	g	1.0		3	A	1		0.0	2.0	0.0
Sugars, total	g	1.60		3	MA	12		0.05	3.17	0.05
Starch	g									
Minerals:										
Calcium, Ca	mg	103		3	A	1		3	204	3
Iron, Fe	mg	2.80		3	A	1		0.08	5.54	0.08
Magnesium, Mg	mg	1		0	FLM	4		0	2	0
Phosphorus, P	mg	5		0	FLM	4		0	10	0
Potassium, K	mg	4		0	FLM	4		0	8	0
Sodium, Na	mg	13300		3	A	1		399	26334	399
Zinc, Zn	mg	0.05		0	FLM	4		0.00	0.10	0.00
Copper, Cu	mg	0.027		0	FLM	4		0.001	0.053	0.001
Manganese, Mn	mg	0.051		0	FLM	4		0.002	0.101	0.002
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0
Thiamin	mg	0.000		0	FLM	4		0.000	0.000	0.000
Riboflavin	mg	0.001		0	FLM	4		0.000	0.002	0.000
Niacin	mg	0.005		0	FLM	4		0.000	0.010	0.000
Pantothenic acid	mg	0.000		0	FLM	4		0.000	0.000	0.000
Vitamin B-6	mg	0.001		0	FLM	4		0.000	0.002	0.000
Folate, total	mcg	0		0	FLM	4		0	0	0
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		3	MA	12		0	0	0
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.182		0	FLM	4		0.005	0.360	0.005
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.780		3	MA	12		0.053	3.524	0.053
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.023		0	FLM	4		0.001	0.046	0.001
13:0	g									
14:0	g	0.104		0	FLM	4		0.003	0.206	0.003
15:0	g									
16:0	g	1.030		0	FLM	4		0.031	2.039	0.031
17:0	g									
18:0	g	0.589		0	FLM	4		0.018	1.166	0.018
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.772		0	FLM	4		0.053	3.509	0.053
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.108		0	FLM	4		0.003	0.214	0.003
17:1	g									
18:1 undifferentiated	g	1.628		0	FLM	4		0.049	3.223	0.049
20:1	g	0.007		0	FLM	4		0.000	0.014	0.000

NDB No. 06566
Gravy, NESTLE, TRIO Au Jus Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.322		0	FLM	4		0.040	2.618	0.040
18:2 undifferentiated.....g	1.233		0	FLM	4		0.037	2.441	0.037
18:3 undifferentiated.....g	0.086		0	FLM	4		0.003	0.170	0.003
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	4		3	MA	12		0	8	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 3.0g: 1 tsp

Measure 2 = 198g: 1 package (7 oz)

Measure 3 = 3.0g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06561
Gravy, NESTLE, TRIO Brown Gravy Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.81		3	MA	12		0.29	0.29	21.79
Energy	kcal	406		0	MC	9		24	24	1839
Energy	kj	1699				9		102	102	7695
Protein	g	10.42		3	A	1		0.63	0.63	47.20
Total lipid (fat)	g	14.78		3	MA	12		0.89	0.89	66.95
Ash	g	12.13		3	A	1		0.73	0.73	54.95
Carbohydrate, by difference	g	57.86		0	MC	9		3.47	3.47	262.11
Fiber, total dietary	g	3.5		3	A	1		0.2	0.2	15.9
Sugars, total	g	14.00		3	MA	12		0.84	0.84	63.42
Starch	g									
Minerals:										
Calcium, Ca	mg	36		3	A	1		2	2	163
Iron, Fe	mg	1.80		3	A	1		0.11	0.11	8.15
Magnesium, Mg	mg	8		0	FLM	4		0	0	36
Phosphorus, P	mg	122		0	FLM	4		7	7	553
Potassium, K	mg	14		0	FLM	4		1	1	63
Sodium, Na	mg	4363		3	A	1		262	262	19764
Zinc, Zn	mg	0.63		0	FLM	4		0.04	0.04	2.85
Copper, Cu	mg	0.269		0	FLM	4		0.016	0.016	1.219
Manganese, Mn	mg	0.256		0	FLM	4		0.015	0.015	1.160
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0
Thiamin	mg	0.025		0	FLM	4		0.002	0.002	0.113
Riboflavin	mg	0.015		0	FLM	4		0.001	0.001	0.068
Niacin	mg	0.210		0	FLM	4		0.013	0.013	0.951
Pantothenic acid	mg	0.009		0	FLM	4		0.001	0.001	0.041
Vitamin B-6	mg	0.014		0	FLM	4		0.001	0.001	0.063
Folate, total	mcg	26		0	FLM	4		2	2	118
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		3	MA	12		0	0	0
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.660		0	FLM	4		0.040	0.040	2.990
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.290		3	MA	12		0.257	0.257	19.434
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.131		0	FLM	4		0.008	0.008	0.593
15:0	g									
16:0	g	3.753		0	FLM	4		0.225	0.225	17.001
17:0	g									
18:0	g	0.393		0	FLM	4		0.024	0.024	1.780
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.638		0	FLM	4		0.158	0.158	11.950
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.115		0	FLM	4		0.007	0.007	0.521
17:1	g									
18:1 undifferentiated	g	2.527		0	FLM	4		0.152	0.152	11.447
20:1	g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 06561
Gravy, NESTLE, TRIO Brown Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.649		0	FLM	4		0.459	0.459	34.650
18:2 undifferentiated.....g	7.569		0	FLM	4		0.454	0.454	34.288
18:3 undifferentiated.....g	0.056		0	FLM	4		0.003	0.003	0.254
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		3	MA	12		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 6.0g: 1 tbsp

Measure 2 = 6.0g: 1 serving

Measure 3 = 453g: 1 package (16 oz)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06574
Gravy, NESTLE, TRIO Chicken Gravy Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.81		3	MA	12		0.30	24.42	0.30
Energy	kcal	405		0	MC	9		32	2596	32
Energy	kj	1695				9		136	10862	136
Protein	g	11.40		3	A	1		0.91	73.07	0.91
Total lipid (fat)	g	11.80		3	MA	12		0.94	75.64	0.94
Ash	g	9.77		3	A	1		0.78	62.63	0.78
Carbohydrate, by difference	g	63.22		0	MC	9		5.06	405.24	5.06
Fiber, total dietary	g	1.4		3	A	1		0.1	9.0	0.1
Sugars, total	g	10.20		3	MA	12		0.82	65.38	0.82
Starch	g									
Minerals:										
Calcium, Ca	mg	160		3	A	1		13	1026	13
Iron, Fe	mg	1.30		3	A	1		0.10	8.33	0.10
Magnesium, Mg	mg	26		0	FLM	4		2	167	2
Phosphorus, P	mg	199		0	FLM	4		16	1276	16
Potassium, K	mg	272		0	FLM	4		22	1744	22
Sodium, Na	mg	3250		3	A	1		260	20833	260
Zinc, Zn	mg	1.19		0	FLM	4		0.10	7.63	0.10
Copper, Cu	mg	0.163		0	FLM	4		0.013	1.045	0.013
Manganese, Mn	mg	0.132		0	FLM	4		0.011	0.846	0.011
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		3	A	1		0.1	7.7	0.1
Thiamin	mg	0.081		0	FLM	4		0.006	0.519	0.006
Riboflavin	mg	0.278		0	FLM	4		0.022	1.782	0.022
Niacin	mg	1.718		0	FLM	4		0.137	11.012	0.137
Pantothenic acid	mg	0.875		0	FLM	4		0.070	5.609	0.070
Vitamin B-6	mg	0.134		0	FLM	4		0.011	0.859	0.011
Folate, total	mcg	16		0	FLM	4		1	103	1
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.39		0	FLM	4		0.03	2.50	0.03
Vitamin A, IU	IU	208		3	MA	12		17	1333	17
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.444		0	FLM	4		0.036	2.846	0.036
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.070		3	MA	12		0.326	26.089	0.326
4:0	g	0.007		0	FLM	4		0.001	0.045	0.001
6:0	g	0.001		0	FLM	4		0.000	0.006	0.000
8:0	g	0.001		0	FLM	4		0.000	0.006	0.000
10:0	g	0.003		0	FLM	4		0.000	0.019	0.000
12:0	g	0.014		0	FLM	4		0.001	0.090	0.001
13:0	g									
14:0	g	0.116		0	FLM	4		0.009	0.744	0.009
15:0	g									
16:0	g	2.960		0	FLM	4		0.237	18.974	0.237
17:0	g									
18:0	g	0.846		0	FLM	4		0.068	5.423	0.068
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.399		0	FLM	4		0.352	28.198	0.352
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.414		0	FLM	4		0.033	2.654	0.033
17:1	g									
18:1 undifferentiated	g	3.873		0	FLM	4		0.310	24.826	0.310
20:1	g	0.069		0	FLM	4		0.006	0.442	0.006

NDB No. 06574
Gravy, NESTLE, TRIO Chicken Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.692		0	FLM	4		0.295	23.666	0.295
18:2 undifferentiated....g	3.411		0	FLM	4		0.273	21.865	0.273
18:3 undifferentiated....g	0.205		0	FLM	4		0.016	1.314	0.016
18:4....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.030		0	FLM	4		0.002	0.192	0.002
20:5 n-3....g	0.003		0	FLM	4		0.000	0.019	0.000
22:5 n-3....g	0.005		0	FLM	4		0.000	0.032	0.000
22:6 n-3....g	0.011		0	FLM	4		0.001	0.071	0.001
Fatty acids, total trans....g									
Cholesterol....mg	28		3	MA	12		2	179	2
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 8.0g: 1 tbsp

Measure 2 = 641g: 1 package

Measure 3 = 8.0g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06572
Gravy, NESTLE, TRIO Country Gravy Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.20		3	MA	12		0.34	26.21	0.34
Energy	kcal	433		0	MC	9		35	2702	35
Energy	kj	1812				9		145	11305	145
Protein	g	9.08		3	A	1		0.73	56.66	0.73
Total lipid (fat)	g	15.27		3	MA	12		1.22	95.28	1.22
Ash	g	6.59		3	A	1		0.53	41.12	0.53
Carbohydrate, by difference	g	64.87		0	MC	9		5.19	404.79	5.19
Fiber, total dietary	g	9.0		3	A	1		0.7	56.2	0.7
Sugars, total	g	28.50		3	MA	12		2.28	177.84	2.28
Starch	g									
Minerals:										
Calcium, Ca	mg	65		3	A	1		5	406	5
Iron, Fe	mg	1.30		3	A	1		0.10	8.11	0.10
Magnesium, Mg	mg	14		0	FLM	4		1	87	1
Phosphorus, P	mg	111		0	FLM	4		9	693	9
Potassium, K	mg	139		0	FLM	4		11	867	11
Sodium, Na	mg	2559		3	A	1		205	15968	205
Zinc, Zn	mg	0.64		0	FLM	4		0.05	3.99	0.05
Copper, Cu	mg	0.088		0	FLM	4		0.007	0.549	0.007
Manganese, Mn	mg	0.173		0	FLM	4		0.014	1.080	0.014
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0
Thiamin	mg	0.123		0	FLM	4		0.010	0.768	0.010
Riboflavin	mg	0.192		0	FLM	4		0.015	1.198	0.015
Niacin	mg	1.256		0	FLM	4		0.100	7.837	0.100
Pantothenic acid	mg	0.333		0	FLM	4		0.027	2.078	0.027
Vitamin B-6	mg	0.038		0	FLM	4		0.003	0.237	0.003
Folate, total	mcg	10		0	FLM	4		1	62	1
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.09		0	FLM	4		0.01	0.56	0.01
Vitamin A, IU	IU	0		3	MA	12		0	0	0
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.821		0	FLM	4		0.066	5.123	0.066
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.990		3	MA	12		0.319	24.898	0.319
4:0	g	0.003		0	FLM	4		0.000	0.019	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.002		0	FLM	4		0.000	0.012	0.000
12:0	g	0.003		0	FLM	4		0.000	0.019	0.000
13:0	g									
14:0	g	0.039		0	FLM	4		0.003	0.243	0.003
15:0	g									
16:0	g	3.155		0	FLM	4		0.252	19.687	0.252
17:0	g									
18:0	g	0.779		0	FLM	4		0.062	4.861	0.062
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.812		0	FLM	4		0.145	11.307	0.145
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.084		0	FLM	4		0.007	0.524	0.007
17:1	g									
18:1 undifferentiated	g	1.724		0	FLM	4		0.138	10.758	0.138
20:1	g	0.003		0	FLM	4		0.000	0.019	0.000

NDB No. 06572
Gravy, NESTLE, TRIO Country Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.783		0	FLM	4		0.543	42.326	0.543
18:2 undifferentiated....g	6.014		0	FLM	4		0.481	37.527	0.481
18:3 undifferentiated....g	0.756		0	FLM	4		0.060	4.717	0.060
18:4....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.007		0	FLM	4		0.001	0.044	0.001
20:5 n-3....g	0.001		0	FLM	4		0.000	0.006	0.000
22:5 n-3....g	0.002		0	FLM	4		0.000	0.012	0.000
22:6 n-3....g	0.003		0	FLM	4		0.000	0.019	0.000
Fatty acids, total trans....g									
Cholesterol....mg	6		3	MA	12		0	37	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 8.0g: 1 tbsp

Measure 2 = 624g: 1 package

Measure 3 = 8.0g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06563
Gravy, NESTLE, TRIO Southern Gravy Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.68		3	MA	12		13.54	0.37	
Energy	kcal	481		0	MC	9		1770	48	
Energy	kj	2013				9		7406	201	
Protein	g	2.46		3	A	1		9.05	0.25	
Total lipid (fat)	g	25.45		3	MA	12		93.66	2.55	
Ash	g	7.90		3	A	1		29.07	0.79	
Carbohydrate, by difference	g	60.51		0	MC	9		222.68	6.05	
Fiber, total dietary	g	0.0		3	A	1		0.0	0.0	
Sugars, total	g	6.00		3	MA	12		22.08	0.60	
Starch	g									
Minerals:										
Calcium, Ca	mg	75		3	A	1		276	8	
Iron, Fe	mg	0.62		3	A	1		2.28	0.06	
Magnesium, Mg	mg	14		0	FLM	4		52	1	
Phosphorus, P	mg	66		0	FLM	4		243	7	
Potassium, K	mg	138		0	FLM	4		508	14	
Sodium, Na	mg	2900		3	A	1		10672	290	
Zinc, Zn	mg	0.32		0	FLM	4		1.18	0.03	
Copper, Cu	mg	0.058		0	FLM	4		0.213	0.006	
Manganese, Mn	mg	0.189		0	FLM	4		0.696	0.019	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		3	A	1		2.6	0.1	
Thiamin	mg	0.030		0	FLM	4		0.110	0.003	
Riboflavin	mg	0.108		0	FLM	4		0.397	0.011	
Niacin	mg	0.099		0	FLM	4		0.364	0.010	
Pantothenic acid	mg	0.190		0	FLM	4		0.699	0.019	
Vitamin B-6	mg	0.034		0	FLM	4		0.125	0.003	
Folate, total	mcg	3		0	FLM	4		11	0	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.23		0	FLM	4		0.85	0.02	
Vitamin A, IU	IU	244		3	MA	12		898	24	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	4.287		0	FLM	4		15.776	0.429	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.610		3	MA	12		20.645	0.561	
4:0	g	0.008		0	FLM	4		0.029	0.001	
6:0	g	0.004		0	FLM	4		0.015	0.000	
8:0	g	0.003		0	FLM	4		0.011	0.000	
10:0	g	0.007		0	FLM	4		0.026	0.001	
12:0	g	0.008		0	FLM	4		0.029	0.001	
13:0	g									
14:0	g	0.066		0	FLM	4		0.243	0.007	
15:0	g									
16:0	g	4.422		0	FLM	4		16.273	0.442	
17:0	g									
18:0	g	1.083		0	FLM	4		3.985	0.108	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.965		0	FLM	4		10.911	0.297	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.110		0	FLM	4		0.405	0.011	
17:1	g									
18:1 undifferentiated	g	2.853		0	FLM	4		10.499	0.285	
20:1	g	0.000		0	FLM	4		0.000	0.000	

NDB No. 06563
Gravy, NESTLE, TRIO Southern Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:1 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	11.909		0	FLM	4		43.825	1.191	
18:2 undifferentiated....g	10.559		0	FLM	4		38.857	1.056	
18:3 undifferentiated....g	1.352		0	FLM	4		4.975	0.135	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	2		3	MA	12		7	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 368g: 1 package

Measure 2 = 10.0g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06577
Gravy, NESTLE, TRIO Turkey Gravy Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.05		3	MA	12		28.63	0.40	
Energy	kcal	362		0	MC	9		2053	29	
Energy	kj	1515				9		8588	121	
Protein	g	8.57		3	A	1		48.59	0.69	
Total lipid (fat)	g	4.34		3	MA	12		24.61	0.35	
Ash	g	9.99		3	A	1		56.64	0.80	
Carbohydrate, by difference	g	72.05		0	MC	9		408.52	5.76	
Fiber, total dietary	g	1.5		3	A	1		8.5	0.1	
Sugars, total	g	6.80		3	MA	12		38.56	0.54	
Starch	g									
Minerals:										
Calcium, Ca	mg	120		3	A	1		680	10	
Iron, Fe	mg	1.20		3	A	1		6.80	0.10	
Magnesium, Mg	mg	57		0	FLM	4		323	5	
Phosphorus, P	mg	357		0	FLM	4		2024	29	
Potassium, K	mg	717		0	FLM	4		4065	57	
Sodium, Na	mg	3387		3	A	1		19204	271	
Zinc, Zn	mg	1.25		0	FLM	4		7.09	0.10	
Copper, Cu	mg	0.130		0	FLM	4		0.737	0.010	
Manganese, Mn	mg	0.072		0	FLM	4		0.408	0.006	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	
Thiamin	mg	0.302		0	FLM	4		1.712	0.024	
Riboflavin	mg	0.957		0	FLM	4		5.426	0.077	
Niacin	mg	3.428		0	FLM	4		19.437	0.274	
Pantothenic acid	mg	2.307		0	FLM	4		13.081	0.185	
Vitamin B-6	mg	0.307		0	FLM	4		1.741	0.025	
Folate, total	mcg	159		0	FLM	4		902	13	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.68		0	FLM	4		3.86	0.05	
Vitamin A, IU	IU	0		3	MA	12		0	0	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.170		0	FLM	4		0.964	0.014	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.990		3	MA	12		5.613	0.079	
4:0	g	0.011		0	FLM	4		0.062	0.001	
6:0	g	0.001		0	FLM	4		0.006	0.000	
8:0	g	0.002		0	FLM	4		0.011	0.000	
10:0	g	0.004		0	FLM	4		0.023	0.000	
12:0	g	0.006		0	FLM	4		0.034	0.000	
13:0	g									
14:0	g	0.044		0	FLM	4		0.249	0.004	
15:0	g									
16:0	g	0.673		0	FLM	4		3.816	0.054	
17:0	g									
18:0	g	0.198		0	FLM	4		1.123	0.016	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.858		0	FLM	4		10.535	0.149	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.304		0	FLM	4		1.724	0.024	
17:1	g									
18:1 undifferentiated	g	1.490		0	FLM	4		8.448	0.119	
20:1	g	0.038		0	FLM	4		0.215	0.003	

NDB No. 06577
Gravy, NESTLE, TRIO Turkey Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:1 undifferentiated....g	0.001		0	FLM	4		0.006	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.818		0	FLM	4		4.638	0.065	
18:2 undifferentiated....g	0.746		0	FLM	4		4.230	0.060	
18:3 undifferentiated....g	0.040		0	FLM	4		0.227	0.003	
18:4....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0	FLM	4		0.068	0.001	
20:5 n-3....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3....g	0.002		0	FLM	4		0.011	0.000	
22:6 n-3....g	0.003		0	FLM	4		0.017	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	11		3	MA	12		62	1	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 567g: 1 package

Measure 2 = 8.0g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06746
Gravy, PEPPERIDGE FARM HEARTY BEEF GRAVY, GLASS JAR

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.40		1	A	1		300.56	53.04	
Energy	kcal	43		0	NC	4		146	26	
Energy	kj	180				4		612	108	
Protein	g	3.00		1	A	1		10.20	1.80	
Total lipid (fat)	g	0.70		1	A	1		2.38	0.42	
Ash	g	1.70		1	A	1		5.78	1.02	
Carbohydrate, by difference	g	6.20		0	NC	4		21.08	3.72	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	631		1	A	1		2145	379	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.238		1	A	1		0.809	0.143	
Fatty acids, total monounsaturated	g	0.252		1	A	1		0.857	0.151	
Fatty acids, total polyunsaturated	g	0.064		1	A	1		0.218	0.038	
Fatty acids, total trans	g									
Cholesterol	mg	5		1	A	1		17	3	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 340g: 1 package yields

Measure 2 = 60g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06114
Gravy, au jus, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.50		0		4		224.91	281.61	
Energy	kcal	16		0	NC	4		38	48	
Energy	kj	67				4		159	199	
Protein (N x 6.25)	g	1.20		1		1		2.86	3.58	
Total lipid (fat)	g	0.20		1		1		0.48	0.60	
Ash	g	1.60		0		4		3.81	4.77	
Carbohydrate, by difference	g	2.50		0	NC	4		5.95	7.45	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1		1		10	12	
Iron, Fe	mg	0.60		1		1		1.43	1.79	
Magnesium, Mg	mg	2		0		4		5	6	
Phosphorus, P	mg	30		0		4		71	89	
Potassium, K	mg	81		0		4		193	241	
Sodium, Na	mg	50		0		4		119	149	
Zinc, Zn	mg	1.00		0		4		2.38	2.98	
Copper, Cu	mg	0.100		0		4		0.238	0.298	
Manganese, Mn	mg	0.200		0		4		0.476	0.596	
Selenium, Se	mcg	0.4		0	BFSN	4		1.0	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1		1		2.4	3.0	
Thiamin	mg	0.020		1		1		0.048	0.060	
Riboflavin	mg	0.060		1		1		0.143	0.179	
Niacin	mg	0.900		1		1		2.142	2.682	
Pantothenic acid	mg	0.020		0		4		0.048	0.060	
Vitamin B-6	mg	0.010		0		4		0.024	0.030	
Folate, total	mcg	2		0		4		5	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		5	6	
Folate, DFE	mcg_DFE	2		0	NC	4		5	6	
Vitamin B-12	mcg	0.10		0		4		0.24	0.30	
Vitamin A, IU	IU	0		1		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.100		0		1		0.238	0.298	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.024	0.030	
15:0	g									
16:0	g	0.050		0		1		0.119	0.149	
17:0	g									
18:0	g	0.040		0		1		0.095	0.119	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.080		0		1		0.190	0.238	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.024	0.030	

NDB No. 06114
Gravy, au jus, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.070		0		1		0.167	0.209	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.010		0		1		0.024	0.030	
18:2 undifferentiated ... g	0.010		0		1		0.024	0.030	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 238g: 1 cup

Measure 2 = 298g: 1 can

Calories Factors: **Protein** 3.5 **Fat** 9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06115
Gravy, au jus, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.74		10	MA	12		0.08		
Energy	kcal	313		0	NC	4		9		
Energy	kj	1310				4		39		
Protein	g	9.20		8	A	1		0.28		
Total lipid (fat)	g	9.63		8	MA	12		0.29		
Ash	g	30.94		8	A	1		0.93		
Carbohydrate, by difference	g	47.49		0	NC	4		1.42		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	140		6	A	1		4		
Iron, Fe	mg	9.30		4	A	1		0.28		
Magnesium, Mg	mg	56		1	A	1		2		
Phosphorus, P	mg	153		0	BFZN	4		5		
Potassium, K	mg	279		0	BFZN	4		8		
Sodium, Na	mg	11588		7	A	1		348		
Zinc, Zn	mg	0.70	0.011	3	A	1		0.02		
Copper, Cu	mg	0.120	0.004	3	A	1		0.004		
Manganese, Mn	mg	0.268		0	BFZN	4		0.008		
Selenium, Se	mcg	6.2		0	BFSN	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		4	A	1		0.0		
Thiamin	mg	0.472		0	BFZN	4		0.014		
Riboflavin	mg	0.324		0	BFZN	4		0.010		
Niacin	mg	4.087		0	BFZN	4		0.123		
Pantothenic acid	mg	0.157		0	BFZN	4		0.005		
Vitamin B-6	mg	0.174		0	BFZN	4		0.005		
Folate, total	mcg	81		0	BFZN	4		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	81		0	BFZN	4		2		
Folate, DFE	mcg_DFE	81		0	NC	4		2		
Vitamin B-12	mcg	0.32		0	BFZN	4		0.01		
Vitamin A, IU	IU	10		4	MA	12		0		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.026		4	MA	12		0.061		
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.000		0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	g	0.010		0	BFFN	4		0.000		
13:0	g									
14:0	g	0.128		0	BFFN	4		0.004		
15:0	g									
16:0	g	1.039		0	BFFN	4		0.031		
17:0	g									
18:0	g	0.768		0	BFFN	4		0.023		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.683		0	BFFN	4		0.140		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.110		0	BFFN	4		0.003		

NDB No. 06115
Gravy, au jus, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.989		0	BFFN	4		0.060		
20:1 ... g	0.009		0	BFFN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.230		0	BFFN	4		0.007		
18:2 undifferentiated ... g	0.205		0	BFFN	4		0.006		
18:3 undifferentiated ... g	0.024		0	BFFN	4		0.001		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	4		4	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 3.0g: 1 tsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06116
Gravy, beef, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.48	0.302	5		1		203.83	254.57	
Energy	kcal	53		0	NC	4		123	154	
Energy	kj	222				4		517	645	
Protein (N x 6.25)	g	3.75	0.198	5		1		8.74	10.91	
Total lipid (fat)	g	2.36		5		1		5.50	6.87	
Ash	g	1.60	0.063	5		1		3.73	4.66	
Carbohydrate, by difference	g	4.81		0	NC	4		11.21	14.00	
Fiber, total dietary	g	0.4		0		1		0.9	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6	1.265	5		1		14	17	
Iron, Fe	mg	0.70	0.127	5		1		1.63	2.04	
Magnesium, Mg	mg	2		0		1		5	6	
Phosphorus, P	mg	30		1		1		70	87	
Potassium, K	mg	81		1		1		189	236	
Sodium, Na	mg	560	1.225	5		1		1305	1630	
Zinc, Zn	mg	1.00		1		1		2.33	2.91	
Copper, Cu	mg	0.100		1		1		0.233	0.291	
Manganese, Mn	mg	0.200		1		1		0.466	0.582	
Selenium, Se	mcg	1.0		1	A	1		2.3	2.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		5		1		0.0	0.0	
Thiamin	mg	0.032	0.005	5		1		0.075	0.093	
Riboflavin	mg	0.036	0.004	5		1		0.084	0.105	
Niacin	mg	0.660	0.075	5		1		1.538	1.921	
Pantothenic acid	mg	0.020		0		1		0.047	0.058	
Vitamin B-6	mg	0.010		0		1		0.023	0.029	
Folate, total	mcg	2		0		1		5	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		5	6	
Folate, DFE	mcg_DFE	2		0	NC	4		5	6	
Vitamin B-12	mcg	0.10		0		1		0.23	0.29	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.063		0		4		0.147	0.183	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.153		0		1		2.686	3.355	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		0		1		0.047	0.058	
13:0	g									
14:0	g	0.090		0		1		0.210	0.262	
15:0	g									
16:0	g	0.591		0		1		1.377	1.720	
17:0	g									
18:0	g	0.451		0		1		1.051	1.312	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.962		0		1		2.241	2.799	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.100		0		1		0.233	0.291	

NDB No. 06116
Gravy, beef, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.852		0		1		1.985	2.479	
20:1 ... g	0.010		0		1		0.023	0.029	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.080		0		1		0.186	0.233	
18:2 undifferentiated ... g	0.070		0		1		0.163	0.204	
18:3 undifferentiated ... g	0.010		0		1		0.023	0.029	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		7	9	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 233g: 1 cup

Measure 2 = 291g: 1 can

Calories Factors: **Protein** 3.5 **Fat** 9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06118
Gravy, brown, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00		31	MA	12		0.30		
Energy	kcal	367		0	NC	4		22		
Energy	kj	1536				4		92		
Protein	g	10.74		29	A	1		0.64		
Total lipid (fat)	g	9.61		27	MA	12		0.58		
Ash	g	15.27		23	A	1		0.92		
Carbohydrate, by difference	g	59.38		0	NC	4		3.56		
Fiber, total dietary	g	2.0		7	A	1		0.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	132		10	A	1		8		
Iron, Fe	mg	1.72		8	A	1		0.10		
Magnesium, Mg	mg	34		1	A	1		2		
Phosphorus, P	mg	203		1	A	1		12		
Potassium, K	mg	262		1	A	1		16		
Sodium, Na	mg	4843		22	A	1		291		
Zinc, Zn	mg	1.11		4	A	1		0.07		
Copper, Cu	mg	0.190	0.007	3	A	1		0.011		
Manganese, Mn	mg	0.412		1	A	1		0.025		
Selenium, Se	mcg	6.1		0	BFSN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		7	A	1		0.0		
Thiamin	mg	0.180		1	A	1		0.011		
Riboflavin	mg	0.390		1	A	1		0.023		
Niacin	mg	3.700		1	A	1		0.222		
Pantothenic acid	mg	0.100		0	A	1		0.006		
Vitamin B-6	mg	0.100		0	A	1		0.006		
Folate, total	mcg	31		0	CASN	4		2		
Folic acid	mcg	17		0	NC	4		1		
Folate, food	mcg	14		0		1		1		
Folate, DFE	mcg_DFE	43		0	NC	4		3		
Vitamin B-12	mcg	0.70		0	A	1		0.04		
Vitamin A, IU	IU	27		7	MA	12		2		
Vitamin A, RAE	mcg_RAE	8		0	NC	4		0		
Retinol	mcg	8		0	NC	4		0		
Vitamin E	mg_ATE	0.362		0	BFZN	4		0.022		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.319		7	MA	12		0.199		
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.000		0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	g	0.008		0	BFFN	4		0.000		
13:0	g									
14:0	g	0.227		0	BFFN	4		0.014		
15:0	g									
16:0	g	1.711		0	BFFN	4		0.103		
17:0	g									
18:0	g	1.233		0	BFFN	4		0.074		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.452		0	BFFN	4		0.267		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.264		0	BFFN	4		0.016		

NDB No. 06118
Gravy, brown, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.092		0	BFFN	4		0.246		
20:1 ... g	0.045		0	BFFN	4		0.003		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.405		0	BFFN	4		0.024		
18:2 undifferentiated ... g	0.363		0	BFFN	4		0.022		
18:3 undifferentiated ... g	0.030		0	BFFN	4		0.002		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	3		7	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 6.0g: 1 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06119
Gravy, chicken, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.34	0.724	5		1		203.11	254.31	
Energy	kcal	79		0	NC	4		188	235	
Energy	kj	331				4		787	985	
Protein (N x 6.25)	g	1.93	0.063	7		1		4.59	5.75	
Total lipid (fat)	g	5.71		7		1		13.59	17.02	
Ash	g	1.60	0.063	5		1		3.81	4.77	
Carbohydrate, by difference	g	5.42		0	NC	4		12.90	16.15	
Fiber, total dietary	g	0.4		0		4		1.0	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20	1.676	7		1		48	60	
Iron, Fe	mg	0.47	0.047	7		1		1.12	1.40	
Magnesium, Mg	mg	2		0		4		5	6	
Phosphorus, P	mg	29		1		1		69	86	
Potassium, K	mg	109		1		1		259	325	
Sodium, Na	mg	577	13.684	5		1		1373	1719	
Zinc, Zn	mg	0.80		1		1		1.90	2.38	
Copper, Cu	mg	0.100		1		1		0.238	0.298	
Manganese, Mn	mg	0.200		1		1		0.476	0.596	
Selenium, Se	mcg	0.8		2	A	1		1.9	2.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2		1		0.0	0.0	
Thiamin	mg	0.017	0.002	7		1		0.040	0.051	
Riboflavin	mg	0.043	0.005	7		1		0.102	0.128	
Niacin	mg	0.443	0.030	7		1		1.054	1.320	
Pantothenic acid	mg	0.020		0		4		0.048	0.060	
Vitamin B-6	mg	0.010		1		1		0.024	0.030	
Folate, total	mcg	2		0		4		5	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		5	6	
Folate, DFE	mcg_DFE	2		0	NC	4		5	6	
Vitamin B-12	mcg	0.10		0		4		0.24	0.30	
Vitamin A, IU	IU	369	35.835	7		1		878	1100	
Vitamin A, RAE	mcg_RAE	111		0	NC	4		264	331	
Retinol	mcg	111		0	NC	4		264	331	
Vitamin E	mg_ATE	0.156		0		4		0.371	0.465	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.410		0		1		3.356	4.202	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.040		0		1		0.095	0.119	
15:0	g									
16:0	g	0.980		0		1		2.332	2.920	
17:0	g									
18:0	g	0.380		0		1		0.904	1.132	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.550		0		1		6.069	7.599	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.160		0		1		0.381	0.477	

NDB No. 06119
Gravy, chicken, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.340		0		1		5.569	6.973	
20:1 ... g	0.030		0		1		0.071	0.089	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.500		0		1		3.570	4.470	
18:2 undifferentiated ... g	1.420		0		1		3.380	4.232	
18:3 undifferentiated ... g	0.070		0		1		0.167	0.209	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		5	6	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 238g: 1 cup

Measure 2 = 298g: 1 can

Calories Factors: **Protein** 3.4 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06120
Gravy, chicken, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.85		21	MA	12		0.31	0.31	
Energy	kcal	381		0	NC	4		30	30	
Energy	kj	1594				4		128	128	
Protein	g	11.27		27	A	1		0.90	0.90	
Total lipid (fat)	g	9.73		19	MA	12		0.78	0.78	
Ash	g	13.06		19	A	1		1.04	1.04	
Carbohydrate, by difference	g	62.09		0	NC	4		4.97	4.97	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	146		9	A	1		12	12	
Iron, Fe	mg	1.33		7	A	1		0.11	0.11	
Magnesium, Mg	mg	40		0	BFZN	4		3	3	
Phosphorus, P	mg	249		0	BFZN	4		20	20	
Potassium, K	mg	404		0	BFZN	4		32	32	
Sodium, Na	mg	4152		20	A	1		332	332	
Zinc, Zn	mg	1.39	0.000	3	A	1		0.11	0.11	
Copper, Cu	mg	0.112	0.002	3	A	1		0.009	0.009	
Manganese, Mn	mg	0.219		0	BFZN	4		0.018	0.018	
Selenium, Se	mcg	5.2		0	BFSN	4		0.4	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		7	A	1		0.0	0.0	
Thiamin	mg	0.249		0	BFZN	4		0.020	0.020	
Riboflavin	mg	0.634		2	A	1		0.051	0.051	
Niacin	mg	4.018		0	BFZN	4		0.321	0.321	
Pantothenic acid	mg	1.286		0	BFZN	4		0.103	0.103	
Vitamin B-6	mg	0.202		0	BFZN	4		0.016	0.016	
Folate, total	mcg	125		0	CASN	4		10	10	
Folic acid	mcg	16		0	NC	4		1	1	
Folate, food	mcg	109		0		4		9	9	
Folate, DFE	mcg_DFE	136		0	NC	4		11	11	
Vitamin B-12	mcg	0.48		0	BFZN	4		0.04	0.04	
Vitamin A, IU	IU	308		7	MA	12		25	25	
Vitamin A, RAE	mcg_RAE	38		0	NC	4		3	3	
Retinol	mcg	27		0	NC	4		2	2	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.920		7	MA	12		0.234	0.234	
4:0	g	0.000		0	BFFN	4		0.000	0.000	
6:0	g	0.000		0	BFFN	4		0.000	0.000	
8:0	g	0.000		0	BFFN	4		0.000	0.000	
10:0	g	0.000		0	BFFN	4		0.000	0.000	
12:0	g	0.007		0	BFFN	4		0.001	0.001	
13:0	g									
14:0	g	0.066		0	BFFN	4		0.005	0.005	
15:0	g									
16:0	g	2.231		0	BFFN	4		0.178	0.178	
17:0	g									
18:0	g	0.561		0	BFFN	4		0.045	0.045	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.648		0	BFFN	4		0.372	0.372	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.666		0	BFFN	4		0.053	0.053	

NDB No. 06120
Gravy, chicken, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.400		0	BFFN	4		0.032	0.032	
20:1 ... g	0.051		0	BFFN	4		0.004	0.004	
22:1 undifferentiated ... g	0.014		0	BFFN	4		0.001	0.001	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.877		0	BFFN	4		0.150	0.150	
18:2 undifferentiated ... g	0.094		0	BFFN	4		0.008	0.008	
18:3 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	19		7	MA	12		2	2	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 8.0g: 1 tbsp

Measure 2 = 8.0g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06121
Gravy, mushroom, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.00	0.084	10		1		211.82	265.22	
Energy	kcal	50		0	NC	4		119	149	
Energy	kj	209				4		498	623	
Protein (N x 6.25)	g	1.26	0.014	11		1		3.00	3.75	
Total lipid (fat)	g	2.71		11		1		6.45	8.08	
Ash	g	1.56	0.027	10		1		3.71	4.65	
Carbohydrate, by difference	g	5.47		0	NC	4		13.02	16.30	
Fiber, total dietary	g	0.4		0		4		1.0	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.286	7		1		17	21	
Iron, Fe	mg	0.66	0.053	7		1		1.57	1.97	
Magnesium, Mg	mg	2		0		4		5	6	
Phosphorus, P	mg	15		1		1		36	45	
Potassium, K	mg	106		1		1		252	316	
Sodium, Na	mg	570	8.691	6		1		1357	1699	
Zinc, Zn	mg	0.70		1		1		1.67	2.09	
Copper, Cu	mg	0.100		1		1		0.238	0.298	
Manganese, Mn	mg	0.300		1		1		0.714	0.894	
Selenium, Se	mcg	1.9		0	RA	4		4.5	5.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		6		1		0.0	0.0	
Thiamin	mg	0.033	0.004	7		1		0.079	0.098	
Riboflavin	mg	0.063	0.006	7		1		0.150	0.188	
Niacin	mg	0.671	0.052	7		1		1.597	2.000	
Pantothenic acid	mg	1.100		0		4		2.618	3.278	
Vitamin B-6	mg	0.020		1		1		0.048	0.060	
Folate, total	mcg	12		0		4		29	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		0		4		29	36	
Folate, DFE	mcg_DFE	12		0	NC	4		29	36	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0	0.000	7		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.400		0		1		0.952	1.192	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.270		0		1		0.643	0.805	
17:0	g									
18:0	g	0.140		0		1		0.333	0.417	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.170		0		1		2.785	3.487	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.024	0.030	

NDB No. 06121
Gravy, mushroom, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.150		0		1		2.737	3.427	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.020		0		1		2.428	3.040	
18:2 undifferentiated ... g	0.950		0		1		2.261	2.831	
18:3 undifferentiated ... g	0.070		0		1		0.167	0.209	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 238g: 1 cup

Measure 2 = 298g: 1 can

Calories Factors: **Protein** 3.4 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06122
Gravy, mushroom, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.34	0.386	4		1		0.70		
Energy	kcal	328		0	NC	4		69		
Energy	kj	1372				4		288		
Protein (N x 6.25)	g	10.00		2		1		2.10		
Total lipid (fat)	g	4.00		2		1		0.84		
Ash	g	18.00		2		1		3.78		
Carbohydrate, by difference	g	64.66		0	NC	4		13.58		
Fiber, total dietary	g	4.8		0		4		1.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	230		2		1		48		
Iron, Fe	mg	1.00		0		4		0.21		
Magnesium, Mg	mg	34		0		4		7		
Phosphorus, P	mg	203		0		4		43		
Potassium, K	mg	262		0		4		55		
Sodium, Na	mg	6580		2		1		1382		
Zinc, Zn	mg	1.54	0.084	3		1		0.32		
Copper, Cu	mg	0.535	0.020	3		1		0.112		
Manganese, Mn	mg	0.400		0		4		0.084		
Selenium, Se	mcg	5.3		0	BFSN	4		1.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.0		0		4		1.5		
Thiamin	mg	0.200		0		4		0.042		
Riboflavin	mg	0.400		0		4		0.084		
Niacin	mg	3.700		0		4		0.777		
Pantothenic acid	mg	0.100		0		4		0.021		
Vitamin B-6	mg	0.100		0		4		0.021		
Folate, total	mcg	31		0	CASN	4		7		
Folic acid	mcg	17		0	NC	4		4		
Folate, food	mcg	14		0		4		3		
Folate, DFE	mcg_DFE	43		0	NC	4		9		
Vitamin B-12	mcg	0.70		0		4		0.15		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.121		0		4		0.025		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.360		0		1		0.496		
4:0	g									
6:0	g	0.010		0		1		0.002		
8:0	g	0.080		0		1		0.017		
10:0	g	0.060		0		1		0.013		
12:0	g	0.480		0		1		0.101		
13:0	g									
14:0	g	0.280		0		1		0.059		
15:0	g									
16:0	g	0.830		0		1		0.174		
17:0	g									
18:0	g	0.600		0		1		0.126		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.310		0		1		0.275		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.130		0		1		0.027		

NDB No. 06122
Gravy, mushroom, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.140		0		1		0.239		
20:1 ... g	0.010		0		1		0.002		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.140		0		1		0.029		
18:2 undifferentiated ... g	0.110		0		1		0.023		
18:3 undifferentiated ... g	0.020		0		1		0.004		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		1		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 21g: 1 cup (8 fl oz)

Calories Factors: **Protein** 3.4 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06123
Gravy, onion, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.36		2		1		1.05		
Energy	kcal	322		0	NC	4		77		
Energy	kj	1347				4		323		
Protein (N x 6.25)	g	9.00		2		1		2.16		
Total lipid (fat)	g	3.00		2		1		0.72		
Ash	g	16.00		2		1		3.84		
Carbohydrate, by difference	g	67.64		0	NC	4		16.23		
Fiber, total dietary	g	6.0		0		4		1.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	280		2		1		67		
Iron, Fe	mg	1.00		0		4		0.24		
Magnesium, Mg	mg	34		0		4		8		
Phosphorus, P	mg	203		0		4		49		
Potassium, K	mg	262		0		4		63		
Sodium, Na	mg	4186		3		1		1005		
Zinc, Zn	mg	0.88		2		1		0.21		
Copper, Cu	mg	0.170		2		1		0.041		
Manganese, Mn	mg	0.400		0		4		0.096		
Selenium, Se	mcg	6.1		0	BFSN	4		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.0		0		4		1.7		
Thiamin	mg	0.200		0		4		0.048		
Riboflavin	mg	0.400		0		4		0.096		
Niacin	mg	3.700		0		4		0.888		
Pantothenic acid	mg	0.100		0		4		0.024		
Vitamin B-6	mg	0.100		0		4		0.024		
Folate, total	mcg	31		0	CASN	4		7		
Folic acid	mcg	17		0	NC	4		4		
Folate, food	mcg	14		0		4		3		
Folate, DFE	mcg_DFE	43		0	NC	4		10		
Vitamin B-12	mcg	0.70		0		4		0.17		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.860		0		1		0.446		
4:0	g									
6:0	g	0.020		0		1		0.005		
8:0	g	0.080		0		1		0.019		
10:0	g	0.060		0		1		0.014		
12:0	g	0.470		0		1		0.113		
13:0	g									
14:0	g	0.240		0		1		0.058		
15:0	g									
16:0	g	0.580		0		1		0.139		
17:0	g									
18:0	g	0.410		0		1		0.098		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.900		0		1		0.216		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.080		0		1		0.019		

NDB No. 06123
Gravy, onion, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.720		0		1		0.173		
20:1 ....g	0.070		0		1		0.017		
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.140		0		1		0.034		
18:2 undifferentiated ....g	0.080		0		1		0.019		
18:3 undifferentiated ....g	0.010		0		1		0.002		
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	2		0		1		0		
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 24g: 1 cup (8 fl oz)

Calories Factors: **Protein** 3.5 **Fat** 9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06124
Gravy, pork, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.43		3	MA	12		0.30		
Energy	kcal	367		0	NC	4		25		
Energy	kj	1536				4		103		
Protein	g	8.78		3	A	1		0.59		
Total lipid (fat)	g	8.63		3	MA	12		0.58		
Ash	g	14.59		3	A	1		0.98		
Carbohydrate, by difference	g	63.57		0	NC	4		4.26		
Fiber, total dietary	g	2.4		1	MA	12		0.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	139		3	A	1		9		
Iron, Fe	mg	3.94		1	A	1		0.26		
Magnesium, Mg	mg	34		0	BFZN	4		2		
Phosphorus, P	mg	188		0	BFZN	4		13		
Potassium, K	mg	235		0	BFZN	4		16		
Sodium, Na	mg	5356		3	A	1		359		
Zinc, Zn	mg	1.06		0	BFZN	4		0.07		
Copper, Cu	mg	0.154		0	BFZN	4		0.010		
Manganese, Mn	mg	0.311		0	BFZN	4		0.021		
Selenium, Se	mcg	6.1		0	BFSN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		1	A	1		0.1		
Thiamin	mg	0.160		0	BFZN	4		0.011		
Riboflavin	mg	0.283		2	A	1		0.019		
Niacin	mg	2.270		0	BFZN	4		0.152		
Pantothenic acid	mg	0.326		0	BFZN	4		0.022		
Vitamin B-6	mg	0.086		0	BFZN	4		0.006		
Folate, total	mcg	31		0	CASN	4		2		
Folic acid	mcg	15		0	NC	4		1		
Folate, food	mcg	16		0		4		1		
Folate, DFE	mcg_DFE	42		0	NC	4		3		
Vitamin B-12	mcg	0.51		0	BFZN	4		0.03		
Vitamin A, IU	IU	117		1	A	1		8		
Vitamin A, RAE	mcg_RAE	25		0	NC	4		2		
Retinol	mcg	22		0	NC	4		1		
Vitamin E	mg_ATE	0.458		0	BFZN	4		0.031		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.290		0	BFFN	4		0.287		
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.000		0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	g	0.013		0	BFFN	4		0.001		
13:0	g									
14:0	g	0.267		0	BFFN	4		0.018		
15:0	g									
16:0	g	2.130		0	BFFN	4		0.143		
17:0	g									
18:0	g	1.563		0	BFFN	4		0.105		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.881		0	BFFN	4		0.260		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.217		0	BFFN	4		0.015		

NDB No. 06124
Gravy, pork, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.571		0	BFFN	4		0.239		
20:1 ... g	0.040		0	BFFN	4		0.003		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.454		0	BFFN	4		0.030		
18:2 undifferentiated ... g	0.418		0	BFFN	4		0.028		
18:3 undifferentiated ... g	0.035		0	BFFN	4		0.002		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	10		1	A	1		1		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 6.7g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06125
Gravy, turkey, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.60		0		1		210.87	13.20	4.43
Energy	kcal	51		0	NC	4		121	8	3
Energy	kj	213				4		508	32	11
Protein (N x 6.25)	g	2.60		1		1		6.19	0.39	0.13
Total lipid (fat)	g	2.10		1		1		5.00	0.31	0.11
Ash	g	1.60		0		1		3.81	0.24	0.08
Carbohydrate, by difference	g	5.10		0	NC	4		12.14	0.76	0.26
Fiber, total dietary	g	0.4		0		4		1.0	0.1	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1		1		10	1	0
Iron, Fe	mg	0.70		1		1		1.67	0.10	0.04
Magnesium, Mg	mg	2		0		4		5	0	0
Phosphorus, P	mg	29		0		4		69	4	1
Potassium, K	mg	109		0		4		259	16	5
Sodium, Na	mg	577		0		4		1373	86	29
Zinc, Zn	mg	0.80		0		4		1.90	0.12	0.04
Copper, Cu	mg	0.100		0		4		0.238	0.015	0.005
Manganese, Mn	mg	0.200		0		4		0.476	0.030	0.010
Selenium, Se	mcg	0.6		0	BFSN	4		1.4	0.1	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.020		1		1		0.048	0.003	0.001
Riboflavin	mg	0.080		1		1		0.190	0.012	0.004
Niacin	mg	1.300		1		1		3.094	0.194	0.065
Pantothenic acid	mg	0.020		0		4		0.048	0.003	0.001
Vitamin B-6	mg	0.010		0		4		0.024	0.001	0.001
Folate, total	mcg	2		0		4		5	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		4		5	0	0
Folate, DFE	mcg_DFE	2		0	NC	4		5	0	0
Vitamin B-12	mcg	0.10		0		4		0.24	0.01	0.01
Vitamin A, IU	IU	0		1		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.060		0		4		0.143	0.009	0.003
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.620		0		1		1.476	0.092	0.031
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.020		0		1		0.048	0.003	0.001
15:0	g									
16:0	g	0.430		0		1		1.023	0.064	0.022
17:0	g									
18:0	g	0.130		0		1		0.309	0.019	0.007
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.900		0		1		2.142	0.134	0.045
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.130		0		1		0.309	0.019	0.007

NDB No. 06125
Gravy, turkey, canned

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.750		0		1		1.785	0.112	0.038
20:1	g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.490		0		1		1.166	0.073	0.025
18:2 undifferentiated	g	0.450		0		1		1.071	0.067	0.023
18:3 undifferentiated	g	0.030		0		1		0.071	0.004	0.002
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.010		0		1		0.024	0.001	0.001
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	2		0		1		5	0	0
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg									
Theobromine	mg									

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

Common Measures:

Measure 1 = 238g: 1 cup

Measure 2 = 14.9g: 1 tbsp

Measure 3 = 5.0g: 1 tsp

Calories Factors: Protein 3.4 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06126
Gravy, turkey, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.67		7	MA	12		0.33		
Energy	kcal	367		0	NC	4		26		
Energy	kj	1536				4		107		
Protein	g	10.42		7	A	1		0.73		
Total lipid (fat)	g	7.19		7	MA	12		0.50		
Ash	g	12.61		7	A	1		0.88		
Carbohydrate, by difference	g	65.12		0	NC	4		4.56		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	146		6	A	1		10		
Iron, Fe	mg	3.29		4	A	1		0.23		
Magnesium, Mg	mg	44		0	BFZN	4		3		
Phosphorus, P	mg	254		0	BFZN	4		18		
Potassium, K	mg	428		0	BFZN	4		30		
Sodium, Na	mg	4392		6	A	1		307		
Zinc, Zn	mg	1.26		0	BFZN	4		0.09		
Copper, Cu	mg	0.133		0	BFZN	4		0.009		
Manganese, Mn	mg	0.219		0	BFZN	4		0.015		
Selenium, Se	mcg	5.2		0	BFSN	4		0.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		4	A	1		0.0		
Thiamin	mg	0.211		0	BFZN	4		0.015		
Riboflavin	mg	0.450		2	A	1		0.032		
Niacin	mg	2.770		0	BFZN	4		0.194		
Pantothenic acid	mg	1.012		0	BFZN	4		0.071		
Vitamin B-6	mg	0.204		0	BFZN	4		0.014		
Folate, total	mcg	82		0	CASN	4		6		
Folic acid	mcg	16		0	NC	4		1		
Folate, food	mcg	66		0		4		5		
Folate, DFE	mcg_DFE	93		0	NC	4		7		
Vitamin B-12	mcg	0.58		0	BFZN	4		0.04		
Vitamin A, IU	IU	35		4	MA	12		2		
Vitamin A, RAE	mcg_RAE	8		0	NC	4		1		
Retinol	mcg	7		0	NC	4		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.975		4	MA	12		0.138		
4:0	g	0.018		0	BFFN	4		0.001		
6:0	g	0.011		0	BFFN	4		0.001		
8:0	g	0.007		0	BFFN	4		0.000		
10:0	g	0.020		0	BFFN	4		0.001		
12:0	g	0.029		0	BFFN	4		0.002		
13:0	g									
14:0	g	0.129		0	BFFN	4		0.009		
15:0	g									
16:0	g	1.203		0	BFZN	4		0.084		
17:0	g									
18:0	g	0.494		0	BFFN	4		0.035		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.575		0	BFFN	4		0.180		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.171		0	BFFN	4		0.012		

NDB No. 06126
Gravy, turkey, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.327		0	BFFN	4		0.163		
20:1 ... g	0.034		0	BFZN	4		0.002		
22:1 undifferentiated ... g	0.018		0	BFFN	4		0.001		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.196		0	BFFN	4		0.154		
18:2 undifferentiated ... g	1.973		0	BFFN	4		0.138		
18:3 undifferentiated ... g	0.209		0	BFFN	4		0.015		
18:4 ... g	0.014		0	BFFN	4		0.001		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	14		4	MA	12		1		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 7.0g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06127
Gravy, unspecified type, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		2		1		1.00		
Energy	kcal	344		0	NC	4		86		
Energy	kj	1439				4		360		
Protein (N x 6.25)	g	13.00		2		1		3.25		
Total lipid (fat)	g	8.00		2		1		2.00		
Ash	g	17.00		2		1		4.25		
Carbohydrate, by difference	g	58.00		0	NC	4		14.50		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	150		1		1		38		
Iron, Fe	mg	1.00		0		4		0.25		
Magnesium, Mg	mg	45		0		4		11		
Phosphorus, P	mg	203		0		4		51		
Potassium, K	mg	262		0		4		66		
Sodium, Na	mg	5730		2		1		1433		
Zinc, Zn	mg	1.40		0		4		0.35		
Copper, Cu	mg	0.100		0		4		0.025		
Manganese, Mn	mg	0.400		0		4		0.100		
Selenium, Se	mcg	6.1		0	BFSN	4		1.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.0		0		4		1.8		
Thiamin	mg	0.200		0		4		0.050		
Riboflavin	mg	0.432		2		1		0.108		
Niacin	mg	3.700		0		4		0.925		
Pantothenic acid	mg	0.100		0		4		0.025		
Vitamin B-6	mg	0.100		0		4		0.025		
Folate, total	mcg	31		0	CASN	4		8		
Folic acid	mcg	17		0	NC	4		4		
Folate, food	mcg	14		0		4		4		
Folate, DFE	mcg_DFE	43		0	NC	4		11		
Vitamin B-12	mcg	0.70		0		4		0.18		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.860		0		1		0.715		
4:0	g									
6:0	g	0.010		0		1		0.003		
8:0	g	0.080		0		1		0.020		
10:0	g	0.060		0		1		0.015		
12:0	g	0.460		0		1		0.115		
13:0	g									
14:0	g	0.230		0		1		0.058		
15:0	g									
16:0	g	1.180		0		1		0.295		
17:0	g									
18:0	g	0.850		0		1		0.213		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.150		0		1		0.788		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.010		

NDB No. 06127
Gravy, unspecified type, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.090		0		1		0.773		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.620		0		1		0.405		
18:2 undifferentiated ... g	1.520		0		1		0.380		
18:3 undifferentiated ... g	0.100		0		1		0.025		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		1		
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 25g: 1 cup (8 fl oz)

Calories Factors: **Protein** 3.4 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06721
Sauce, CPC, KNORR Alfredo Sauce, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.55		1	A	1		0.83		
Energy....kcal	412		0	NC	4		62		
Energy....kj	1724				4		259		
Protein....g	14.80		1	A	1		2.22		
Total lipid (fat)....g	18.10		1	A	1		2.72		
Ash....g	14.00		1	A	1		2.10		
Carbohydrate, by difference....g	47.50		0	NC	4		7.13		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	4868		1	A	1		730		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	11.050		2	A	1		1.658		
Fatty acids, total monounsaturated....g	6.948		1	A	1		1.042		
Fatty acids, total polyunsaturated....g	0.641		1	A	1		0.096		
Fatty acids, total trans....g									
Cholesterol....mg	36		2	A	1		5		
Phytosterols....mg									

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

Common Measures:

Measure 1 = 15.0g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.11		1	A	1		13.22	0.17	
Energy	kcal	346		0	MC	9		1471	19	
Energy	kj	1448				9		6153	81	
Protein	g	2.86		1	A	1		12.16	0.16	
Total lipid (fat)	g	3.52		1	A	1		14.96	0.20	
Ash	g	14.82		1	A	1		62.99	0.83	
Carbohydrate, by difference	g	75.69		0	MC	9		321.68	4.24	
Fiber, total dietary	g	4.8		1	A	1		20.4	0.3	
Sugars, total	g	25.83		1	MA	12		109.78	1.45	
Starch	g									
Minerals:										
Calcium, Ca	mg	108		1	A	1		459	6	
Iron, Fe	mg	19.64		1	A	1		83.47	1.10	
Magnesium, Mg	mg	40		0	FLM	4		170	2	
Phosphorus, P	mg	86		0	FLM	4		366	5	
Potassium, K	mg	437		0	FLM	4		1857	24	
Sodium, Na	mg	6416		1	A	1		27268	359	
Zinc, Zn	mg	0.70		0	FLM	4		2.98	0.04	
Copper, Cu	mg	0.183		0	FLM	4		0.778	0.010	
Manganese, Mn	mg	0.707		0	FLM	4		3.005	0.040	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		1	A	1		6.0	0.1	
Thiamin	mg	0.121		0	FLM	4		0.514	0.007	
Riboflavin	mg	0.049		0	FLM	4		0.208	0.003	
Niacin	mg	0.513		0	FLM	4		2.180	0.029	
Pantothenic acid	mg	0.240		0	FLM	4		1.020	0.013	
Vitamin B-6	mg	0.432		0	FLM	4		1.836	0.024	
Folate, total	mcg	45		0	FLM	4		191	3	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	
Vitamin A, IU	IU	60		1	A	1		255	3	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.535		0	FLM	4		2.274	0.030	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.309		1	A	1		1.313	0.017	
4:0	g	0.000		1	A	1		0.000	0.000	
6:0	g	0.000		1	A	1		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.041		1	A	1		0.174	0.002	
13:0	g									
14:0	g	0.026		1	A	1		0.111	0.001	
15:0	g									
16:0	g	0.000		1	A	1		0.000	0.000	
17:0	g									
18:0	g	0.161		1	A	1		0.684	0.009	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.347		1	A	1		5.725	0.075	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		1	A	1		0.000	0.000	
17:1	g									
18:1 undifferentiated	g	0.737		1	A	1		3.132	0.041	
20:1	g	0.000		1	A	1		0.000	0.000	

NDB No. 06710
Sauce, CUSTOM FOODS, RED LABEL All Purpose Italian Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.865		1	A	1		7.926	0.104	
18:2 undifferentiated.....g	1.605		1	A	1		6.821	0.090	
18:3 undifferentiated.....g	0.260		1	A	1		1.105	0.015	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	A	1		4	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 425g: 1 package

Measure 2 = 5.6g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.88		1	A	1		0.69	44.26	
Energy	kcal	423		0	MC	9		60	3837	
Energy	kj	1770				9		251	16052	
Protein	g	7.94		1	A	1		1.13	72.02	
Total lipid (fat)	g	18.32		1	A	1		2.60	166.16	
Ash	g	12.36		1	A	1		1.76	112.11	
Carbohydrate, by difference	g	56.51		0	MC	9		8.02	512.55	
Fiber, total dietary	g	4.4		1	A	1		0.6	39.9	
Sugars, total	g	10.45		1	MA	12		1.48	94.78	
Starch	g									
Minerals:										
Calcium, Ca	mg	285		1	A	1		40	2585	
Iron, Fe	mg	0.46		1	A	1		0.07	4.17	
Magnesium, Mg	mg	36		0	BFZN	4		5	327	
Phosphorus, P	mg	283		0	BFZN	4		40	2567	
Potassium, K	mg	428		0	BFZN	4		61	3882	
Sodium, Na	mg	4825		1	A	1		685	43763	
Zinc, Zn	mg	1.11		0	BFZN	4		0.16	10.07	
Copper, Cu	mg	0.085		0	BFZN	4		0.012	0.771	
Manganese, Mn	mg	0.052		0	BFZN	4		0.007	0.472	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1	A	1		0.1	9.1	
Thiamin	mg	0.211		0	BFZN	4		0.030	1.914	
Riboflavin	mg	0.678		0	BFZN	4		0.096	6.149	
Niacin	mg	2.399		0	BFZN	4		0.341	21.759	
Pantothenic acid	mg	1.499		0	BFZN	4		0.213	13.596	
Vitamin B-6	mg	0.182		0	BFZN	4		0.026	1.651	
Folate, total	mcg	134		0	BFZN	4		19	1215	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.46		0	BFZN	4		0.07	4.17	
Vitamin A, IU	IU	404		1	A	1		57	3664	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	2.327		0	BFZN	4		0.330	21.106	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	10.627		1	A	1		1.509	96.387	
4:0	g	0.266		1	A	1		0.038	2.413	
6:0	g	0.164		1	A	1		0.023	1.487	
8:0	g	0.121		1	A	1		0.017	1.097	
10:0	g	0.318		1	A	1		0.045	2.884	
12:0	g	0.428		1	A	1		0.061	3.882	
13:0	g									
14:0	g	1.504		1	A	1		0.214	13.641	
15:0	g									
16:0	g	4.835		1	A	1		0.687	43.853	
17:0	g									
18:0	g	2.614		1	A	1		0.371	23.709	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	6.685		1	A	1		0.949	60.633	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.196		1	A	1		0.028	1.778	
17:1	g									
18:1 undifferentiated	g	6.322		1	A	1		0.898	57.341	
20:1	g	0.048		1	A	1		0.007	0.435	

NDB No. 06716
Sauce, CUSTOM FOODS, SUPERB Instant Cheddar Cheese Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.007		1	A	1		0.143	9.133	
18:2 undifferentiated....g	0.842		1	A	1		0.120	7.637	
18:3 undifferentiated....g	0.139		1	A	1		0.020	1.261	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.026		1	A	1		0.004	0.236	
20:5 n-3....g	0.000		1	A	1		0.000	0.000	
22:5 n-3....g	0.000		1	A	1		0.000	0.000	
22:6 n-3....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	27		1	A	1		4	245	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 14.2g: 1 serving

Measure 2 = 907g: 1 package (2 lb)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.49		1	A	1		0.64	40.72	
Energy	kcal	420		0	MC	9		60	3809	
Energy	kj	1757				9		250	15939	
Protein	g	7.99		1	A	1		1.13	72.47	
Total lipid (fat)	g	18.31		1	A	1		2.60	166.07	
Ash	g	13.28		1	A	1		1.89	120.45	
Carbohydrate, by difference	g	55.93		0	MC	9		7.94	507.29	
Fiber, total dietary	g	2.8		1	A	1		0.4	25.4	
Sugars, total	g	9.56		1	MA	12		1.36	86.71	
Starch	g									
Minerals:										
Calcium, Ca	mg	305		1	A	1		43	2766	
Iron, Fe	mg	0.80		1	A	1		0.11	7.26	
Magnesium, Mg	mg	36		0	BFZN	4		5	327	
Phosphorus, P	mg	283		0	BFZN	4		40	2567	
Potassium, K	mg	428		0	BFZN	4		61	3882	
Sodium, Na	mg	5164		1	A	1		733	46837	
Zinc, Zn	mg	1.11		0	BFZN	4		0.16	10.07	
Copper, Cu	mg	0.085		0	BFZN	4		0.012	0.771	
Manganese, Mn	mg	0.052		0	BFZN	4		0.007	0.472	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		1	A	1		0.2	11.8	
Thiamin	mg	0.211		0	BFZN	4		0.030	1.914	
Riboflavin	mg	0.678		0	BFZN	4		0.096	6.149	
Niacin	mg	2.399		0	BFZN	4		0.341	21.759	
Pantothenic acid	mg	1.499		0	BFZN	4		0.213	13.596	
Vitamin B-6	mg	0.182		0	BFZN	4		0.026	1.651	
Folate, total	mcg	134		0	BFZN	4		19	1215	
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.46		0	BFZN	4		0.07	4.17	
Vitamin A, IU	IU	303		1	A	1		43	2748	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	2.327		0	BFZN	4		0.330	21.106	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	10.315		1	A	1		1.465	93.557	
4:0	g	0.243		1	A	1		0.035	2.204	
6:0	g	0.152		1	A	1		0.022	1.379	
8:0	g	0.111		1	A	1		0.016	1.007	
10:0	g	0.291		1	A	1		0.041	2.639	
12:0	g	0.396		1	A	1		0.056	3.592	
13:0	g									
14:0	g	1.424		1	A	1		0.202	12.916	
15:0	g									
16:0	g	4.745		1	A	1		0.674	43.037	
17:0	g									
18:0	g	2.587		1	A	1		0.367	23.464	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	7.040		1	A	1		1.000	63.853	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.196		1	A	1		0.028	1.778	
17:1	g									
18:1 undifferentiated	g	6.662		1	A	1		0.946	60.424	
20:1	g	0.057		1	A	1		0.008	0.517	

NDB No. 06715
Sauce, CUSTOM FOODS, SUPERB Instant Nacho Cheese Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.958		1	A	1		0.136	8.689	
18:2 undifferentiated.....g	0.807		1	A	1		0.115	7.319	
18:3 undifferentiated.....g	0.129		1	A	1		0.018	1.170	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		1	A	1		0.003	0.200	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	21		1	A	1		3	190	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 14.2g: 1 serving

Measure 2 = 907g: 1 package (2 lb)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06308
Sauce, KRAFT Barbecue Sauce Hickory Smoke

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.60		0	MC	9		22.98		
Energy	kcal	116		0	MC	9		39		
Energy	kj	485				9		165		
Protein	g	0.50		0	MC	9		0.17		
Total lipid (fat)	g	0.30		0	NR	4		0.10		
Ash	g	3.40		0	MC	9		1.16		
Carbohydrate, by difference (1)	g	26.20		0	MC	9		8.91		
Fiber, total dietary	g	0.9		0	MC	9		0.3		
Sugars, total	g	21.70		0	MC	9		7.38		
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0	MC	9		5		
Iron, Fe	mg	0.62		0	MC	9		0.21		
Magnesium, Mg	mg									
Phosphorus, P	mg	9		0	MC	9		3		
Potassium, K	mg	81		0	MC	9		28		
Sodium, Na	mg	1228		0	MC	9		418		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	336		0	MC	9		114		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 34g: 2 tbsp

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 06308
Sauce, KRAFT Barbecue Sauce Hickory Smoke

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06307
Sauce, KRAFT Barbecue Sauce Original

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.70		0	MC	9		23.02		
Energy	kcal	116		0	MC	9		39		
Energy	kj	485				9		165		
Protein	g	0.50		0	MC	9		0.17		
Total lipid (fat)	g	0.30		0	NR	4		0.10		
Ash	g	3.40		0	MC	9		1.16		
Carbohydrate, by difference (1)	g	26.10		0	MC	9		8.87		
Fiber, total dietary	g	0.9		0	MC	9		0.3		
Sugars, total	g	21.70		0	MC	9		7.38		
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0	MC	9		5		
Iron, Fe	mg	0.62		0	MC	9		0.21		
Magnesium, Mg	mg									
Phosphorus, P	mg	9		0	MC	9		3		
Potassium, K	mg	81		0	MC	9		28		
Sodium, Na	mg	1248		0	MC	9		424		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	336		0	MC	9		114		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 34g: 2 tbsp

Footnotes

1 Contains other proximate components.

Calories Factors: Protein Fat Carbohydrate

NDB No. 06307
Sauce, KRAFT Barbecue Sauce Original

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06277
Sauce, LA VICTORIA, Cheddar Cheese Sauce

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.87		1	A	1		47.37		
Energy	kcal	161		0	MC	9		105		
Energy	kj	674				9		438		
Protein	g	1.86		1	A	1		1.21		
Total lipid (fat)	g	13.05		1	A	1		8.48		
Ash	g	3.15		1	A	1		2.05		
Carbohydrate, by difference	g	9.07		0	MC	9		5.90		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	2.93		1	A	1		1.90		
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g	0.35		1	A	1		0.23		
Lactose	g	2.58		1	A	1		1.68		
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	92		1	A	1		60		
Iron, Fe	mg	0.77		1	A	1		0.50		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	971		1	A	1		631		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	172		1	A	1		112		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.459		1	A	1		2.248		
Fatty acids, total monounsaturated	g	5.838		1	A	1		3.795		
Fatty acids, total polyunsaturated	g	2.840		1	A	1		1.846		
Fatty acids, total trans	g									
Cholesterol	mg	3		1	A	1		2		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 65g: .25 cup

NDB No. 06277
Sauce, LA VICTORIA, Cheddar Cheese Sauce

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.28		1	A	1		27.38		
Energy	kcal	32		0	MC	9		10		
Energy	kj	134				9		40		
Protein	g	0.92		1	A	1		0.28		
Total lipid (fat)	g	1.09		1	A	1		0.33		
Ash	g	2.01		1	A	1		0.60		
Carbohydrate, by difference	g	4.70		0	MC	9		1.41		
Fiber, total dietary	g	0.9		1	A	1		0.3		
Sugars, total	g	2.00		1	A	1		0.60		
Sucrose	g	0.12		1	A	1		0.04		
Glucose (dextrose)	g	1.01		1	A	1		0.30		
Fructose	g	0.87		1	A	1		0.26		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1	A	1		5		
Iron, Fe	mg	0.40		1	A	1		0.12		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	600		1	A	1		180		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.0		1	A	1		3.6		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	282		1	A	1		85		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

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

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.78		2	A	1		27.23		
Energy	kcal	31		0	MC	9		9		
Energy	kj	130				9		39		
Protein	g	0.79		2	A	1		0.24		
Total lipid (fat)	g	0.16		2	A	1		0.05		
Ash	g	1.72		2	A	1		0.52		
Carbohydrate, by difference	g	6.54		0	MC	9		1.96		
Fiber, total dietary	g	0.5		1	A	1		0.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		1	A	1		4		
Iron, Fe	mg	0.04		1	A	1		0.01		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	493		1	A	1		148		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.5		1	A	1		3.2		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	211		1	A	1		63		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06275
Sauce, LA VICTORIA, LA VICTORIA Enchilada Sauce

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.87		1	A	1		55.12		
Energy	kcal	33		0	MC	9		20		
Energy	kj	138				9		83		
Protein	g	0.32		1	A	1		0.19		
Total lipid (fat)	g	1.45		1	A	1		0.87		
Ash	g	1.74		1	A	1		1.04		
Carbohydrate, by difference	g	4.62		0	MC	9		2.77		
Fiber, total dietary	g	0.7		1	A	1		0.4		
Sugars, total	g	1.04		1	A	1		0.62		
Sucrose	g									
Glucose (dextrose)	g	0.39		1	A	1		0.23		
Fructose	g	0.65		1	A	1		0.39		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		1	A	1		7		
Iron, Fe	mg	0.12		1	A	1		0.07		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	658		1	A	1		395		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.4		1	A	1		2.6		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	2310		1	A	1		1386		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 60g: .25 cup

NDB No. 06275
Sauce, LA VICTORIA, LA VICTORIA Enchilada Sauce

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.07		1	A	1		27.62		
Energy	kcal	25		0	MC	9		8		
Energy	kj	105				9		31		
Protein	g	1.30		1	A	1		0.39		
Total lipid (fat)	g	0.25		1	A	1		0.08		
Ash	g	2.08		1	A	1		0.62		
Carbohydrate, by difference	g	4.30		0	MC	9		1.29		
Fiber, total dietary	g	0.4		1	A	1		0.1		
Sugars, total	g	1.52		1	A	1		0.46		
Sucrose	g									
Glucose (dextrose)	g	0.51		1	A	1		0.15		
Fructose	g	1.01		1	A	1		0.30		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		1	A	1		5		
Iron, Fe	mg	0.91		1	A	1		0.27		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	574		1	A	1		172		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.4		1	A	1		4.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	455		1	A	1		137		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06260
Sauce, LA VICTORIA, LA VICTORIA Green Taco Sauce, Medium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.98		1	A	1		13.65		
Energy	kcal	30		0	MC	9		5		
Energy	kj	126				9		19		
Protein	g	0.79		1	A	1		0.12		
Total lipid (fat)	g	0.36		1	A	1		0.05		
Ash	g	2.05		1	A	1		0.31		
Carbohydrate, by difference	g	5.82		0	MC	9		0.87		
Fiber, total dietary	g	0.6		1	A	1		0.1		
Sugars, total	g	2.39		1	A	1		0.36		
Sucrose	g	0.00		1	A	1		0.00		
Glucose (dextrose)	g	1.25		1	A	1		0.19		
Fructose	g	1.14		1	A	1		0.17		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	A	1		1		
Iron, Fe	mg	0.05		1	A	1		0.01		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	634		1	A	1		95		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8		1	A	1		0.7		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	79		1	A	1		12		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 15g: 1 tbsp

NDB No. 06260
Sauce, LA VICTORIA, LA VICTORIA Green Taco Sauce, Medium

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.98		1	A	1		13.65		
Energy	kcal	30		0	MC	9		5		
Energy	kj	126				9		19		
Protein	g	0.79		1	A	1		0.12		
Total lipid (fat)	g	0.36		1	A	1		0.05		
Ash	g	2.05		1	A	1		0.31		
Carbohydrate, by difference	g	5.82		0	MC	9		0.87		
Fiber, total dietary	g	0.6		1	A	1		0.1		
Sugars, total	g	2.39		1	A	1		0.36		
Sucrose	g									
Glucose (dextrose)	g	1.25		1	A	1		0.19		
Fructose	g	1.14		1	A	1		0.17		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	A	1		1		
Iron, Fe	mg	0.05		1	A	1		0.01		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	634		1	A	1		95		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8		1	A	1		0.7		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	79		1	A	1		12		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 15g: 1 tbsp

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

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06258
Sauce, LA VICTORIA, LA VICTORIA Red Taco Sauce, Medium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.62		1	A	1		14.02		
Energy	kcal	42		0	MC	9		7		
Energy	kj	176				9		28		
Protein	g	1.34		1	A	1		0.21		
Total lipid (fat)	g	0.42		1	A	1		0.07		
Ash	g	2.41		1	A	1		0.39		
Carbohydrate, by difference	g	8.21		0	MC	9		1.31		
Fiber, total dietary	g	0.6		1	A	1		0.1		
Sugars, total	g	6.16		1	A	1		0.99		
Sucrose	g									
Glucose (dextrose)	g	1.96		1	A	1		0.31		
Fructose	g	2.20		1	A	1		0.35		
Lactose	g	1.00		1	A	1		0.16		
Maltose	g	1.00		1	A	1		0.16		
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		1	A	1		3		
Iron, Fe	mg	0.18		1	A	1		0.03		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	655		1	A	1		105		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	17.9		1	A	1		2.9		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	1600		1	A	1		256		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 16g: 1 tbsp

NDB No. 06258
Sauce, LA VICTORIA, LA VICTORIA Red Taco Sauce, Medium

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.62		1	A	1		14.02		
Energy	kcal	42		0	MC	9		7		
Energy	kj	176				9		28		
Protein	g	1.34		1	A	1		0.21		
Total lipid (fat)	g	0.42		1	A	1		0.07		
Ash	g	2.41		1	A	1		0.39		
Carbohydrate, by difference	g	8.21		0	MC	9		1.31		
Fiber, total dietary	g	0.5		1	A	1		0.1		
Sugars, total	g	6.16		1	A	1		0.99		
Sucrose	g									
Glucose (dextrose)	g	1.96		1	A	1		0.31		
Fructose	g	2.20		1	A	1		0.35		
Lactose	g	1.00		1	A	1		0.16		
Maltose	g	1.00		1	A	1		0.16		
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		1	A	1		3		
Iron, Fe	mg	0.18		1	A	1		0.03		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	655		1	A	1		105		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	17.9		1	A	1		2.9		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	1600		1	A	1		256		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 16g: 1 tbsp

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

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06266
Sauce, LA VICTORIA, LA VICTORIA Salsa Picante, Medium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.53		1	A	1		27.46		
Energy	kcal	28		0	MC	9		8		
Energy	kj	117				9		35		
Protein	g	1.22		1	A	1		0.37		
Total lipid (fat)	g	0.34		1	A	1		0.10		
Ash	g	1.94		1	A	1		0.58		
Carbohydrate, by difference	g	4.97		0	MC	9		1.49		
Fiber, total dietary	g	0.5		1	A	1		0.2		
Sugars, total	g	3.02		1	A	1		0.91		
Sucrose	g									
Glucose (dextrose)	g	1.27		1	A	1		0.38		
Fructose	g	1.75		1	A	1		0.53		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		1	A	1		4		
Iron, Fe	mg	0.06		1	A	1		0.02		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	499		1	A	1		150		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.2		1	A	1		2.5		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	465		1	A	1		140		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

NDB No. 06266
Sauce, LA VICTORIA, LA VICTORIA Salsa Picante, Medium

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.53		1	A	1		27.46		
Energy	kcal	27		0	MC	9		8		
Energy	kj	113				9		34		
Protein	g	1.19		1	A	1		0.36		
Total lipid (fat)	g	0.29		1	A	1		0.09		
Ash	g	2.17		1	A	1		0.65		
Carbohydrate, by difference	g	4.82		0	MC	9		1.45		
Fiber, total dietary	g	0.3		1	A	1		0.1		
Sugars, total	g	2.95		1	A	1		0.89		
Sucrose	g									
Glucose (dextrose)	g	1.32		1	A	1		0.40		
Fructose	g	1.63		1	A	1		0.49		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		1	A	1		5		
Iron, Fe	mg	0.11		1	A	1		0.03		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	596		1	A	1		179		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.1		1	A	1		1.8		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	413		1	A	1		124		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

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

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06263
Sauce, LA VICTORIA, LA VICTORIA Salsa Ranchera, Hot

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.00		1	A	1		27.30		
Energy	kcal	30		0	MC	9		9		
Energy	kj	126				9		38		
Protein	g	1.29		1	A	1		0.39		
Total lipid (fat)	g	0.30		1	A	1		0.09		
Ash	g	1.97		1	A	1		0.59		
Carbohydrate, by difference	g	5.44		0	MC	9		1.63		
Fiber, total dietary	g	0.2		1	A	1		0.1		
Sugars, total	g	2.65		1	A	1		0.80		
Sucrose	g									
Glucose (dextrose)	g	1.28		1	A	1		0.38		
Fructose	g	1.37		1	A	1		0.41		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1	A	1		5		
Iron, Fe	mg	0.14		1	A	1		0.04		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	563		1	A	1		169		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.3		1	A	1		1.3		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	1190		1	A	1		357		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

NDB No. 06263
Sauce, LA VICTORIA, LA VICTORIA Salsa Ranchera, Hot

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06268
Sauce, LA VICTORIA, LA VICTORIA Salsa Suprema, Medium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.88		1	A	1		27.56		
Energy	kcal	26		0	MC	9		8		
Energy	kj	109				9		33		
Protein	g	1.16		1	A	1		0.35		
Total lipid (fat)	g	0.26		1	A	1		0.08		
Ash	g	2.05		1	A	1		0.62		
Carbohydrate, by difference	g	4.65		0	MC	9		1.40		
Fiber, total dietary	g	0.8		1	A	1		0.2		
Sugars, total	g	3.24		1	A	1		0.97		
Sucrose	g									
Glucose (dextrose)	g	1.53		1	A	1		0.46		
Fructose	g	1.71		1	A	1		0.51		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1	A	1		3		
Iron, Fe	mg	0.06		1	A	1		0.02		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	550		1	A	1		165		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.1		1	A	1		1.5		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	324		1	A	1		97		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

NDB No. 06268
Sauce, LA VICTORIA, LA VICTORIA Salsa Suprema, Medium

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.47		1	A	1		27.44		
Energy	kcal	27		0	MC	9		8		
Energy	kj	113				9		34		
Protein	g	0.79		1	A	1		0.24		
Total lipid (fat)	g	0.30		1	A	1		0.09		
Ash	g	2.04		1	A	1		0.61		
Carbohydrate, by difference	g	5.40		0	MC	9		1.62		
Fiber, total dietary	g	0.6		1	A	1		0.2		
Sugars, total	g	3.07		1	A	1		0.92		
Sucrose	g									
Glucose (dextrose)	g	1.32		1	A	1		0.40		
Fructose	g	1.75		1	A	1		0.53		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		1	A	1		5		
Iron, Fe	mg	0.17		1	A	1		0.05		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	587		1	A	1		176		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.3		1	A	1		4.3		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	608		1	A	1		182		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

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

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06262
Sauce, LA VICTORIA, LA VICTORIA Salsa Victoria, Hot

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.41		1	A	1		27.72		
Energy	kcal	24		0	MC	9		7		
Energy	kj	100				9		30		
Protein	g	0.92		1	A	1		0.28		
Total lipid (fat)	g	0.27		1	A	1		0.08		
Ash	g	1.97		1	A	1		0.59		
Carbohydrate, by difference	g	4.43		0	MC	9		1.33		
Fiber, total dietary	g	0.7		1	A	1		0.2		
Sugars, total	g	2.07		1	A	1		0.62		
Sucrose	g									
Glucose (dextrose)	g	1.04		1	A	1		0.31		
Fructose	g	1.03		1	A	1		0.31		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1	A	1		2		
Iron, Fe	mg	0.04		1	A	1		0.01		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	541		1	A	1		162		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.9		1	A	1		3.6		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	172		1	A	1		52		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

NDB No. 06262
Sauce, LA VICTORIA, LA VICTORIA Salsa Victoria, Hot

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.70		1	A	1		27.51		
Energy	kcal	28		0	MC	9		8		
Energy	kj	117				9		35		
Protein	g	1.53		1	A	1		0.46		
Total lipid (fat)	g	0.35		1	A	1		0.11		
Ash	g	1.79		1	A	1		0.54		
Carbohydrate, by difference	g	4.63		0	MC	9		1.39		
Fiber, total dietary	g	0.5		1	A	1		0.2		
Sugars, total	g	3.33		1	A	1		1.00		
Sucrose	g									
Glucose (dextrose)	g	1.51		1	A	1		0.45		
Fructose	g	1.82		1	A	1		0.55		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1	A	1		3		
Iron, Fe	mg	0.08		1	A	1		0.02		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	436		1	A	1		131		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.1		1	A	1		1.5		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	523		1	A	1		157		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

NDB No. 06272
Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Hot

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.07		1	A	1		27.62		
Energy	kcal	25		0	MC	9		8		
Energy	kj	105				9		31		
Protein	g	1.19		1	A	1		0.36		
Total lipid (fat)	g	0.34		1	A	1		0.10		
Ash	g	2.01		1	A	1		0.60		
Carbohydrate, by difference	g	4.39		0	MC	9		1.32		
Fiber, total dietary	g	0.9		1	A	1		0.3		
Sugars, total	g	3.12		1	A	1		0.94		
Sucrose	g									
Glucose (dextrose)	g	1.40		1	A	1		0.42		
Fructose	g	1.72		1	A	1		0.52		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		1	A	1		6		
Iron, Fe	mg	0.15		1	A	1		0.05		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	525		1	A	1		158		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.3		1	A	1		4.3		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	576		1	A	1		173		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

NDB No. 06271
Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Medium

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.08		1	A	1		27.62		
Energy	kcal	26		0	MC	9		8		
Energy	kj	109				9		33		
Protein	g	0.88		1	A	1		0.26		
Total lipid (fat)	g	0.29		1	A	1		0.09		
Ash	g	1.87		1	A	1		0.56		
Carbohydrate, by difference	g	4.88		0	MC	9		1.46		
Fiber, total dietary	g	0.8		1	A	1		0.2		
Sugars, total	g	3.58		1	A	1		1.07		
Sucrose	g									
Glucose (dextrose)	g	1.68		1	A	1		0.50		
Fructose	g	1.90		1	A	1		0.57		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		1	A	1		5		
Iron, Fe	mg	0.12		1	A	1		0.04		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	519		1	A	1		156		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.4		1	A	1		4.3		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	767		1	A	1		230		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

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

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06276
Sauce, LA VICTORIA, Mole Poblano

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.22		1	A	1		3.55		
Energy	kcal	421		0	MC	9		240		
Energy	kj	1761				9		1004		
Protein	g	14.50		1	A	1		8.27		
Total lipid (fat)	g	18.14		1	A	1		10.34		
Ash	g	11.32		1	A	1		6.45		
Carbohydrate, by difference	g	49.82		0	MC	9		28.40		
Fiber, total dietary	g	16.1		1	A	1		9.2		
Sugars, total	g	19.32		1	A	1		11.01		
Sucrose	g	12.55		1	A	1		7.15		
Glucose (dextrose)	g	2.80		1	A	1		1.60		
Fructose	g	3.97		1	A	1		2.26		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	102		1	A	1		58		
Iron, Fe	mg	2.79		1	A	1		1.59		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3240		1	A	1		1847		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	20600		1	A	1		11742		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 57g: 2 oz

NDB No. 06276
Sauce, LA VICTORIA, Mole Poblano

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.88		1	A	1		51.75		
Energy	kcal	170		0	MC	9		122		
Energy	kj	711				9		512		
Protein	g	1.82		1	A	1		1.31		
Total lipid (fat)	g	13.49		1	A	1		9.71		
Ash	g	2.55		1	A	1		1.84		
Carbohydrate, by difference	g	10.26		0	MC	9		7.39		
Fiber, total dietary	g	0.3		1	A	1		0.2		
Sugars, total	g	2.60		1	A	1		1.87		
Sucrose	g									
Glucose (dextrose)	g									
Fructose	g									
Lactose	g	2.60		1	A	1		1.87		
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	89		1	A	1		64		
Iron, Fe	mg	1.20		1	A	1		0.86		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	765		1	A	1		551		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		1	A	1		1.2		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	54		1	A	1		39		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.739		1	A	1		2.692		
Fatty acids, total monounsaturated	g	6.323		1	A	1		4.553		
Fatty acids, total polyunsaturated	g	2.484		1	A	1		1.788		
Fatty acids, total trans	g									
Cholesterol	mg	5		1	A	1		4		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 72g: .25 cup

NDB No. 06278
Sauce, LA VICTORIA, Nacho Cheese Sauce with Jalapeno Peppers, Medium

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.74		1	A	1		26.62		
Energy	kcal	40		0	MC	9		12		
Energy	kj	167				9		50		
Protein	g	1.45		1	A	1		0.44		
Total lipid (fat)	g	0.59		1	A	1		0.18		
Ash	g	1.98		1	A	1		0.59		
Carbohydrate, by difference	g	7.24		0	MC	9		2.17		
Fiber, total dietary	g	1.3		1	A	1		0.4		
Sugars, total	g	3.97		1	A	1		1.19		
Sucrose	g									
Glucose (dextrose)	g	1.74		1	A	1		0.52		
Fructose	g	2.23		1	A	1		0.67		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		1	A	1		6		
Iron, Fe	mg	0.17		1	A	1		0.05		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	487		1	A	1		146		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	32.1		1	A	1		9.6		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	2480		1	A	1		744		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 30g: 2 tbsp

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

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06261
Sauce, LA VICTORIA, Salsa Brava, Hot

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.67		1	A	1		4.43		
Energy	kcal	40		0	MC	9		2		
Energy	kj	167				9		8		
Protein	g	1.36		1	A	1		0.07		
Total lipid (fat)	g	1.11		1	A	1		0.06		
Ash	g	2.70		1	A	1		0.14		
Carbohydrate, by difference	g	6.16		0	MC	9		0.31		
Fiber, total dietary	g	0.3		1	A	1		0.0		
Sugars, total	g	3.33		1	A	1		0.17		
Sucrose	g	0.14		1	A	1		0.01		
Glucose (dextrose)	g	1.31		1	A	1		0.07		
Fructose	g	1.88		1	A	1		0.09		
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1	A	1		1		
Iron, Fe	mg	0.57		1	A	1		0.03		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	648		1	A	1		32		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.2		1	A	1		0.4		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	2050		1	A	1		103		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 5.0g: 1 tbsp

NDB No. 06261
Sauce, LA VICTORIA, Salsa Brava, Hot

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.40		1	A	1		105.50		
Energy	kcal	64		0	MC	9		80		
Energy	kj	267				9		333		
Protein	g	1.50		1	A	1		1.88		
Total lipid (fat)	g	2.10		1	A	1		2.63		
Ash	g	2.30		1	A	1		2.88		
Carbohydrate, by difference	g	9.69		0	MC	9		12.11		
Fiber, total dietary	g	2.1		1	A	1		2.6		
Sugars, total	g	4.30		1	A	1		5.38		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	0.82		1	A	1		1.03		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	605		1	A	1		756		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.290		1	A	1		0.363		
4:0	g									
6:0	g									
8:0	g	0.001		1	A	1		0.001		
10:0	g	0.001		1	A	1		0.001		
12:0	g	0.001		1	A	1		0.001		
13:0	g									
14:0	g	0.002		1	A	1		0.003		
15:0	g	0.001		1	A	1		0.001		
16:0	g	0.207		1	A	1		0.259		
17:0	g	0.001		1	A	1		0.001		
18:0	g	0.074		1	A	1		0.093		
20:0	g	0.007		1	A	1		0.009		
22:0	g	0.008		1	A	1		0.010		
24:0	g									
Fatty acids, total monounsaturated	g	0.437		1	A	1		0.546		
14:1	g	0.001		1	A	1		0.001		
15:1	g									
16:1 undifferentiated	g	0.003		1	A	1		0.004		
17:1	g	0.001		1	A	1		0.001		
18:1 undifferentiated	g	0.429		1	A	1		0.536		
20:1	g	0.005		1	A	1		0.006		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.032		1	A	1		1.290		
18:2 undifferentiated	g	0.911		1	A	1		1.139		
18:3 undifferentiated	g	0.120		1	A	1		0.150		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g	0.001		1	A	1		0.002		
20:4 undifferentiated	g	0.001		1	A	1		0.001		
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg									
Phytosterols	mg									

NDB No. 06933

Sauce, LIPTON, RAGU Old World Style Smooth Pasta Sauce, Traditional, jar

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

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

Common Measures:

Measure 1 = 125g: .5 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.75		0	MC	9		22.96		
Energy....kcal	131		0	MC	9		42		
Energy....kj	548				9		175		
Protein....g	2.02		0	MC	9		0.65		
Total lipid (fat)....g	8.30		0	MC	9		2.66		
Ash....g	5.32		0	MC	9		1.70		
Carbohydrate, by difference....g	12.61		0	MC	9		4.04		
Fiber, total dietary....g									
Sugars, total....g	8.71		0	MC	9		2.79		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	984		0	MC	9		315		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	1.837		0	MC	9		0.588		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	MC	9		0		
Phytosterols....mg									

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

Common Measures:

Measure 1 = 32g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.21		3	MA	12		184.04	2230.01	46.01
Energy	kcal	132		0	MC	9		327	3967	82
Energy	kj	552				9		1370	16596	342
Protein	g	2.90		3	A	1		7.19	87.15	1.80
Total lipid (fat)	g	7.58		3	MA	12		18.80	227.78	4.70
Ash	g	2.38		3	A	1		5.90	71.52	1.48
Carbohydrate, by difference	g	12.93		0	MC	9		32.07	388.55	8.02
Fiber, total dietary	g	0.0		3	A	1		0.0	0.0	0.0
Sugars, total	g	0.16		3	MA	12		0.40	4.81	0.10
Starch	g									
Minerals:										
Calcium, Ca	mg	74		3	A	1		184	2224	46
Iron, Fe	mg	0.29		3	A	1		0.72	8.71	0.18
Magnesium, Mg	mg	6		0	BFZN	4		15	180	4
Phosphorus, P	mg	82		0	BFZN	4		203	2464	51
Potassium, K	mg	26		0	BFZN	4		64	781	16
Sodium, Na	mg	760		3	A	1		1885	22838	471
Zinc, Zn	mg	0.54		0	BFZN	4		1.34	16.23	0.33
Copper, Cu	mg	0.013		0	BFZN	4		0.032	0.391	0.008
Manganese, Mn	mg	0.007		0	BFZN	4		0.017	0.210	0.004
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		3	A	1		2.2	27.0	0.6
Thiamin	mg	0.004		0	BFZN	4		0.010	0.120	0.002
Riboflavin	mg	0.065		0	BFZN	4		0.161	1.953	0.040
Niacin	mg	0.067		0	BFZN	4		0.166	2.013	0.042
Pantothenic acid	mg	0.141		0	BFZN	4		0.350	4.237	0.087
Vitamin B-6	mg	0.013		0	BFZN	4		0.032	0.391	0.008
Folate, total	mcg	3		0	BFZN	4		7	90	2
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.09		0	BFZN	4		0.22	2.70	0.06
Vitamin A, IU	IU	63		3	MA	12		156	1893	39
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	2.000		0	BFZN	4		4.960	60.100	1.240
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.540		3	MA	12		6.299	76.327	1.575
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	10		3	MA	12		25	301	6
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine	mg									
Theobromine	mg									

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

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 3005g: 1 package

NDB No. 06921

Sauce, NESTLE, CHEF-MATE Basic Cheddar Cheese Sauce, ready-to-serve

Measure 3 = 62g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.76		3	MA	12		163.20	1964.17	40.80
Energy	kcal	220		0	MC	9		554	6673	139
Energy	kj	920				9		2320	27918	580
Protein	g	10.65		3	A	1		26.84	323.01	6.71
Total lipid (fat)	g	18.07		3	MA	12		45.54	548.06	11.38
Ash	g	2.87		3	A	1		7.23	87.05	1.81
Carbohydrate, by difference	g	3.65		0	MC	9		9.20	110.70	2.30
Fiber, total dietary	g	1.1		3	A	1		2.8	33.4	0.7
Sugars, total	g	0.70		3	MA	12		1.76	21.23	0.44
Starch	g									
Minerals:										
Calcium, Ca	mg	255		3	A	1		643	7734	161
Iron, Fe	mg	0.22		3	A	1		0.55	6.67	0.14
Magnesium, Mg	mg	10		0	BFZN	4		25	303	6
Phosphorus, P	mg	167		0	BFZN	4		421	5065	105
Potassium, K	mg	32		0	BFZN	4		81	971	20
Sodium, Na	mg	796		3	A	1		2006	24143	501
Zinc, Zn	mg	1.03		0	BFZN	4		2.60	31.24	0.65
Copper, Cu	mg	0.016		0	BFZN	4		0.040	0.485	0.010
Manganese, Mn	mg	0.008		0	BFZN	4		0.020	0.243	0.005
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0
Thiamin	mg	0.007		0	BFZN	4		0.018	0.212	0.004
Riboflavin	mg	0.122		0	BFZN	4		0.307	3.700	0.077
Niacin	mg	0.026		0	BFZN	4		0.066	0.789	0.016
Pantothenic acid	mg	0.134		0	BFZN	4		0.338	4.064	0.084
Vitamin B-6	mg	0.018		0	BFZN	4		0.045	0.546	0.011
Folate, total	mcg	5		0	BFZN	4		13	152	3
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.15		0	BFZN	4		0.38	4.55	0.09
Vitamin A, IU	IU	317		3	MA	12		799	9615	200
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.410		0	BFZN	4		1.033	12.435	0.258
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.840		3	MA	12		22.277	268.117	5.569
4:0	g	0.340		0	BFZN	4		0.857	10.312	0.214
6:0	g	0.172		0	BFZN	4		0.433	5.217	0.108
8:0	g	0.091		0	BFZN	4		0.229	2.760	0.057
10:0	g	0.195		0	BFZN	4		0.491	5.914	0.123
12:0	g	0.176		0	BFZN	4		0.444	5.338	0.111
13:0	g									
14:0	g	1.102		0	BFZN	4		2.777	33.424	0.694
15:0	g									
16:0	g	4.074		0	BFZN	4		10.266	123.564	2.567
17:0	g									
18:0	g	1.537		0	BFZN	4		3.873	46.617	0.968
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.922		0	BFZN	4		12.403	149.284	3.101
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.339		0	BFZN	4		0.854	10.282	0.214
17:1	g									
18:1 undifferentiated	g	4.427		0	BFZN	4		11.156	134.271	2.789
20:1	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 06908
Sauce, NESTLE, CHEF-MATE Golden Cheese Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.354		0	BFZN	4		8.452	101.727	2.113
18:2 undifferentiated.....g	3.058		0	BFZN	4		7.706	92.749	1.927
18:3 undifferentiated.....g	0.296		0	BFZN	4		0.746	8.978	0.186
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	46		3	MA	12		116	1395	29
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 3033g: 1 package

Measure 3 = 63g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.97		3	MA	12		2295.58	47.23	47.23
Energy	kcal	110		0	MC	9		3368	69	69
Energy	kj	460				9		14093	290	290
Protein	g	4.27		3	A	1		130.75	2.69	2.69
Total lipid (fat)	g	3.78		3	MA	12		115.74	2.38	2.38
Ash	g	2.33		3	A	1		71.34	1.47	1.47
Carbohydrate, by difference	g	14.65		0	MC	9		448.58	9.23	9.23
Fiber, total dietary	g	2.7		3	A	1		82.7	1.7	1.7
Sugars, total	g	1.76		3	MA	12		53.89	1.11	1.11
Starch	g									
Minerals:										
Calcium, Ca	mg	31		3	A	1		949	20	20
Iron, Fe	mg	1.55		3	A	1		47.46	0.98	0.98
Magnesium, Mg	mg	20		0	FLM	4		612	13	13
Phosphorus, P	mg	63		0	FLM	4		1929	40	40
Potassium, K	mg	237		0	FLM	4		7257	149	149
Sodium, Na	mg	633		3	A	1		19382	399	399
Zinc, Zn	mg	0.87		0	FLM	4		26.64	0.55	0.55
Copper, Cu	mg	0.110		0	FLM	4		3.368	0.069	0.069
Manganese, Mn	mg	0.204		0	FLM	4		6.246	0.129	0.129
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		3	A	1		3.1	0.1	0.1
Thiamin	mg	0.078		0	FLM	4		2.388	0.049	0.049
Riboflavin	mg	0.075		0	FLM	4		2.297	0.047	0.047
Niacin	mg	1.049		0	FLM	4		32.120	0.661	0.661
Pantothenic acid	mg	0.220		0	FLM	4		6.736	0.139	0.139
Vitamin B-6	mg	0.117		0	FLM	4		3.583	0.074	0.074
Folate, total	mcg	35		0	FLM	4		1072	22	22
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	35		0	FLM	4		1072	22	22
Folate, DFE	mcg_DFE	35		0	NC	4		1072	22	22
Vitamin B-12	mcg	0.21		0	FLM	4		6.43	0.13	0.13
Vitamin A, IU	IU	672		3	MA	12		20577	423	423
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.457		0	FLM	4		13.993	0.288	0.288
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.540		0	MA	12		47.155	0.970	0.970
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.005		0	FLM	4		0.153	0.003	0.003
12:0	g	0.007		0	FLM	4		0.214	0.004	0.004
13:0	g									
14:0	g	0.113		0	FLM	4		3.460	0.071	0.071
15:0	g									
16:0	g	0.886		0	FLM	4		27.129	0.558	0.558
17:0	g									
18:0	g	0.447		0	FLM	4		13.687	0.282	0.282
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.537		0	FLM	4		47.063	0.968	0.968
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.147		0	FLM	4		4.501	0.093	0.093

NDB No. 06156
Sauce, NESTLE, CHEF-MATE Hot Dog Chili Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.320		0	FLM	4		40.418	0.832	0.832
20:1 ... g	0.004		0	FLM	4		0.122	0.003	0.003
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.343		0	FLM	4		10.503	0.216	0.216
18:2 undifferentiated ... g	0.252		0	FLM	4		7.716	0.159	0.159
18:3 undifferentiated ... g	0.073		0	FLM	4		2.235	0.046	0.046
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.013		0	FLM	4		0.398	0.008	0.008
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	7		3	MA	12		214	4	4
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 3062g: 1 package

Measure 2 = 63g: 1 serving

Measure 3 = 63g: .25 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.63		3	MA	12		170.43	2051.22	42.61
Energy	kcal	211		0	MC	9		532	6400	133
Energy	kj	883				9		2225	26776	556
Protein	g	8.66		3	A	1		21.82	262.66	5.46
Total lipid (fat)	g	18.27		3	MA	12		46.04	554.13	11.51
Ash	g	2.54		3	A	1		6.40	77.04	1.60
Carbohydrate, by difference	g	2.90		0	MC	9		7.31	87.96	1.83
Fiber, total dietary	g	1.0		3	A	1		2.5	30.3	0.6
Sugars, total	g	0.53		3	MA	12		1.34	16.07	0.33
Starch	g									
Minerals:										
Calcium, Ca	mg	216		3	A	1		544	6551	136
Iron, Fe	mg	0.21		3	A	1		0.53	6.37	0.13
Magnesium, Mg	mg	10		0	BFZN	4		25	303	6
Phosphorus, P	mg	167		0	BFZN	4		421	5065	105
Potassium, K	mg	32		0	BFZN	4		81	971	20
Sodium, Na	mg	751		3	A	1		1893	22778	473
Zinc, Zn	mg	1.03		0	BFZN	4		2.60	31.24	0.65
Copper, Cu	mg	0.016		0	BFZN	4		0.040	0.485	0.010
Manganese, Mn	mg	0.008		0	BFZN	4		0.020	0.243	0.005
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		3	A	1		0.3	3.0	0.1
Thiamin	mg	0.007		0	BFZN	4		0.018	0.212	0.004
Riboflavin	mg	0.122		0	BFZN	4		0.307	3.700	0.077
Niacin	mg	0.026		0	BFZN	4		0.066	0.789	0.016
Pantothenic acid	mg	0.134		0	BFZN	4		0.338	4.064	0.084
Vitamin B-6	mg	0.018		0	BFZN	4		0.045	0.546	0.011
Folate, total	mcg	5		0	BFZN	4		13	152	3
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.15		0	BFZN	4		0.38	4.55	0.09
Vitamin A, IU	IU	480		3	MA	12		1210	14558	302
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.410		0	BFZN	4		1.033	12.435	0.258
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	7.250		3	MA	12		18.270	219.893	4.568
4:0	g	0.340		0	BFZN	4		0.857	10.312	0.214
6:0	g	0.172		0	BFZN	4		0.433	5.217	0.108
8:0	g	0.091		0	BFZN	4		0.229	2.760	0.057
10:0	g	0.195		0	BFZN	4		0.491	5.914	0.123
12:0	g	0.176		0	BFZN	4		0.444	5.338	0.111
13:0	g									
14:0	g	1.102		0	BFZN	4		2.777	33.424	0.694
15:0	g									
16:0	g	4.074		0	BFZN	4		10.266	123.564	2.567
17:0	g									
18:0	g	1.537		0	BFZN	4		3.873	46.617	0.968
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.922		0	BFZN	4		12.403	149.284	3.101
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.339		0	BFZN	4		0.854	10.282	0.214
17:1	g									
18:1 undifferentiated	g	4.427		0	BFZN	4		11.156	134.271	2.789
20:1	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 06907
Sauce, NESTLE, CHEF-MATE Sharp Cheddar Cheese Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.354		0	BFZN	4		8.452	101.727	2.113
18:2 undifferentiated.....g	3.058		0	BFZN	4		7.706	92.749	1.927
18:3 undifferentiated.....g	0.296		0	BFZN	4		0.746	8.978	0.186
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	36		3	MA	12		91	1092	23
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 3033g: 1 package

Measure 3 = 63g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06130
Sauce, NESTLE, LJ MINOR All Purpose Stir Fry Sauce, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.16		3	MA	12		11.12	1492.84	11.12
Energy	kcal	108		0	MC	9		16	2174	16
Energy	kj	452				9		68	9096	68
Protein	g	1.53		3	A	1		0.23	30.80	0.23
Total lipid (fat)	g	4.33		3	MA	12		0.65	87.16	0.65
Ash	g	4.33		3	A	1		0.65	87.16	0.65
Carbohydrate, by difference	g	15.66		0	MC	9		2.35	315.24	2.35
Fiber, total dietary	g	0.0		3	A	1		0.0	0.0	0.0
Sugars, total	g	6.24		3	MA	12		0.94	125.61	0.94
Starch	g									
Minerals:										
Calcium, Ca	mg	10		3	A	1		2	201	2
Iron, Fe	mg	0.76		3	A	1		0.11	15.30	0.11
Magnesium, Mg	mg	10		0	FLM	4		2	201	2
Phosphorus, P	mg	30		0	FLM	4		5	604	5
Potassium, K	mg	52		0	FLM	4		8	1047	8
Sodium, Na	mg	1556		3	A	1		233	31322	233
Zinc, Zn	mg	0.12		0	FLM	4		0.02	2.42	0.02
Copper, Cu	mg	0.040		0	FLM	4		0.006	0.805	0.006
Manganese, Mn	mg	0.135		0	FLM	4		0.020	2.718	0.020
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.7		3	A	1		0.7	94.6	0.7
Thiamin	mg	0.014		0	FLM	4		0.002	0.282	0.002
Riboflavin	mg	0.038		0	FLM	4		0.006	0.765	0.006
Niacin	mg	0.909		0	FLM	4		0.136	18.298	0.136
Pantothenic acid	mg	0.089		0	FLM	4		0.013	1.792	0.013
Vitamin B-6	mg	0.046		0	FLM	4		0.007	0.926	0.007
Folate, total	mcg	4		0	FLM	4		1	81	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0	FLM	4		1	81	1
Folate, DFE	mcg_DFE	4		0	NC	4		1	81	1
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	25		3	MA	12		4	503	4
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.200		0	FLM	4		0.030	4.026	0.030
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.616		3	MA	12		0.092	12.400	0.092
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		0	FLM	4		0.002	0.201	0.002
15:0	g									
16:0	g	0.479		0	FLM	4		0.072	9.642	0.072
17:0	g									
18:0	g	0.127		0	FLM	4		0.019	2.557	0.019
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.274		0	FLM	4		0.191	25.646	0.191
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.009		0	FLM	4		0.001	0.181	0.001

NDB No. 06130
Sauce, NESTLE, LJ MINOR All Purpose Stir Fry Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.265		0	FLM	4		0.190	25.464	0.190
20:1 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.082		0	FLM	4		0.312	41.911	0.312
18:2 undifferentiated ... g	1.960		0	FLM	4		0.294	39.455	0.294
18:3 undifferentiated ... g	0.122		0	FLM	4		0.018	2.456	0.018
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		3	MA	12		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 2013g: 1 package

Measure 3 = 15.0g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06903
Sauce, NESTLE, LJ MINOR Creole Sauce, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.27		3	MA	12		221.39	1746.12	55.35
Energy	kcal	40		0	MC	9		99	782	25
Energy	kj	167				9		415	3274	104
Protein	g	1.49		3	A	1		3.70	29.14	0.92
Total lipid (fat)	g	1.11		3	MA	12		2.75	21.71	0.69
Ash	g	2.15		3	A	1		5.33	42.05	1.33
Carbohydrate, by difference	g	5.98		0	MC	9		14.83	116.97	3.71
Fiber, total dietary	g	1.3		0	FLM	4		3.2	25.4	0.8
Sugars, total	g	4.70		3	MA	12		11.66	91.93	2.91
Starch	g									
Minerals:										
Calcium, Ca	mg	56		3	A	1		139	1095	35
Iron, Fe	mg	0.50		3	A	1		1.24	9.78	0.31
Magnesium, Mg	mg	14		0	FLM	4		35	274	9
Phosphorus, P	mg	28		0	FLM	4		69	548	17
Potassium, K	mg	302		0	FLM	4		749	5907	187
Sodium, Na	mg	547		3	A	1		1357	10699	339
Zinc, Zn	mg	0.16		0	FLM	4		0.40	3.13	0.10
Copper, Cu	mg	0.095		0	FLM	4		0.236	1.858	0.059
Manganese, Mn	mg	0.167		0	FLM	4		0.414	3.267	0.104
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0
Thiamin	mg	0.054		0	FLM	4		0.134	1.056	0.033
Riboflavin	mg	0.040		0	FLM	4		0.099	0.782	0.025
Niacin	mg	0.850		0	FLM	4		2.108	16.626	0.527
Pantothenic acid	mg	0.266		0	FLM	4		0.660	5.203	0.165
Vitamin B-6	mg	0.111		0	FLM	4		0.275	2.171	0.069
Folate, total	mcg	14		0	FLM	4		35	274	9
Folic acid	mcg									
Folate, food	mcg	14		0	FLM	4		35	274	9
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	377		3	MA	12		935	7374	234
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.987		0	FLM	4		2.448	19.306	0.612
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.108		3	MA	12		0.268	2.112	0.067
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.002		0	FLM	4		0.005	0.039	0.001
15:0	g									
16:0	g	0.084		0	FLM	4		0.208	1.643	0.052
17:0	g									
18:0	g	0.021		0	FLM	4		0.052	0.411	0.013
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.372		0	FLM	4		0.923	7.276	0.231
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.003		0	FLM	4		0.007	0.059	0.002

NDB No. 06903
Sauce, NESTLE, LJ MINOR Creole Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.368		0	FLM	4		0.913	7.198	0.228
20:1 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.471		0	FLM	4		1.168	9.213	0.292
18:2 undifferentiated ... g	0.444		0	FLM	4		1.101	8.685	0.275
18:3 undifferentiated ... g	0.026		0	FLM	4		0.064	0.509	0.016
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		3	MA	12		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 1956g: 1 package

Measure 3 = 62g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06181
Sauce, NESTLE, LJ MINOR Italian Sauce, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.90		3	MC	9		97.15	1484.60	47.06
Energy	kcal	98		0	MC	9		125	1917	61
Energy	kj	410				9		525	8020	254
Protein	g	1.68		3	A	1		2.15	32.86	1.04
Total lipid (fat)	g	1.90		3	MA	12		2.43	37.16	1.18
Ash	g	2.04		3	A	1		2.61	39.90	1.26
Carbohydrate, by difference	g	18.49		0	MC	9		23.67	361.66	11.46
Fiber, total dietary	g	1.4		3	A	1		1.8	27.4	0.9
Sugars, total	g	5.60		3	MA	12		7.17	109.54	3.47
Starch	g									
Minerals:										
Calcium, Ca	mg	55		3	A	1		70	1076	34
Iron, Fe	mg	0.62		3	A	1		0.79	12.13	0.38
Magnesium, Mg	mg	32		0	FLM	4		41	626	20
Phosphorus, P	mg	69		0	FLM	4		88	1350	43
Potassium, K	mg	608		0	FLM	4		778	11892	377
Sodium, Na	mg	490		3	A	1		627	9584	304
Zinc, Zn	mg	0.42		0	FLM	4		0.54	8.22	0.26
Copper, Cu	mg	0.242		0	FLM	4		0.310	4.734	0.150
Manganese, Mn	mg	0.409		0	FLM	4		0.524	8.000	0.254
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.7		3	A	1		8.6	131.1	4.2
Thiamin	mg	0.123		0	FLM	4		0.157	2.406	0.076
Riboflavin	mg	0.073		0	FLM	4		0.093	1.428	0.045
Niacin	mg	1.822		0	FLM	4		2.332	35.638	1.130
Pantothenic acid	mg	0.554		0	FLM	4		0.709	10.836	0.343
Vitamin B-6	mg	0.276		0	FLM	4		0.353	5.399	0.171
Folate, total	mcg	26		0	FLM	4		33	509	16
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	26		0	FLM	4		33	509	16
Folate, DFE	mcg_DFE	26		0	NC	4		33	509	16
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	394		3	MA	12		504	7707	244
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	1.932		0	FLM	4		2.473	37.790	1.198
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.260		0	MA	12		0.333	5.086	0.161
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.001		0	FLM	4		0.001	0.020	0.001
15:0	g									
16:0	g	0.210		0	FLM	4		0.269	4.108	0.130
17:0	g									
18:0	g	0.044		0	FLM	4		0.056	0.861	0.027
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.192		0	FLM	4		1.526	23.316	0.739
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.013		0	FLM	4		0.017	0.254	0.008

NDB No. 06181
Sauce, NESTLE, LJ MINOR Italian Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.174		0	FLM	4		1.503	22.963	0.728
20:1 g	0.005		0	FLM	4		0.006	0.098	0.003
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.271		0	FLM	4		0.347	5.301	0.168
18:2 undifferentiated g	0.256		0	FLM	4		0.328	5.007	0.159
18:3 undifferentiated g	0.016		0	FLM	4		0.020	0.313	0.010
18:4 g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		3	MA	12		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 1956g: 1 package

Measure 3 = 62g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06905
Sauce, NESTLE, LJ MINOR Lemon Sauce, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.15		3	MA	12		1427.61	21.49	21.49
Energy	kcal	134		0	MC	9		2849	43	43
Energy	kj	561				9		11920	179	179
Protein	g	0.22		3	A	1		4.68	0.07	0.07
Total lipid (fat)	g	0.59		3	MA	12		12.54	0.19	0.19
Ash	g	0.13		3	A	1		2.76	0.04	0.04
Carbohydrate, by difference	g	31.92		0	MC	9		678.62	10.21	10.21
Fiber, total dietary	g	0.0		3	A	1		0.0	0.0	0.0
Sugars, total	g	24.50		3	MA	12		520.87	7.84	7.84
Starch	g									
Minerals:										
Calcium, Ca	mg	4		3	A	1		85	1	1
Iron, Fe	mg	0.38		3	A	1		8.08	0.12	0.12
Magnesium, Mg	mg	2		0	FLM	4		43	1	1
Phosphorus, P	mg	4		0	FLM	4		85	1	1
Potassium, K	mg	20		0	FLM	4		425	6	6
Sodium, Na	mg	8		3	A	1		170	3	3
Zinc, Zn	mg	0.04		0	FLM	4		0.85	0.01	0.01
Copper, Cu	mg	0.024		0	FLM	4		0.510	0.008	0.008
Manganese, Mn	mg	0.031		0	FLM	4		0.659	0.010	0.010
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.6		3	A	1		182.8	2.8	2.8
Thiamin	mg	0.007		0	FLM	4		0.149	0.002	0.002
Riboflavin	mg	0.005		0	FLM	4		0.106	0.002	0.002
Niacin	mg	0.035		0	FLM	4		0.744	0.011	0.011
Pantothenic acid	mg	0.020		0	FLM	4		0.425	0.006	0.006
Vitamin B-6	mg	0.008		0	FLM	4		0.170	0.003	0.003
Folate, total	mcg	1		0	FLM	4		21	0	0
Folic acid	mcg									
Folate, food	mcg	1		0	FLM	4		21	0	0
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		3	MA	12		0	0	0
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.044		0	FLM	4		0.935	0.014	0.014
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.072		3	MA	12		1.531	0.023	0.023
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	FLM	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.050		0	FLM	4		1.063	0.016	0.016
17:0	g									
18:0	g	0.020		0	FLM	4		0.425	0.006	0.006
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.169		0	FLM	4		3.593	0.054	0.054
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0	FLM	4		0.021	0.000	0.000

NDB No. 06905
Sauce, NESTLE, LJ MINOR Lemon Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.167		0	FLM	4		3.550	0.053	0.053
20:1 ... g	0.001		0	FLM	4		0.021	0.000	0.000
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.280		0	FLM	4		5.953	0.090	0.090
18:2 undifferentiated ... g	0.257		0	FLM	4		5.464	0.082	0.082
18:3 undifferentiated ... g	0.023		0	FLM	4		0.489	0.007	0.007
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		3	MA	12		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 2126g: 1 package

Measure 2 = 32g: 1 serving

Measure 3 = 32g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06131
Sauce, NESTLE, LJ MINOR Sweet N' Sour Glaze, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.89		3	MA	12		1263.74	18.52	18.52
Energy	kcal	158		0	MC	9		3449	51	51
Energy	kj	661				9		14431	212	212
Protein	g	0.46		3	A	1		10.04	0.15	0.15
Total lipid (fat)	g	0.07		3	MA	12		1.53	0.02	0.02
Ash	g	2.65		3	A	1		57.85	0.85	0.85
Carbohydrate, by difference	g	38.93		0	MC	9		849.84	12.46	12.46
Fiber, total dietary	g	0.1		3	A	1		2.2	0.0	0.0
Sugars, total	g	26.02		3	MA	12		568.02	8.33	8.33
Starch	g									
Minerals:										
Calcium, Ca	mg	47		3	A	1		1026	15	15
Iron, Fe	mg	1.14		3	A	1		24.89	0.36	0.36
Magnesium, Mg	mg	18		0	FLM	4		393	6	6
Phosphorus, P	mg	23		0	FLM	4		502	7	7
Potassium, K	mg	224		0	FLM	4		4890	72	72
Sodium, Na	mg	717		3	A	1		15652	229	229
Zinc, Zn	mg	0.20		0	FLM	4		4.37	0.06	0.06
Copper, Cu	mg	0.154		0	FLM	4		3.362	0.049	0.049
Manganese, Mn	mg	0.771		0	FLM	4		16.831	0.247	0.247
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.0		3	A	1		174.6	2.6	2.6
Thiamin	mg	0.059		0	FLM	4		1.288	0.019	0.019
Riboflavin	mg	0.023		0	FLM	4		0.502	0.007	0.007
Niacin	mg	0.285		0	FLM	4		6.222	0.091	0.091
Pantothenic acid	mg	0.130		0	FLM	4		2.838	0.042	0.042
Vitamin B-6	mg	0.104		0	FLM	4		2.270	0.033	0.033
Folate, total	mcg	8		0	FLM	4		175	3	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	8		0	FLM	4		175	3	3
Folate, DFE	mcg_DFE	8		0	NC	4		175	3	3
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	150		3	MA	12		3275	48	48
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.077		0	FLM	4		1.681	0.025	0.025
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.005		3	MA	12		0.109	0.002	0.002
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.001		0	FLM	4		0.022	0.000	0.000
15:0	g									
16:0	g	0.002		0	FLM	4		0.044	0.001	0.001
17:0	g									
18:0	g	0.001		0	FLM	4		0.022	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.008		0	FLM	4		0.175	0.003	0.003
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 06131
Sauce, NESTLE, LJ MINOR Sweet N' Sour Glaze, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.006		0	FLM	4		0.131	0.002	0.002
20:1 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.032		0	FLM	4		0.699	0.010	0.010
18:2 undifferentiated ... g	0.019		0	FLM	4		0.415	0.006	0.006
18:3 undifferentiated ... g	0.004		0	FLM	4		0.087	0.001	0.001
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		3	MA	12		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 2183g: 1 package

Measure 2 = 32g: 1 serving

Measure 3 = 32g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06132
Sauce, NESTLE, LJ MINOR Sweet N' Sour Sauce, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.28		3	MA	12		1454.82	23.52	23.52
Energy	kcal	122		0	MC	9		2490	40	40
Energy	kj	510				9		10418	168	168
Protein	g	0.48		3	A	1		9.80	0.16	0.16
Total lipid (fat)	g	2.38		3	MA	12		48.58	0.79	0.79
Ash	g	1.08		3	A	1		22.04	0.36	0.36
Carbohydrate, by difference	g	24.79		0	MC	9		505.96	8.18	8.18
Fiber, total dietary	g	0.8		3	A	1		16.3	0.3	0.3
Sugars, total	g	20.83		3	MA	12		425.14	6.87	6.87
Starch	g									
Minerals:										
Calcium, Ca	mg	18		3	A	1		367	6	6
Iron, Fe	mg	0.85		3	A	1		17.35	0.28	0.28
Magnesium, Mg	mg	7		0	FLM	4		143	2	2
Phosphorus, P	mg	9		0	FLM	4		184	3	3
Potassium, K	mg	66		0	FLM	4		1347	22	22
Sodium, Na	mg	353		3	A	1		7205	116	116
Zinc, Zn	mg	0.08		0	FLM	4		1.63	0.03	0.03
Copper, Cu	mg	0.048		0	FLM	4		0.980	0.016	0.016
Manganese, Mn	mg	0.292		0	FLM	4		5.960	0.096	0.096
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0
Thiamin	mg	0.027		0	FLM	4		0.551	0.009	0.009
Riboflavin	mg	0.015		0	FLM	4		0.306	0.005	0.005
Niacin	mg	0.200		0	FLM	4		4.082	0.066	0.066
Pantothenic acid	mg	0.051		0	FLM	4		1.041	0.017	0.017
Vitamin B-6	mg	0.044		0	FLM	4		0.898	0.015	0.015
Folate, total	mcg	2		0	FLM	4		41	1	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0	FLM	4		41	1	1
Folate, DFE	mcg_DFE	2		0	NC	4		41	1	1
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	75		3	MA	12		1531	25	25
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.199		0	FLM	4		4.062	0.066	0.066
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.370		3	MA	12		7.552	0.122	0.122
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.006		0	FLM	4		0.122	0.002	0.002
15:0	g									
16:0	g	0.287		0	FLM	4		5.858	0.095	0.095
17:0	g									
18:0	g	0.076		0	FLM	4		1.551	0.025	0.025
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.695		0	FLM	4		14.185	0.229	0.229
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.005		0	FLM	4		0.102	0.002	0.002

NDB No. 06132
Sauce, NESTLE, LJ MINOR Sweet N' Sour Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.690		0	FLM	4		14.083	0.228	0.228
20:1 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.142		0	FLM	4		23.308	0.377	0.377
18:2 undifferentiated ... g	1.072		0	FLM	4		21.880	0.354	0.354
18:3 undifferentiated ... g	0.068		0	FLM	4		1.388	0.022	0.022
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		3	MA	12		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 2041g: 1 package

Measure 2 = 33g: 1 serving

Measure 3 = 33g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06129
Sauce, NESTLE, LJ MINOR Teriyaki Sauce, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.04		3	MA	12		11.05	1429.13	11.05
Energy	kcal	130		0	MC	9		21	2691	21
Energy	kj	544				9		87	11259	87
Protein	g	0.93		3	A	1		0.15	19.25	0.15
Total lipid (fat)	g	3.63		3	MA	12		0.58	75.14	0.58
Ash	g	3.04		3	A	1		0.49	62.93	0.49
Carbohydrate, by difference	g	23.37		0	MC	9		3.74	483.76	3.74
Fiber, total dietary	g	0.0		3	A	1		0.0	0.0	0.0
Sugars, total	g	17.43		3	MA	12		2.79	360.80	2.79
Starch	g									
Minerals:										
Calcium, Ca	mg	8		3	A	1		1	166	1
Iron, Fe	mg	0.56		3	A	1		0.09	11.59	0.09
Magnesium, Mg	mg	8		0	FLM	4		1	166	1
Phosphorus, P	mg	21		0	FLM	4		3	435	3
Potassium, K	mg	50		0	FLM	4		8	1035	8
Sodium, Na	mg	996		3	A	1		159	20617	159
Zinc, Zn	mg	0.10		0	FLM	4		0.02	2.07	0.02
Copper, Cu	mg	0.044		0	FLM	4		0.007	0.911	0.007
Manganese, Mn	mg	0.111		0	FLM	4		0.018	2.298	0.018
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0
Thiamin	mg	0.010		0	FLM	4		0.002	0.207	0.002
Riboflavin	mg	0.027		0	FLM	4		0.004	0.559	0.004
Niacin	mg	0.587		0	FLM	4		0.094	12.151	0.094
Pantothenic acid	mg	0.062		0	FLM	4		0.010	1.283	0.010
Vitamin B-6	mg	0.031		0	FLM	4		0.005	0.642	0.005
Folate, total	mcg	3		0	FLM	4		0	62	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0	FLM	4		0	62	0
Folate, DFE	mcg_DFE	3		0	NC	4		0	62	0
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	0		3	MA	12		0	0	0
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.167		0	FLM	4		0.027	3.457	0.027
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.361		3	MA	12		0.058	7.473	0.058
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.006		0	FLM	4		0.001	0.124	0.001
15:0	g									
16:0	g	0.281		0	FLM	4		0.045	5.817	0.045
17:0	g									
18:0	g	0.074		0	FLM	4		0.012	1.532	0.012
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.069		0	FLM	4		0.171	22.128	0.171
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.007		0	FLM	4		0.001	0.145	0.001

NDB No. 06129
Sauce, NESTLE, LJ MINOR Teriyaki Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.061		0	FLM	4		0.170	21.963	0.170
20:1 g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.745		0	FLM	4		0.279	36.122	0.279
18:2 undifferentiated g	1.644		0	FLM	4		0.263	34.031	0.263
18:3 undifferentiated g	0.102		0	FLM	4		0.016	2.111	0.016
18:4 g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		3	MA	12		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Measure 2 = 2070g: 1 package

Measure 3 = 16g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06153
Sauce, NESTLE, ORTEGA Enchilada Sauce, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.53		3	MA	12		3412.83	26.56	26.56
Energy	kcal	50		0	MC	9		1928	15	15
Energy	kj	209				9		8065	63	63
Protein	g	1.45		3	A	1		55.90	0.44	0.44
Total lipid (fat)	g	1.98		3	MA	12		76.33	0.59	0.59
Ash	g	1.33		3	A	1		51.27	0.40	0.40
Carbohydrate, by difference	g	6.71		0	MC	9		258.67	2.01	2.01
Fiber, total dietary	g	1.0		3	A	1		38.6	0.3	0.3
Sugars, total	g	0.58		3	MA	12		22.36	0.17	0.17
Starch	g									
Minerals:										
Calcium, Ca	mg	24		3	A	1		925	7	7
Iron, Fe	mg	1.03		3	A	1		39.71	0.31	0.31
Magnesium, Mg	mg	17		0	FLM	4		655	5	5
Phosphorus, P	mg	35		0	FLM	4		1349	11	11
Potassium, K	mg	278		0	FLM	4		10717	83	83
Sodium, Na	mg	258		3	A	1		9946	77	77
Zinc, Zn	mg	0.19		0	FLM	4		7.32	0.06	0.06
Copper, Cu	mg	0.102		0	FLM	4		3.932	0.031	0.031
Manganese, Mn	mg	0.166		0	FLM	4		6.399	0.050	0.050
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.1		3	A	1		273.7	2.1	2.1
Thiamin	mg	0.055		0	FLM	4		2.120	0.017	0.017
Riboflavin	mg	0.036		0	FLM	4		1.388	0.011	0.011
Niacin	mg	1.060		0	FLM	4		40.863	0.318	0.318
Pantothenic acid	mg	0.266		0	FLM	4		10.254	0.080	0.080
Vitamin B-6	mg	0.145		0	FLM	4		5.590	0.044	0.044
Folate, total	mcg	8		0	FLM	4		308	2	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	8		0	FLM	4		308	2	2
Folate, DFE	mcg_DFE	8		0	NC	4		308	2	2
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	411		3	MA	12		15844	123	123
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.000		0	FLM	4		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.290		3	MA	12		11.180	0.087	0.087
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.004		0	FLM	4		0.154	0.001	0.001
15:0	g									
16:0	g	0.221		0	FLM	4		8.520	0.066	0.066
17:0	g									
18:0	g	0.059		0	FLM	4		2.274	0.018	0.018
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.560		0	FLM	4		21.588	0.168	0.168
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.004		0	FLM	4		0.154	0.001	0.001

NDB No. 06153
Sauce, NESTLE, ORTEGA Enchilada Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.552		0	FLM	4		21.280	0.166	0.166
20:1 g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.941		0	FLM	4		36.276	0.282	0.282
18:2 undifferentiated g	0.871		0	FLM	4		33.577	0.261	0.261
18:3 undifferentiated g	0.053		0	FLM	4		2.043	0.016	0.016
18:4 g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		3	MA	12		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 3855g: 1 package

Measure 2 = 30g: 1 serving

Measure 3 = 30g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06909
Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.43		3	MA	12		177.48	2116.42	44.37
Energy	kcal	189		0	MC	9		476	5679	119
Energy	kj	791				9		1993	23763	498
Protein	g	7.17		3	A	1		18.07	215.46	4.52
Total lipid (fat)	g	16.07		3	MA	12		40.50	482.90	10.12
Ash	g	2.33		3	A	1		5.87	70.02	1.47
Carbohydrate, by difference	g	4.00		0	MC	9		10.08	120.20	2.52
Fiber, total dietary	g	0.8		3	A	1		2.0	24.0	0.5
Sugars, total	g	0.00		3	MA	12		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	187		3	A	1		471	5619	118
Iron, Fe	mg	0.32		3	A	1		0.81	9.62	0.20
Magnesium, Mg	mg	10		0	BFZN	4		25	301	6
Phosphorus, P	mg	167		0	BFZN	4		421	5018	105
Potassium, K	mg	32		0	BFZN	4		81	962	20
Sodium, Na	mg	781		3	A	1		1968	23469	492
Zinc, Zn	mg	1.03		0	BFZN	4		2.60	30.95	0.65
Copper, Cu	mg	0.016		0	BFZN	4		0.040	0.481	0.010
Manganese, Mn	mg	0.008		0	BFZN	4		0.020	0.240	0.005
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		3	A	1		0.3	3.0	0.1
Thiamin	mg	0.007		0	BFZN	4		0.018	0.210	0.004
Riboflavin	mg	0.122		0	BFZN	4		0.307	3.666	0.077
Niacin	mg	0.026		0	BFZN	4		0.066	0.781	0.016
Pantothenic acid	mg	0.134		0	BFZN	4		0.338	4.027	0.084
Vitamin B-6	mg	0.018		0	BFZN	4		0.045	0.541	0.011
Folate, total	mcg	5		0	BFZN	4		13	150	3
Folic acid	mcg									
Folate, food	mcg	5		0	BFZN	4		13	150	3
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.15		0	BFZN	4		0.38	4.51	0.09
Vitamin A, IU	IU	203		3	MA	12		512	6100	128
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.410		0	BFZN	4		1.033	12.321	0.258
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.710		3	MA	12		16.909	201.636	4.227
4:0	g	0.340		0	BFZN	4		0.857	10.217	0.214
6:0	g	0.172		0	BFZN	4		0.433	5.169	0.108
8:0	g	0.091		0	BFZN	4		0.229	2.735	0.057
10:0	g	0.195		0	BFZN	4		0.491	5.860	0.123
12:0	g	0.176		0	BFZN	4		0.444	5.289	0.111
13:0	g									
14:0	g	1.102		0	BFZN	4		2.777	33.115	0.694
15:0	g									
16:0	g	4.074		0	BFZN	4		10.266	122.424	2.567
17:0	g									
18:0	g	1.537		0	BFZN	4		3.873	46.187	0.968
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.922		0	BFZN	4		12.403	147.906	3.101
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.339		0	BFZN	4		0.854	10.187	0.214

NDB No. 06909
Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.427		0	BFZN	4		11.156	133.031	2.789
20:1 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.354		0	BFZN	4		8.452	100.788	2.113
18:2 undifferentiated ... g	3.058		0	BFZN	4		7.706	91.893	1.927
18:3 undifferentiated ... g	0.296		0	BFZN	4		0.746	8.895	0.186
18:4 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	32		3	MA	12		81	962	20
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 3005g: 1 package

Measure 3 = 63g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06910
Sauce, NESTLE, ORTEGA Nacho Cheese Sauce, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.50		3	MA	12		167.58	1998.33	41.90
Energy	kcal	203		0	MC	9		512	6100	128
Energy	kj	849				9		2140	25523	535
Protein	g	8.32		3	A	1		20.97	250.02	5.24
Total lipid (fat)	g	16.03		3	MA	12		40.40	481.70	10.10
Ash	g	2.77		3	A	1		6.98	83.24	1.75
Carbohydrate, by difference	g	6.38		0	MC	9		16.08	191.72	4.02
Fiber, total dietary	g	0.7		3	A	1		1.8	21.0	0.4
Sugars, total	g	0.73		3	MA	12		1.84	21.94	0.46
Starch	g									
Minerals:										
Calcium, Ca	mg	287		3	A	1		723	8624	181
Iron, Fe	mg	0.24		3	A	1		0.60	7.21	0.15
Magnesium, Mg	mg	10		0	BFZN	4		25	301	6
Phosphorus, P	mg	167		0	BFZN	4		421	5018	105
Potassium, K	mg	32		0	BFZN	4		81	962	20
Sodium, Na	mg	920		3	A	1		2318	27646	580
Zinc, Zn	mg	1.03		0	BFZN	4		2.60	30.95	0.65
Copper, Cu	mg	0.016		0	BFZN	4		0.040	0.481	0.010
Manganese, Mn	mg	0.008		0	BFZN	4		0.020	0.240	0.005
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		3	A	1		1.8	21.0	0.4
Thiamin	mg	0.007		0	BFZN	4		0.018	0.210	0.004
Riboflavin	mg	0.122		0	BFZN	4		0.307	3.666	0.077
Niacin	mg	0.026		0	BFZN	4		0.066	0.781	0.016
Pantothenic acid	mg	0.134		0	BFZN	4		0.338	4.027	0.084
Vitamin B-6	mg	0.018		0	BFZN	4		0.045	0.541	0.011
Folate, total	mcg	5		0	BFZN	4		13	150	3
Folic acid	mcg									
Folate, food	mcg	5		0	BFZN	4		13	150	3
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.15		0	BFZN	4		0.38	4.51	0.09
Vitamin A, IU	IU	763		3	MA	12		1923	22928	481
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.410		0	BFZN	4		1.033	12.321	0.258
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	9.200		3	MA	12		23.184	276.460	5.796
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	46		3	MA	12		116	1382	29
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine	mg									
Theobromine	mg									

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

Common Measures:

NDB No. 06910

Sauce, NESTLE, ORTEGA Nacho Cheese Sauce, ready-to-serve

Measure 1 = 252g: 1 cup

Measure 2 = 3005g: 1 package

Measure 3 = 63g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06157
Sauce, NESTLE, ORTEGA 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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.23		3	MA	12		3439.82	26.77	26.77
Energy	kcal	34		0	MC	9		1311	10	10
Energy	kj	142				9		5484	43	43
Protein	g	1.22		3	A	1		47.03	0.37	0.37
Total lipid (fat)	g	0.23		3	MA	12		8.87	0.07	0.07
Ash	g	2.67		3	A	1		102.93	0.80	0.80
Carbohydrate, by difference	g	6.66		0	MC	9		256.74	2.00	2.00
Fiber, total dietary	g	0.0		3	A	1		0.0	0.0	0.0
Sugars, total	g	0.78		3	MA	12		30.07	0.23	0.23
Starch	g									
Minerals:										
Calcium, Ca	mg	42		3	A	1		1619	13	13
Iron, Fe	mg	0.50		3	A	1		19.28	0.15	0.15
Magnesium, Mg	mg	15		0	FLM	4		578	5	5
Phosphorus, P	mg	28		0	FLM	4		1079	8	8
Potassium, K	mg	268		0	FLM	4		10331	80	80
Sodium, Na	mg	840		3	A	1		32382	252	252
Zinc, Zn	mg	0.17		0	FLM	4		6.55	0.05	0.05
Copper, Cu	mg	0.103		0	FLM	4		3.971	0.031	0.031
Manganese, Mn	mg	0.157		0	FLM	4		6.052	0.047	0.047
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		3	A	1		73.2	0.6	0.6
Thiamin	mg	0.052		0	FLM	4		2.005	0.016	0.016
Riboflavin	mg	0.042		0	FLM	4		1.619	0.013	0.013
Niacin	mg	0.965		0	FLM	4		37.201	0.290	0.290
Pantothenic acid	mg	0.264		0	FLM	4		10.177	0.079	0.079
Vitamin B-6	mg	0.124		0	FLM	4		4.780	0.037	0.037
Folate, total	mcg	10		0	FLM	4		386	3	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	10		0	FLM	4		386	3	3
Folate, DFE	mcg_DFE	10		0	NC	4		386	3	3
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	278		3	MA	12		10717	83	83
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	1.237		0	FLM	4		47.686	0.371	0.371
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.021		3	MA	12		0.810	0.006	0.006
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0	FLM	4		0.000	0.000	0.000
15:0	g									
16:0	g	0.007		0	FLM	4		0.270	0.002	0.002
17:0	g									
18:0	g	0.002		0	FLM	4		0.077	0.001	0.001
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.034		0	FLM	4		1.311	0.010	0.010
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 06157
Sauce, NESTLE, ORTEGA Picante Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.017		0	FLM	4		0.655	0.005	0.005
20:1 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.100		0	FLM	4		3.855	0.030	0.030
18:2 undifferentiated ... g	0.047		0	FLM	4		1.812	0.014	0.014
18:3 undifferentiated ... g	0.002		0	FLM	4		0.077	0.001	0.001
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		3	MA	12		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 3855g: 1 package

Measure 2 = 30g: 1 serving

Measure 3 = 30g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.22		3	MA	12		2230.31	46.76	46.76
Energy	kcal	129		0	MC	9		3876	81	81
Energy	kj	540				9		16219	340	340
Protein	g	3.19		3	A	1		95.86	2.01	2.01
Total lipid (fat)	g	7.46		3	MA	12		224.17	4.70	4.70
Ash	g	2.83		3	A	1		85.04	1.78	1.78
Carbohydrate, by difference	g	12.30		0	MC	9		369.62	7.75	7.75
Fiber, total dietary	g	0.0		3	A	1		0.0	0.0	0.0
Sugars, total	g	0.19		3	MA	12		5.71	0.12	0.12
Starch	g									
Minerals:										
Calcium, Ca	mg	85		3	A	1		2554	54	54
Iron, Fe	mg	0.19		3	A	1		5.71	0.12	0.12
Magnesium, Mg	mg	6		0	BFZN	4		180	4	4
Phosphorus, P	mg	82		0	BFZN	4		2464	52	52
Potassium, K	mg	26		0	BFZN	4		781	16	16
Sodium, Na	mg	907		3	A	1		27255	571	571
Zinc, Zn	mg	0.54		0	BFZN	4		16.23	0.34	0.34
Copper, Cu	mg	0.013		0	BFZN	4		0.391	0.008	0.008
Manganese, Mn	mg	0.007		0	BFZN	4		0.210	0.004	0.004
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		3	A	1		24.0	0.5	0.5
Thiamin	mg	0.004		0	BFZN	4		0.120	0.003	0.003
Riboflavin	mg	0.065		0	BFZN	4		1.953	0.041	0.041
Niacin	mg	0.067		0	BFZN	4		2.013	0.042	0.042
Pantothenic acid	mg	0.141		0	BFZN	4		4.237	0.089	0.089
Vitamin B-6	mg	0.013		0	BFZN	4		0.391	0.008	0.008
Folate, total	mcg	3		0	BFZN	4		90	2	2
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.09		0	BFZN	4		2.70	0.06	0.06
Vitamin A, IU	IU	113		3	MA	12		3396	71	71
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	0.523		0	BFZN	4		15.716	0.329	0.329
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.870		3	MA	12		86.244	1.808	1.808
4:0	g	0.159		0	BFZN	4		4.778	0.100	0.100
6:0	g	0.082		0	BFZN	4		2.464	0.052	0.052
8:0	g	0.046		0	BFZN	4		1.382	0.029	0.029
10:0	g	0.103		0	BFZN	4		3.095	0.065	0.065
12:0	g	0.090		0	BFZN	4		2.705	0.057	0.057
13:0	g									
14:0	g	0.571		0	BFZN	4		17.159	0.360	0.360
15:0	g									
16:0	g	1.913		0	BFZN	4		57.486	1.205	1.205
17:0	g									
18:0	g	0.783		0	BFZN	4		23.529	0.493	0.493
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.707		0	BFZN	4		81.345	1.705	1.705
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.173		0	BFZN	4		5.199	0.109	0.109
17:1	g									
18:1 undifferentiated	g	2.457		0	BFZN	4		73.833	1.548	1.548
20:1	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 06922
Sauce, NESTLE, QUE BUENO Jalapeno Cheese Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.191		0	BFZN	4		35.790	0.750	0.750
18:2 undifferentiated.....g	1.060		0	BFZN	4		31.853	0.668	0.668
18:3 undifferentiated.....g	0.129		0	BFZN	4		3.876	0.081	0.081
18:4.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	10		3	MA	12		301	6	6
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 3005g: 1 package

Measure 2 = 63g: 1 serving

Measure 3 = 63g: .25 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06711
Sauce, NESTLE, TRIO Alfredo Sauce Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.05		3	MA	12				
Energy	kcal	535		0	MC	9				
Energy	kj	2238				9				
Protein	g	15.32		3	A	1				
Total lipid (fat)	g	36.35		3	MA	12				
Ash	g	9.76		3	A	1				
Carbohydrate, by difference	g	36.52		0	MC	9				
Fiber, total dietary	g	2.0		3	A	1				
Sugars, total	g	5.40		3	MA	12				
Starch	g									
Minerals:										
Calcium, Ca	mg	467		3	A	1				
Iron, Fe	mg	0.94		3	A	1				
Magnesium, Mg	mg	32		0	FLM	4				
Phosphorus, P	mg	415		0	FLM	4				
Potassium, K	mg	254		0	FLM	4				
Sodium, Na	mg	2590		3	A	1				
Zinc, Zn	mg	1.49		0	FLM	4				
Copper, Cu	mg	0.064		0	FLM	4				
Manganese, Mn	mg	0.056		0	FLM	4				
Selenium, Se	mcg	9.3		0	FLM	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1				
Thiamin	mg	0.156		0	FLM	4				
Riboflavin	mg	0.054		0	FLM	4				
Niacin	mg	2.070		0	FLM	4				
Pantothenic acid	mg	1.044		0	FLM	4				
Vitamin B-6	mg	0.134		0	FLM	4				
Folate, total	mcg	118		0	FLM	4				
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.38		0	FLM	4				
Vitamin A, IU	IU	567		3	MA	12				
Vitamin A, RAE	mcg_RAE	135		0	NC	4				
Vitamin E	mg_ATE	3.924		0	FLM	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.180		3	MA	12				
4:0	g	0.692		0	FLM	4				
6:0	g	0.289		0	FLM	4				
8:0	g	0.158		0	FLM	4				
10:0	g	0.381		0	FLM	4				
12:0	g	0.492		0	FLM	4				
13:0	g									
14:0	g	1.692		0	FLM	4				
15:0	g									
16:0	g	6.418		0	FLM	4				
17:0	g									
18:0	g	2.680		0	FLM	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	13.669		0	FLM	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.399		0	FLM	4				
17:1	g									
18:1 undifferentiated	g	13.006		0	FLM	4				
20:1	g	0.000		0	FLM	4				

NDB No. 06711
Sauce, NESTLE, TRIO Alfredo Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated....g	0.000		0	FLM	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	8.610		0	FLM	4				
18:2 undifferentiated....g	7.845		0	FLM	4				
18:3 undifferentiated....g	0.745		0	FLM	4				
18:4....g	0.000		0	FLM	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	FLM	4				
20:5 n-3....g	0.000		0	FLM	4				
22:5 n-3....g	0.000		0	FLM	4				
22:6 n-3....g	0.000		0	FLM	4				
Fatty acids, total trans....g									
Cholesterol....mg	56		3	MA	12				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06713
Sauce, NESTLE, TRIO Cheese Sauce Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.53		3	MA	12		0.42	32.02	0.42
Energy	kcal	446		0	MC	9		54	4045	54
Energy	kj	1866				9		224	16925	224
Protein	g	7.38		0	BFZN	4		0.89	66.94	0.89
Total lipid (fat)	g	19.15		3	MA	12		2.30	173.69	2.30
Ash	g	9.03		3	A	1		1.08	81.90	1.08
Carbohydrate, by difference	g	60.91		0	NC	4		7.31	552.45	7.31
Fiber, total dietary	g	0.0		3	A	1		0.0	0.0	0.0
Sugars, total	g	10.80		3	MA	12		1.30	97.96	1.30
Starch	g									
Minerals:										
Calcium, Ca	mg	183		3	A	1		22	1660	22
Iron, Fe	mg	0.71		3	A	1		0.09	6.44	0.09
Magnesium, Mg	mg	36		0	BFZN	4		4	327	4
Phosphorus, P	mg	283		0	BFZN	4		34	2567	34
Potassium, K	mg	428		0	BFZN	4		51	3882	51
Sodium, Na	mg	2580		3	A	1		310	23401	310
Zinc, Zn	mg	1.11		0	BFZN	4		0.13	10.07	0.13
Copper, Cu	mg	0.085		0	BFZN	4		0.010	0.771	0.010
Manganese, Mn	mg	0.052		0	BFZN	4		0.006	0.472	0.006
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		3	A	1		0.0	0.0	0.0
Thiamin	mg	0.211		0	BFZN	4		0.025	1.914	0.025
Riboflavin	mg	0.678		0	BFZN	4		0.081	6.149	0.081
Niacin	mg	2.399		0	BFZN	4		0.288	21.759	0.288
Pantothenic acid	mg	1.499		0	BFZN	4		0.180	13.596	0.180
Vitamin B-6	mg	0.182		0	BFZN	4		0.022	1.651	0.022
Folate, total	mcg	134		0	BFZN	4		16	1215	16
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.46		0	BFZN	4		0.06	4.17	0.06
Vitamin A, IU	IU	173		3	MA	12		21	1569	21
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	2.327		0	BFZN	4		0.279	21.106	0.279
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.670		3	MA	12		0.800	60.497	0.800
4:0	g	0.155		0	BFZN	4		0.019	1.406	0.019
6:0	g	0.075		0	BFZN	4		0.009	0.680	0.009
8:0	g	0.040		0	BFZN	4		0.005	0.363	0.005
10:0	g	0.086		0	BFZN	4		0.010	0.780	0.010
12:0	g	0.079		0	BFZN	4		0.009	0.717	0.009
13:0	g									
14:0	g	0.494		0	BFZN	4		0.059	4.481	0.059
15:0	g									
16:0	g	2.812		0	BFZN	4		0.337	25.505	0.337
17:0	g									
18:0	g	1.282		0	BFZN	4		0.154	11.628	0.154
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	7.510		0	BFZN	4		0.901	68.116	0.901
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.274		0	BFZN	4		0.033	2.485	0.033
17:1	g									
18:1 undifferentiated	g	7.154		0	BFZN	4		0.858	64.887	0.858
20:1	g	0.000		0	BFZN	4		0.000	0.000	0.000

NDB No. 06713
Sauce, NESTLE, TRIO Cheese Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.400		0	BFZN	4		0.648	48.978	0.648
18:2 undifferentiated....g	4.971		0	BFZN	4		0.597	45.087	0.597
18:3 undifferentiated....g	0.416		0	BFZN	4		0.050	3.773	0.050
18:4....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	19		3	MA	12		2	172	2
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

Common Measures:

Measure 1 = 12.0g: 1 serving

Measure 2 = 907g: 1 package (2 lb)

Measure 3 = 12.0g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06714
Sauce, NESTLE, TRIO Nacho Cheese Sauce Mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.52		3	MA	12		0.42	31.93	0.42
Energy	kcal	428		0	MC	9		51	3882	51
Energy	kj	1791				9		215	16242	215
Protein	g	8.95		3	A	1		1.07	81.18	1.07
Total lipid (fat)	g	15.52		3	MA	12		1.86	140.77	1.86
Ash	g	8.95		3	A	1		1.07	81.18	1.07
Carbohydrate, by difference	g	63.06		0	MC	9		7.57	571.95	7.57
Fiber, total dietary	g	0.6		3	A	1		0.1	5.4	0.1
Sugars, total	g	10.70		3	MA	12		1.28	97.05	1.28
Starch	g									
Minerals:										
Calcium, Ca	mg	167		3	A	1		20	1515	20
Iron, Fe	mg	0.71		3	A	1		0.09	6.44	0.09
Magnesium, Mg	mg	36		0	BFZN	4		4	327	4
Phosphorus, P	mg	283		0	BFZN	4		34	2567	34
Potassium, K	mg	428		0	BFZN	4		51	3882	51
Sodium, Na	mg	2820		3	A	1		338	25577	338
Zinc, Zn	mg	1.11		0	BFZN	4		0.13	10.07	0.13
Copper, Cu	mg	0.085		0	BFZN	4		0.010	0.771	0.010
Manganese, Mn	mg	0.052		0	BFZN	4		0.006	0.472	0.006
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4		3	A	1		0.3	21.8	0.3
Thiamin	mg	0.211		0	BFZN	4		0.025	1.914	0.025
Riboflavin	mg	0.678		0	BFZN	4		0.081	6.149	0.081
Niacin	mg	2.399		0	BFZN	4		0.288	21.759	0.288
Pantothenic acid	mg	1.499		0	BFZN	4		0.180	13.596	0.180
Vitamin B-6	mg	0.182		0	BFZN	4		0.022	1.651	0.022
Folate, total	mcg	134		0	BFZN	4		16	1215	16
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.46		0	BFZN	4		0.06	4.17	0.06
Vitamin A, IU	IU	181		3	MA	12		22	1642	22
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE	2.327		0	BFZN	4		0.279	21.106	0.279
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.660		3	MA	12		0.799	60.406	0.799
4:0	g	0.273		0	FLM	4		0.033	2.476	0.033
6:0	g	0.134		0	FLM	4		0.016	1.215	0.016
8:0	g	0.072		0	FLM	4		0.009	0.653	0.009
10:0	g	0.154		0	FLM	4		0.018	1.397	0.018
12:0	g	0.139		0	FLM	4		0.017	1.261	0.017
13:0	g									
14:0	g	0.874		0	FLM	4		0.105	7.927	0.105
15:0	g									
16:0	g	3.485		0	FLM	4		0.418	31.609	0.418
17:0	g									
18:0	g	1.281		0	FLM	4		0.154	11.619	0.154
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.501		0	FLM	4		0.540	40.824	0.540
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.335		0	FLM	4		0.040	3.038	0.040
17:1	g									
18:1 undifferentiated	g	4.043		0	FLM	4		0.485	36.670	0.485
20:1	g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 06714
Sauce, NESTLE, TRIO Nacho Cheese Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.522		0	FLM	4		0.423	31.945	0.423
18:2 undifferentiated.....g	3.236		0	FLM	4		0.388	29.351	0.388
18:3 undifferentiated.....g	0.286		0	FLM	4		0.034	2.594	0.034
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	17		3	MA	12		2	154	2
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 12.0g: 1 serving

Measure 2 = 907g: 1 package (2 lb)

Measure 3 = 12.0g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06932
Sauce, PREGO 100% Natural Spaghetti Sauce, Traditional, jar

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.80		1	A	1		99.84		
Energy	kcal	105		0	MC	9		136		
Energy	kj	438				9		569		
Protein	g	1.70		1	MA	12		2.21		
Total lipid (fat)	g	3.90		1	A	1		5.07		
Ash	g	1.90		1	A	1		2.47		
Carbohydrate, by difference	g	16.00		0	MC	9		20.80		
Fiber, total dietary	g	3.1		1	A	1		4.0		
Sugars, total	g	8.10		1	A	1		10.53		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	430		1	A	1		559		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.4		1	A	1		13.5		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	567		1	A	1		737		
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.870		1	A	1		1.131		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		1	A	1		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 130g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06140
Sauce, RIDG'S, BULLS-EYE Original Barbecue Sauce

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.30		1	A	1		19.19		
Energy	kcal	175		0	MC	9		63		
Energy	kj	732				9		264		
Protein	g	1.20		1	A	1		0.43		
Total lipid (fat)	g	0.20		1	A	1		0.07		
Ash	g	3.20		1	A	1		1.15		
Carbohydrate, by difference	g	42.10		0	MC	9		15.16		
Fiber, total dietary	g									
Sugars, total	g	31.90		1	A	1		11.48		
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	838		1	A	1		302		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									

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

Common Measures:

Measure 1 = 36g: 2 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06150
Sauce, barbecue sauce

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.90		1		1		202.25	7.52	
Energy	kcal	75		0	NC	4		188	7	
Energy	kj	314				4		785	29	
Protein (N x 6.25)	g	1.80		2		1		4.50	0.17	
Total lipid (fat)	g	1.80		2		1		4.50	0.17	
Ash	g	2.70		1		1		6.75	0.25	
Carbohydrate, by difference	g	12.80		0	NC	4		32.00	1.19	
Fiber, total dietary	g	1.2		0		1		3.0	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		2		1		48	2	
Iron, Fe	mg	0.90		2		1		2.25	0.08	
Magnesium, Mg	mg	18		0		4		45	2	
Phosphorus, P	mg	20		1		1		50	2	
Potassium, K	mg	174		1		1		435	16	
Sodium, Na	mg	815		1		1		2038	76	
Zinc, Zn	mg	0.20		0		4		0.50	0.02	
Copper, Cu	mg	0.200		0		4		0.500	0.019	
Manganese, Mn	mg	0.300		0		4		0.750	0.028	
Selenium, Se	mcg	1.3	0.029	3	A	1		3.3	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.0		2		1		17.5	0.7	
Thiamin	mg	0.030		2		1		0.075	0.003	
Riboflavin	mg	0.020		2		1		0.050	0.002	
Niacin	mg	0.900		2		1		2.250	0.084	
Pantothenic acid	mg	0.300		0		4		0.750	0.028	
Vitamin B-6	mg	0.075		1		1		0.188	0.007	
Folate, total	mcg	4		0		4		10	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		10	0	
Folate, DFE	mcg_DFE	4		0	NC	4		10	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	868		2		1		2170	81	
Vitamin A, RAE	mcg_RAE	43		0	NC	4		109	4	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.110		0		1		2.775	0.103	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.270		0		1		0.675	0.025	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.180		0		1		0.450	0.017	
17:0	g									
18:0	g	0.090		0		1		0.225	0.008	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.770		0		1		1.925	0.072	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.025	0.001	

NDB No. 06150
Sauce, barbecue sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.770		0		1		1.925	0.072	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.680		0		1		1.700	0.063	
18:2 undifferentiated ... g	0.630		0		1		1.575	0.059	
18:3 undifferentiated ... g	0.050		0		1		0.125	0.005	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

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

Measure 2 = 9.3g: 1 packet

Calories Factors: **Protein** 3.6 **Fat** 8.5 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06102
Sauce, bearnaise, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.70		1		1		0.97	1.43	
Energy	kcal	362		0	NC	4		62	91	
Energy	kj	1515				4		257	379	
Protein (N x 6.25)	g	14.06		1		1		2.39	3.52	
Total lipid (fat)	g	9.00		1		1		1.53	2.25	
Ash	g	11.50		1		1		1.96	2.88	
Carbohydrate, by difference	g	59.74		0	NC	4		10.16	14.94	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	165		0		4		28	41	
Iron, Fe	mg	0.50		0		4		0.09	0.13	
Magnesium, Mg	mg	28		0		4		5	7	
Phosphorus, P	mg	148		0		4		25	37	
Potassium, K	mg	292		0		4		50	73	
Sodium, Na	mg	3390		1		1		576	848	
Zinc, Zn	mg	0.70		0		4		0.12	0.18	
Copper, Cu	mg	0.100		0		4		0.017	0.025	
Manganese, Mn	mg	0.100		0		4		0.017	0.025	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		0.3	0.5	
Thiamin	mg	0.100		0		4		0.017	0.025	
Riboflavin	mg	0.200		0		4		0.034	0.050	
Niacin	mg	0.600		0		4		0.102	0.150	
Pantothenic acid	mg	0.400		0		4		0.068	0.100	
Vitamin B-6	mg	0.040		0		4		0.007	0.010	
Folate, total	mcg	13		0		4		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		0		4		2	3	
Folate, DFE	mcg_DFE	13		0	NC	4		2	3	
Vitamin B-12	mcg	0.40		0		4		0.07	0.10	
Vitamin A, IU	IU	4		0		4		1	1	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	
Retinol	mcg	1		0	NC	4		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.340		0		1		0.228	0.335	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		0		1		0.002	0.003	
15:0	g									
16:0	g	0.880		0		1		0.150	0.220	
17:0	g									
18:0	g	0.450		0		1		0.077	0.113	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.870		0		1		0.658	0.968	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.007	0.010	

NDB No. 06102
Sauce, bearnaise, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	3.830		0		1		0.651	0.958	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	3.380		0		1		0.575	0.845	
18:2 undifferentiated ....g	3.140		0		1		0.534	0.785	
18:3 undifferentiated ....g	0.230		0		1		0.039	0.058	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	1		0		1		0	0	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz)

Measure 2 = 25g: 1 packet

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06720
Sauce, cheese sauce mix, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.78		11	MA	12				
Energy	kcal	438		0	MC	9				
Energy	kj	1833				9				
Protein	g	7.68		8	A	1				
Total lipid (fat)	g	18.33		11	MA	12				
Ash	g	9.67		11	A	1				
Carbohydrate, by difference	g	60.52		0	NC	4				
Fiber, total dietary	g	1.0		11	A	1				
Sugars, total	g	10.26		11	MA	12				
Starch	g									
Minerals:										
Calcium, Ca	mg	204		11	A	1				
Iron, Fe	mg	0.50		11	A	1				
Magnesium, Mg	mg	36		0	FLM	4				
Phosphorus, P	mg	283		0	FLM	4				
Potassium, K	mg	428		0	FLM	4				
Sodium, Na	mg	3202		11	A	1				
Zinc, Zn	mg	1.11		0	FLM	4				
Copper, Cu	mg	0.085		0	FLM	4				
Manganese, Mn	mg	0.052		0	FLM	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		11	A	1				
Thiamin	mg	0.211		0	FLM	4				
Riboflavin	mg	0.678		0	FLM	4				
Niacin	mg	2.399		0	FLM	4				
Pantothenic acid	mg	1.499		0	FLM	4				
Vitamin B-6	mg	0.182		0	FLM	4				
Folate, total	mcg	134		0	FLM	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	134		0	FLM	4				
Folate, DFE	mcg_DFE	134		0	NC	4				
Vitamin B-12	mcg	0.46		0	FLM	4				
Vitamin A, IU	IU	202		11	MA	12				
Vitamin A, RAE	mcg_RAE	56		0	NC	4				
Retinol	mcg	55		0	NC	4				
Vitamin E	mg_ATE	2.327		0	FLM	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	8.440		11	MA	12				
4:0	g	0.205		0	BFFN	4				
6:0	g	0.127		0	BFFN	4				
8:0	g	0.094		0	BFFN	4				
10:0	g	0.245		0	BFFN	4				
12:0	g	0.332		0	BFFN	4				
13:0	g									
14:0	g	1.179		0	BFFN	4				
15:0	g									
16:0	g	3.858		0	BFFN	4				
17:0	g									
18:0	g	2.096		0	BFFN	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	6.868		0	BFFN	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.196		0	BFFN	4				

NDB No. 06720
Sauce, cheese sauce mix, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	6.497		0	BFFN	4				
20:1 ... g	0.052		0	BFFN	4				
22:1 undifferentiated ... g	0.000		0	BFFN	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.983		0	BFFN	4				
18:2 undifferentiated ... g	0.825		0	BFFN	4				
18:3 undifferentiated ... g	0.134		0	BFFN	4				
18:4 ... g	0.000		0	BFFN	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.024		0	BFFN	4				
20:5 n-3 ... g	0.000		0	BFFN	4				
22:5 n-3 ... g	0.000		0	BFFN	4				
22:6 n-3 ... g	0.000		0	BFFN	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	23		11	MA	12				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06103
Sauce, cheese, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.09		4		1		1.43		
Energy	kcal	448		0	NC	4		157		
Energy	kj	1874				4		656		
Protein (N x 6.25)	g	22.69		4		1		7.94		
Total lipid (fat)	g	25.44		4		1		8.90		
Ash	g	14.12		4		1		4.94		
Carbohydrate, by difference	g	33.66		0	NC	4		11.78		
Fiber, total dietary	g	1.1		0		4		0.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	795		3		1		278		
Iron, Fe	mg	0.42		3		1		0.15		
Magnesium, Mg	mg	44		1		1		15		
Phosphorus, P	mg	597		1		1		209		
Potassium, K	mg	519		1		1		182		
Sodium, Na	mg	4110		2		1		1439		
Zinc, Zn	mg	2.50		1		1		0.88		
Copper, Cu	mg	0.020		0		4		0.007		
Manganese, Mn	mg	0.010		0		4		0.004		
Selenium, Se	mcg	13.6		2	A	1		4.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.4		
Thiamin	mg	0.160		1		1		0.056		
Riboflavin	mg	0.476		3		1		0.167		
Niacin	mg	0.324		3		1		0.113		
Pantothenic acid	mg	1.000		0		4		0.350		
Vitamin B-6	mg	0.100		0		4		0.035		
Folate, total	mcg	13		0		4		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	13		0		4		5		
Folate, DFE	mcg_DFE	13		0	NC	4		5		
Vitamin B-12	mcg	0.80		0		4		0.28		
Vitamin A, IU	IU	238		0		4		83		
Vitamin A, RAE	mcg_RAE	61		0	NC	4		21		
Retinol	mcg	58		0	NC	4		20		
Vitamin E	mg_ATE	0.521		0		4		0.182		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	12.050		0		1		4.218		
4:0	g	0.540		0		1		0.189		
6:0	g	0.270		0		1		0.095		
8:0	g	0.140		0		1		0.049		
10:0	g	0.350		0		1		0.123		
12:0	g	0.280		0		1		0.098		
13:0	g									
14:0	g	1.710		0		1		0.599		
15:0	g									
16:0	g	5.840		0		1		2.044		
17:0	g									
18:0	g	2.470		0		1		0.865		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	8.440		0		1		2.954		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.540		0		1		0.189		

NDB No. 06103
Sauce, cheese, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	7.640		0		1		2.674		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g	0.000		0		1		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.660		0		1		1.281		
18:2 undifferentiated ... g	3.260		0		1		1.141		
18:3 undifferentiated ... g	0.400		0		1		0.140		
18:4 ... g	0.000		0		1		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000		
20:5 n-3 ... g	0.000		0		1		0.000		
22:5 n-3 ... g	0.000		0		1		0.000		
22:6 n-3 ... g	0.000		0		1		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	51		0		1		18		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 35g: 1 packet

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06930
Sauce, cheese, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.50		21	MA	12		44.42		
Energy	kcal	174		0	MC	9		110		
Energy	kj	728				9		459		
Protein	g	6.71		21	A	1		4.23		
Total lipid (fat)	g	13.29		21	MA	12		8.37		
Ash	g	2.67		21	A	1		1.68		
Carbohydrate, by difference	g	6.83		0	MC	9		4.30		
Fiber, total dietary	g	0.5		21	A	1		0.3		
Sugars, total	g	0.42		21	MA	12		0.26		
Starch	g									
Minerals:										
Calcium, Ca	mg	184		21	A	1		116		
Iron, Fe	mg	0.21		21	A	1		0.13		
Magnesium, Mg	mg	9		0	FLM	4		6		
Phosphorus, P	mg	157		0	FLM	4		99		
Potassium, K	mg	30		0	FLM	4		19		
Sodium, Na	mg	828		21	A	1		522		
Zinc, Zn	mg	0.98		0	FLM	4		0.62		
Copper, Cu	mg	0.018		0	FLM	4		0.011		
Manganese, Mn	mg	0.010		0	FLM	4		0.006		
Selenium, Se	mcg	3.2		0	FLA	4		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		21	A	1		0.3		
Thiamin	mg	0.006		0	FLM	4		0.004		
Riboflavin	mg	0.114		0	FLM	4		0.072		
Niacin	mg	0.024		0	FLM	4		0.015		
Pantothenic acid	mg	0.125		0	FLM	4		0.079		
Vitamin B-6	mg	0.017		0	FLM	4		0.011		
Folate, total	mcg	4		0	FLM	4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		0	FLM	4		3		
Folate, DFE	mcg_DFE	4		0	NC	4		3		
Vitamin B-12	mcg	0.14		0	FLM	4		0.09		
Vitamin A, IU	IU	316		21	MA	12		199		
Vitamin A, RAE	mcg_RAE	80		0	NC	4		50		
Retinol	mcg	77		0	NC	4		49		
Vitamin E	mg_ATE	0.318		0	FLM	4		0.200		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.010		21	MA	12		3.786		
4:0	g	0.265		0	FLM	4		0.167		
6:0	g	0.134		0	FLM	4		0.084		
8:0	g	0.071		0	FLM	4		0.045		
10:0	g	0.152		0	FLM	4		0.096		
12:0	g	0.137		0	FLM	4		0.086		
13:0	g									
14:0	g	0.857		0	FLM	4		0.540		
15:0	g									
16:0	g	3.167		0	FLM	4		1.995		
17:0	g									
18:0	g	1.195		0	FLM	4		0.753		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.823		0	FLM	4		2.408		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.264		0	FLM	4		0.166		

NDB No. 06930
Sauce, cheese, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.437		0	FLM	4		2.165		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.599		0	FLM	4		1.637		
18:2 undifferentiated ... g	2.369		0	FLM	4		1.492		
18:3 undifferentiated ... g	0.230		0	FLM	4		0.145		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	29		21	MA	12		18		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 63g: .25 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06104
Sauce, curry, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.20		1		1		1.18	1.47	
Energy	kcal	427		0	NC	4		120	149	
Energy	kj	1787				4		500	625	
Protein (N x 6.25)	g	9.38		1		1		2.63	3.28	
Total lipid (fat)	g	23.10		1		1		6.47	8.09	
Ash	g	12.70		1		1		3.56	4.45	
Carbohydrate, by difference	g	50.62		0	NC	4		14.17	17.72	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	177		0		4		50	62	
Iron, Fe	mg	3.10		0		4		0.87	1.09	
Magnesium, Mg	mg	41		0		4		11	14	
Phosphorus, P	mg	149		0		4		42	52	
Potassium, K	mg	352		0		4		99	123	
Sodium, Na	mg	4080		1		1		1142	1428	
Zinc, Zn	mg	0.90		0		4		0.25	0.32	
Copper, Cu	mg	0.100		0		4		0.028	0.035	
Manganese, Mn	mg	0.100		0		4		0.028	0.035	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		0.6	0.7	
Thiamin	mg	0.100		0		4		0.028	0.035	
Riboflavin	mg	0.200		0		4		0.056	0.070	
Niacin	mg	0.800		0		4		0.224	0.280	
Pantothenic acid	mg	0.400		0		4		0.112	0.140	
Vitamin B-6	mg	0.050		0		4		0.014	0.018	
Folate, total	mcg	9		0		4		3	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		3	3	
Folate, DFE	mcg_DFE	9		0	NC	4		3	3	
Vitamin B-12	mcg	0.40		0		4		0.11	0.14	
Vitamin A, IU	IU	102		0		4		29	36	
Vitamin A, RAE	mcg_RAE	5		0	NC	4		1	2	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.440		0		1		0.963	1.204	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.020		0		1		0.006	0.007	
15:0	g									
16:0	g	2.260		0		1		0.633	0.791	
17:0	g									
18:0	g	1.160		0		1		0.325	0.406	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	9.930		0		1		2.780	3.476	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.090		0		1		0.025	0.032	

NDB No. 06104
Sauce, curry, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	9.820		0		1		2.750	3.437	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	8.690		0		1		2.433	3.042	
18:2 undifferentiated ... g	8.060		0		1		2.257	2.821	
18:3 undifferentiated ... g	0.600		0		1		0.168	0.210	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		0	0	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 28g: 1 cup (8 fl oz)

Measure 2 = 35g: 1 packet

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06179
Sauce, fish, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.07		2	A	1		12.79	20.18	
Energy	kcal	35		0	NC	4		6	10	
Energy	kj	146				4		26	42	
Protein (N x 6.25)	g	5.06		2	A	1		0.91	1.44	
Total lipid (fat)	g	0.01		2	A	1		0.00	0.00	
Ash	g	20.22		0	FLA	4		3.64	5.74	
Carbohydrate, by difference	g	3.64		0	NC	4		0.66	1.03	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43		2	A	1		8	12	
Iron, Fe	mg	0.78		2	A	1		0.14	0.22	
Magnesium, Mg	mg	175		2	A	1		32	50	
Phosphorus, P	mg	7		2	A	1		1	2	
Potassium, K	mg	288		2	A	1		52	82	
Sodium, Na	mg	7720		2	A	1		1390	2192	
Zinc, Zn	mg	0.20		2	A	1		0.04	0.06	
Copper, Cu	mg	0.050		2	A	1		0.009	0.014	
Manganese, Mn	mg	0.233		2	A	1		0.042	0.066	
Selenium, Se	mcg	9.1		0	FLA	4		1.6	2.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		2	A	1		0.1	0.1	
Thiamin	mg	0.012		2	A	1		0.002	0.003	
Riboflavin	mg	0.057		2	A	1		0.010	0.016	
Niacin	mg	2.313		2	A	1		0.416	0.657	
Pantothenic acid	mg	0.118		2	A	1		0.021	0.034	
Vitamin B-6	mg	0.396		2	A	1		0.071	0.112	
Folate, total	mcg	51		2	A	1		9	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	51		2	A	1		9	14	
Folate, DFE	mcg_DFE	51		0	NC	4		9	14	
Vitamin B-12	mcg	0.48		2	A	1		0.09	0.14	
Vitamin A, IU	IU	2		2	A	1		0	1	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.001		0	BFFN	4		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.003		0	BFFN	4		0.001	0.001	
4:0	g	0.000		0	BFFN	4		0.000	0.000	
6:0	g	0.000		0	BFFN	4		0.000	0.000	
8:0	g	0.000		0	BFFN	4		0.000	0.000	
10:0	g	0.000		0	BFFN	4		0.000	0.000	
12:0	g	0.000		0	BFFN	4		0.000	0.000	
13:0	g									
14:0	g	0.001		0	BFFN	4		0.000	0.000	
15:0	g									
16:0	g	0.001		0	BFFN	4		0.000	0.000	
17:0	g									
18:0	g	0.001		0	BFFN	4		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.002		0	BFFN	4		0.000	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0	BFFN	4		0.000	0.000	

NDB No. 06179
Sauce, fish, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.001		0	BFFN	4		0.000	0.000	
20:1 ... g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.003		0	BFFN	4		0.001	0.001	
18:2 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
18:3 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 ... g	0.001		0	BFFN	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 ... g	0.002		0	BFFN	4		0.000	0.001	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		2	A	1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 18g: 1 tbsp

Measure 2 = 28.4g: 1 fl oz

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06175
Sauce, hoisin, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.23		5	A	1		7.08		
Energy	kcal	220		0	NC	4		35		
Energy	kj	920				4		147		
Protein (N x 6.25)	g	3.31		5	A	1		0.53		
Total lipid (fat)	g	3.39		5	A	1		0.54		
Ash	g	4.98		5	A	1		0.80		
Carbohydrate, by difference	g	44.08		0	NC	4		7.05		
Fiber, total dietary	g	2.8		5	A	1		0.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32		5	A	1		5		
Iron, Fe	mg	1.01		5	A	1		0.16		
Magnesium, Mg	mg	24		2	A	1		4		
Phosphorus, P	mg	38		2	A	1		6		
Potassium, K	mg	119		2	A	1		19		
Sodium, Na	mg	1615		5	A	1		258		
Zinc, Zn	mg	0.32		2	A	1		0.05		
Copper, Cu	mg	0.128		2	A	1		0.020		
Manganese, Mn	mg	0.254		2	A	1		0.041		
Selenium, Se	mcg	1.8		0	BFSN	4		0.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		5	A	1		0.1		
Thiamin	mg	0.004		2	A	1		0.001		
Riboflavin	mg	0.217		2	A	1		0.035		
Niacin	mg	1.170		2	A	1		0.187		
Pantothenic acid	mg	0.068		2	A	1		0.011		
Vitamin B-6	mg	0.062		2	A	1		0.010		
Folate, total	mcg	23		2	A	1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	23		2	A	1		4		
Folate, DFE	mcg_DFE	23		0	NC	4		4		
Vitamin B-12	mcg	0.00		0	Z	7		0.00		
Vitamin A, IU	IU	10		5	A	1		2		
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.000		0	Z	7		0.000		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.568		5	A	1		0.091		
4:0	g	0.000		2	A	1		0.000		
6:0	g	0.000		2	A	1		0.000		
8:0	g	0.000		2	A	1		0.000		
10:0	g	0.000		2	A	1		0.000		
12:0	g	0.000		2	A	1		0.000		
13:0	g									
14:0	g	0.000		2	A	1		0.000		
15:0	g									
16:0	g	0.368		2	A	1		0.059		
17:0	g									
18:0	g	0.170		2	A	1		0.027		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.963		2	A	1		0.154		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		2	A	1		0.000		

NDB No. 06175
Sauce, hoisin, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.963		2	A	1		0.154		
20:1 g	0.000		2	A	1		0.000		
22:1 undifferentiated g	0.000		2	A	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.698		2	A	1		0.272		
18:2 undifferentiated g	1.524		2	A	1		0.244		
18:3 undifferentiated g	0.175		2	A	1		0.028		
18:4 g	0.000		2	A	1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		2	A	1		0.000		
20:5 n-3 g	0.000		2	A	1		0.000		
22:5 n-3 g	0.000		2	A	1		0.000		
22:6 n-3 g	0.000		2	A	1		0.000		
Fatty acids, total trans g									
Cholesterol mg	3		2	A	1		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 16g: 1 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06155
Sauce, hollandaise, with butter fat, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.12		3		1		0.95	0.72	
Energy	kcal	554		0	NC	4		249	188	
Energy	kj	2318				4		1043	788	
Protein (N x 6.25)	g	11.00		3		1		4.95	3.74	
Total lipid (fat)	g	46.04		3		1		20.72	15.65	
Ash	g	8.75		3		1		3.94	2.98	
Carbohydrate, by difference	g	32.10		0	NC	4		14.45	10.91	
Fiber, total dietary	g	1.1		0		4		0.5	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	289		2		1		130	98	
Iron, Fe	mg	2.10		2		1		0.95	0.71	
Magnesium, Mg	mg	18		0		4		8	6	
Phosphorus, P	mg	293		0		4		132	100	
Potassium, K	mg	291		6		1		131	99	
Sodium, Na	mg	3650		2		1		1643	1241	
Zinc, Zn	mg	1.60		0		4		0.72	0.54	
Copper, Cu	mg	0.300		0		4		0.135	0.102	
Manganese, Mn	mg	0.100		0		4		0.045	0.034	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.5	0.3	
Thiamin	mg	0.100		0		4		0.045	0.034	
Riboflavin	mg	0.421		2		1		0.189	0.143	
Niacin	mg	0.130		2		1		0.059	0.044	
Pantothenic acid	mg	2.000		0		4		0.900	0.680	
Vitamin B-6	mg	1.200		0		4		0.540	0.408	
Folate, total	mcg	49		0		4		22	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	49		0		4		22	17	
Folate, DFE	mcg_DFE	49		0	NC	4		22	17	
Vitamin B-12	mcg	1.80		0		4		0.81	0.61	
Vitamin A, IU	IU	1700		0		4		765	578	
Vitamin A, RAE	mcg_RAE	510		0	NC	4		230	173	
Retinol	mcg	510		0	NC	4		230	173	
Vitamin E	mg_ATE	0.903		0		4		0.406	0.307	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	27.050		0		1		12.173	9.197	
4:0	g	1.330		0		1		0.599	0.452	
6:0	g	0.790		0		1		0.356	0.269	
8:0	g	0.460		0		1		0.207	0.156	
10:0	g	1.030		0		1		0.464	0.350	
12:0	g	1.150		0		1		0.518	0.391	
13:0	g									
14:0	g	4.140		0		1		1.863	1.408	
15:0	g									
16:0	g	11.900		0		1		5.355	4.046	
17:0	g									
18:0	g	5.360		0		1		2.412	1.822	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	13.850		0		1		6.233	4.709	
14:1	g									
15:1	g									
16:1 undifferentiated	g	1.090		0		1		0.491	0.371	

NDB No. 06155
Sauce, hollandaise, with butter fat, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	12.150		0		1		5.468	4.131	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.170		0		1		0.977	0.738	
18:2 undifferentiated ... g	1.480		0		1		0.666	0.503	
18:3 undifferentiated ... g	0.610		0		1		0.275	0.207	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.040		0		1		0.018	0.014	
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	118		0		1		53	40	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 45g: 1 cup (8 fl oz)

Measure 2 = 34g: 1 packet

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06154
Sauce, hollandaise, with vegetable oil, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	5.00		1		1		0.85	1.25	
Energy	kcal	374		0	NC	4		64	94	
Energy	kj	1565				4		266	391	
Protein (N x 6.25)	g	13.75		1		1		2.34	3.44	
Total lipid (fat)	g	9.30		1		1		1.58	2.33	
Ash	g	9.50		1		1		1.62	2.38	
Carbohydrate, by difference	g	62.45		0	NC	4		10.62	15.61	
Fiber, total dietary	g	1.1		0	BFZN	4		0.2	0.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	255		0		4		43	64	
Iron, Fe	mg	0.30		0		4		0.05	0.08	
Magnesium, Mg	mg	27		0		4		5	7	
Phosphorus, P	mg	211		0		4		36	53	
Potassium, K	mg	377		0		4		64	94	
Sodium, Na	mg	2600		1		1		442	650	
Zinc, Zn	mg	0.90		0		4		0.15	0.23	
Copper, Cu	mg	0.100		0		4		0.017	0.025	
Manganese, Mn	mg	0.100		0		4		0.017	0.025	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.2	0.3	
Thiamin	mg	0.100		0		4		0.017	0.025	
Riboflavin	mg	0.400		0		4		0.068	0.100	
Niacin	mg	0.600		0		4		0.102	0.150	
Pantothenic acid	mg	0.800		0		4		0.136	0.200	
Vitamin B-6	mg	0.100		0		4		0.017	0.025	
Folate, total	mcg	14		0		4		2	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		2	4	
Folate, DFE	mcg_DFE	14		0	NC	4		2	4	
Vitamin B-12	mcg	0.80		0		4		0.14	0.20	
Vitamin A, IU	IU	7		0		4		1	2	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	
Retinol	mcg	1		0	NC	4		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.930		0		1		0.328	0.483	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.020		0		1		0.003	0.005	
15:0	g									
16:0	g	1.220		0		1		0.207	0.305	
17:0	g									
18:0	g	0.690		0		1		0.117	0.173	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.090		0		1		0.695	1.023	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.005	0.008	

NDB No. 06154
Sauce, hollandaise, with vegetable oil, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	4.060		0		1		0.690	1.015	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	2.750		0		1		0.468	0.688	
18:2 undifferentiated ....g	2.620		0		1		0.445	0.655	
18:3 undifferentiated ....g	0.120		0		1		0.020	0.030	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.010		0		1		0.002	0.003	
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	1		0		1		0	0	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz)

Measure 2 = 25g: 1 packet

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06166
Sauce, homemade, white, medium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.89		0		1		187.23	93.61	
Energy	kcal	147		0	NC	4		368	184	
Energy	kj	615				4		1538	769	
Protein (N x 6.25)	g	3.84		0		1		9.60	4.80	
Total lipid (fat)	g	10.63		0		1		26.58	13.29	
Ash	g	1.47		0		1		3.68	1.84	
Carbohydrate, by difference	g	9.17		0	NC	4		22.93	11.46	
Fiber, total dietary	g	0.2		0		4		0.5	0.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	118		0		1		295	148	
Iron, Fe	mg	0.33		0		1		0.83	0.41	
Magnesium, Mg	mg	14		0		1		35	18	
Phosphorus, P	mg	98		0		1		245	123	
Potassium, K	mg	156		0		1		390	195	
Sodium, Na	mg	354		0		1		885	443	
Zinc, Zn	mg	0.41		0		1		1.03	0.51	
Copper, Cu	mg	0.016		0		1		0.040	0.020	
Manganese, Mn	mg	0.043		0		1		0.108	0.054	
Selenium, Se	mcg	4.1		0	RC	4		10.3	5.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		2.0	1.0	
Thiamin	mg	0.069		0		1		0.173	0.086	
Riboflavin	mg	0.185		0		1		0.463	0.231	
Niacin	mg	0.402		0		1		1.005	0.503	
Pantothenic acid	mg	0.326		0		1		0.815	0.408	
Vitamin B-6	mg	0.040		0		1		0.100	0.050	
Folate, total	mcg	8		0	RC	4		20	10	
Folic acid	mcg	3		0	NC	4		8	4	
Folate, food	mcg	5		0		1		13	6	
Folate, DFE	mcg_DFE	10		0	NC	4		25	13	
Vitamin B-12	mcg	0.28		0		1		0.70	0.35	
Vitamin A, IU	IU	553		0		1		1383	691	
Vitamin A, RAE	mcg_RAE	28		0	NC	4		69	35	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.357		0		4		3.393	1.696	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.854		0		1		7.135	3.568	
4:0	g	0.060		0		1		0.150	0.075	
6:0	g	0.036		0		1		0.090	0.045	
8:0	g	0.020		0		1		0.050	0.025	
10:0	g	0.047		0		1		0.118	0.059	
12:0	g	0.052		0		1		0.130	0.065	
13:0	g									
14:0	g	0.209		0		1		0.523	0.261	
15:0	g									
16:0	g	1.555		0		1		3.888	1.944	
17:0	g									
18:0	g	0.869		0		1		2.173	1.086	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.420		0		1		11.050	5.525	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.042		0		1		0.105	0.053	

NDB No. 06166
Sauce, homemade, white, medium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.375		0		1		10.938	5.469	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.862		0		1		7.155	3.578	
18:2 undifferentiated ... g	2.713		0		1		6.783	3.391	
18:3 undifferentiated ... g	0.148		0		1		0.370	0.185	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0		1		18	9	
Phytosterols ... mg	29		0		1		73	36	
Amino Acids:									
Tryptophan ... g	0.043		0		1		0.108	0.054	
Threonine ... g	0.138		0		1		0.345	0.173	
Isoleucine ... g	0.186		0		1		0.465	0.233	
Leucine ... g	0.300		0		1		0.750	0.375	
Lysine ... g	0.243		0		1		0.608	0.304	
Methionine ... g	0.077		0		1		0.193	0.096	
Cystine ... g	0.028		0		1		0.070	0.035	
Phenylalanine ... g	0.148		0		1		0.370	0.185	
Tyrosine ... g	0.148		0		1		0.370	0.185	
Valine ... g	0.205		0		1		0.513	0.256	
Arginine ... g	0.111		0		1		0.278	0.139	
Histidine ... g	0.083		0		1		0.208	0.104	
Alanine ... g	0.105		0		1		0.263	0.131	
Aspartic acid ... g	0.233		0		1		0.583	0.291	
Glutamic acid ... g	0.642		0		1		1.605	0.803	
Glycine ... g	0.065		0		1		0.163	0.081	
Proline ... g	0.297		0		1		0.743	0.371	
Serine ... g	0.166		0		1		0.415	0.208	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 125g: .5 cup

Calories Factors: Protein 4.2 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06167
Sauce, homemade, white, thick

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.10		0		1		172.75	86.38	
Energy	kcal	186		0	NC	4		465	233	
Energy	kj	778				4		1946	973	
Protein (N x 6.25)	g	3.99		0		1		9.98	4.99	
Total lipid (fat)	g	13.83		0		1		34.58	17.29	
Ash	g	1.47		0		1		3.68	1.84	
Carbohydrate, by difference	g	11.61		0	NC	4		29.03	14.51	
Fiber, total dietary	g	0.3		0		4		0.8	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	111		0		1		278	139	
Iron, Fe	mg	0.50		0		1		1.25	0.63	
Magnesium, Mg	mg	14		0		1		35	18	
Phosphorus, P	mg	96		0		1		240	120	
Potassium, K	mg	149		0		1		373	186	
Sodium, Na	mg	373		0		1		933	466	
Zinc, Zn	mg	0.40		0		1		1.00	0.50	
Copper, Cu	mg	0.021		0		1		0.053	0.026	
Manganese, Mn	mg	0.067		0		1		0.168	0.084	
Selenium, Se	mcg	5.2		0	RC	4		13.0	6.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.8	0.9	
Thiamin	mg	0.088		0		1		0.220	0.110	
Riboflavin	mg	0.190		0		1		0.475	0.238	
Niacin	mg	0.589		0		1		1.473	0.736	
Pantothenic acid	mg	0.315		0		1		0.788	0.394	
Vitamin B-6	mg	0.038		0		1		0.095	0.048	
Folate, total	mcg	11		0	RC	4		28	14	
Folic acid	mcg	5		0	NC	4		13	6	
Folate, food	mcg	6		0		1		15	8	
Folate, DFE	mcg_DFE	15		0	NC	4		36	18	
Vitamin B-12	mcg	0.26		0		1		0.65	0.33	
Vitamin A, IU	IU	673		0		1		1683	841	
Vitamin A, RAE	mcg_RAE	34		0	NC	4		84	42	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.879		0		4		4.698	2.349	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.416		0		1		8.540	4.270	
4:0	g	0.055		0		1		0.138	0.069	
6:0	g	0.033		0		1		0.083	0.041	
8:0	g	0.019		0		1		0.048	0.024	
10:0	g	0.043		0		1		0.108	0.054	
12:0	g	0.048		0		1		0.120	0.060	
13:0	g									
14:0	g	0.202		0		1		0.505	0.253	
15:0	g									
16:0	g	1.919		0		1		4.798	2.399	
17:0	g									
18:0	g	1.093		0		1		2.733	1.366	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.851		0		1		14.628	7.314	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.038		0		1		0.095	0.048	

NDB No. 06167
Sauce, homemade, white, thick

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	5.809		0		1		14.523	7.261	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.914		0		1		9.785	4.893	
18:2 undifferentiated ... g	3.722		0		1		9.305	4.653	
18:3 undifferentiated ... g	0.192		0		1		0.480	0.240	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0		1		15	8	
Phytosterols ... mg	40		0		1		100	50	
Amino Acids:									
Tryptophan ... g	0.040		0		1		0.100	0.050	
Threonine ... g	0.129		0		1		0.323	0.161	
Isoleucine ... g	0.173		0		1		0.433	0.216	
Leucine ... g	0.280		0		1		0.700	0.350	
Lysine ... g	0.227		0		1		0.568	0.284	
Methionine ... g	0.071		0		1		0.178	0.089	
Cystine ... g	0.026		0		1		0.065	0.033	
Phenylalanine ... g	0.138		0		1		0.345	0.173	
Tyrosine ... g	0.138		0		1		0.345	0.173	
Valine ... g	0.191		0		1		0.478	0.239	
Arginine ... g	0.103		0		1		0.258	0.129	
Histidine ... g	0.078		0		1		0.195	0.098	
Alanine ... g	0.098		0		1		0.245	0.123	
Aspartic acid ... g	0.217		0		1		0.543	0.271	
Glutamic acid ... g	0.598		0		1		1.495	0.748	
Glycine ... g	0.061		0		1		0.153	0.076	
Proline ... g	0.276		0		1		0.690	0.345	
Serine ... g	0.155		0		1		0.388	0.194	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 125g: .5 cup

Calories Factors: **Protein** 4.2 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06165
Sauce, homemade, white, thin

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.66		0		1		201.65	100.83	
Energy	kcal	105		0	NC	4		263	131	
Energy	kj	439				4		1098	549	
Protein (N x 6.25)	g	3.77		0		1		9.43	4.71	
Total lipid (fat)	g	6.73		0		1		16.83	8.41	
Ash	g	1.45		0		1		3.63	1.81	
Carbohydrate, by difference	g	7.40		0	NC	4		18.50	9.25	
Fiber, total dietary	g	0.1		0		4		0.3	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	126		0		1		315	158	
Iron, Fe	mg	0.21		0		1		0.53	0.26	
Magnesium, Mg	mg	15		0		1		38	19	
Phosphorus, P	mg	101		0		1		253	126	
Potassium, K	mg	163		0		1		408	204	
Sodium, Na	mg	328		0		1		820	410	
Zinc, Zn	mg	0.42		0		1		1.05	0.53	
Copper, Cu	mg	0.013		0		1		0.033	0.016	
Manganese, Mn	mg	0.024		0		1		0.060	0.030	
Selenium, Se	mcg	3.3		0	RC	4		8.3	4.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		2.0	1.0	
Thiamin	mg	0.055		0		1		0.138	0.069	
Riboflavin	mg	0.184		0		1		0.460	0.230	
Niacin	mg	0.261		0		1		0.653	0.326	
Pantothenic acid	mg	0.339		0		1		0.848	0.424	
Vitamin B-6	mg	0.041		0		1		0.103	0.051	
Folate, total	mcg	6		0	RC	4		15	8	
Folic acid	mcg	1		0	NC	4		3	1	
Folate, food	mcg	5		0		1		13	6	
Folate, DFE	mcg_DFE	7		0	NC	4		17	8	
Vitamin B-12	mcg	0.30		0		1		0.75	0.38	
Vitamin A, IU	IU	403		0		1		1008	504	
Vitamin A, RAE	mcg_RAE	20		0	NC	4		50	25	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.715		0		4		1.788	0.894	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.152		0		1		5.380	2.690	
4:0	g	0.065		0		1		0.163	0.081	
6:0	g	0.039		0		1		0.098	0.049	
8:0	g	0.022		0		1		0.055	0.028	
10:0	g	0.050		0		1		0.125	0.063	
12:0	g	0.057		0		1		0.143	0.071	
13:0	g									
14:0	g	0.214		0		1		0.535	0.268	
15:0	g									
16:0	g	1.106		0		1		2.765	1.383	
17:0	g									
18:0	g	0.592		0		1		1.480	0.740	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.670		0		1		6.675	3.338	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.045		0		1		0.113	0.056	

NDB No. 06165
Sauce, homemade, white, thin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.621		0		1		6.553	3.276	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.586		0		1		3.965	1.983	
18:2 undifferentiated ... g	1.491		0		1		3.728	1.864	
18:3 undifferentiated ... g	0.095		0		1		0.238	0.119	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	8		0		1		20	10	
Phytosterols ... mg	16		0		1		40	20	
Amino Acids:									
Tryptophan ... g	0.046		0		1		0.115	0.058	
Threonine ... g	0.147		0		1		0.368	0.184	
Isoleucine ... g	0.198		0		1		0.495	0.248	
Leucine ... g	0.320		0		1		0.800	0.400	
Lysine ... g	0.259		0		1		0.648	0.324	
Methionine ... g	0.082		0		1		0.205	0.103	
Cystine ... g	0.030		0		1		0.075	0.038	
Phenylalanine ... g	0.157		0		1		0.393	0.196	
Tyrosine ... g	0.157		0		1		0.393	0.196	
Valine ... g	0.219		0		1		0.548	0.274	
Arginine ... g	0.118		0		1		0.295	0.148	
Histidine ... g	0.089		0		1		0.223	0.111	
Alanine ... g	0.112		0		1		0.280	0.140	
Aspartic acid ... g	0.248		0		1		0.620	0.310	
Glutamic acid ... g	0.684		0		1		1.710	0.855	
Glycine ... g	0.069		0		1		0.173	0.086	
Proline ... g	0.316		0		1		0.790	0.395	
Serine ... g	0.177		0		1		0.443	0.221	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 125g: .5 cup

Calories Factors: Protein 4.2 **Fat** 8.7 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.12		1	A	1		10.92	5.23	
Energy	kcal	571		0	NC	4		1513	725	
Energy	kj	2389				4		6331	3034	
Protein (N x 6.25)	g	7.48		1	A	1		19.82	9.50	
Total lipid (fat)	g	41.58		1	A	1		110.19	52.81	
Ash	g	5.12		1	A	1		13.57	6.50	
Carbohydrate, by difference	g	41.70		0	NC	4		110.51	52.96	
Fiber, total dietary	g	10.1		1	A	1		26.8	12.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	302		1	A	1		800	384	
Iron, Fe	mg	5.71		1	A	1		15.13	7.25	
Magnesium, Mg	mg	127		1	A	1		337	161	
Phosphorus, P	mg	254		1	A	1		673	323	
Potassium, K	mg	602		1	A	1		1595	765	
Sodium, Na	mg	1164		1	A	1		3085	1478	
Zinc, Zn	mg	2.50		1	A	1		6.63	3.18	
Copper, Cu	mg	0.684		1	A	1		1.813	0.869	
Manganese, Mn	mg	1.137		1	A	1		3.013	1.444	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.136		1	A	1		0.360	0.173	
Riboflavin	mg	0.573		1	A	1		1.518	0.728	
Niacin	mg	2.544		1	A	1		6.742	3.231	
Pantothenic acid	mg	0.232		1	A	1		0.615	0.295	
Vitamin B-6	mg	0.752		1	A	1		1.993	0.955	
Folate, total	mcg	74		1	A	1		196	94	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	74		1	A	1		196	94	
Folate, DFE	mcg_DFE	74		0	NC	4		196	94	
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									

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

Common Measures:

Measure 1 = 265g: 1 cup, sauce

Measure 2 = 127g: .5 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06136
Sauce, mole poblano, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.54		1	A	1		173.13	89.43	
Energy	kcal	164		0	NC	4		397	205	
Energy	kj	686				4		1661	858	
Protein (N x 6.25)	g	3.54		1	A	1		8.57	4.43	
Total lipid (fat)	g	10.95		1	A	1		26.50	13.69	
Ash	g	1.03		1	A	1		2.49	1.29	
Carbohydrate, by difference	g	12.94		0	NC	4		31.31	16.18	
Fiber, total dietary	g	4.2		1	A	1		10.2	5.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24		1	A	1		58	30	
Iron, Fe	mg	1.85		1	A	1		4.48	2.31	
Magnesium, Mg	mg	32		1	A	1		77	40	
Phosphorus, P	mg	82		1	A	1		198	103	
Potassium, K	mg	326		1	A	1		789	408	
Sodium, Na	mg	134		1	A	1		324	168	
Zinc, Zn	mg	0.46		1	A	1		1.11	0.58	
Copper, Cu	mg	0.189		1	A	1		0.457	0.236	
Manganese, Mn	mg	0.234		1	A	1		0.566	0.293	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.022		1	A	1		0.053	0.028	
Riboflavin	mg	0.000		1	A	1		0.000	0.000	
Niacin	mg	1.640		1	A	1		3.969	2.050	
Pantothenic acid	mg	0.239		1	A	1		0.578	0.299	
Vitamin B-6	mg	0.251		1	A	1		0.607	0.314	
Folate, total	mcg	28		1	A	1		68	35	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	28		1	A	1		68	35	
Folate, DFE	mcg_DFE	28		0	NC	4		68	35	
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									

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

Common Measures:

Measure 1 = 242g: 1 cup, sauce

Measure 2 = 125g: .5 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06106
Sauce, mushroom, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.50		1		1		0.81	0.98	
Energy	kcal	349		0	NC	4		80	98	
Energy	kj	1460				4		336	409	
Protein (N x 6.25)	g	14.38		1		1		3.31	4.03	
Total lipid (fat)	g	9.50		1		1		2.19	2.66	
Ash	g	17.90		1		1		4.12	5.01	
Carbohydrate, by difference	g	54.72		0	NC	4		12.59	15.32	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		4		2	3	
Iron, Fe	mg	1.00		0		4		0.23	0.28	
Magnesium, Mg	mg	18		0		4		4	5	
Phosphorus, P	mg	133		0		4		31	37	
Potassium, K	mg	433		0		4		100	121	
Sodium, Na	mg	6230		1		1		1433	1744	
Zinc, Zn	mg	0.90		0		4		0.21	0.25	
Copper, Cu	mg	0.600		0		4		0.138	0.168	
Manganese, Mn	mg	0.100		0		4		0.023	0.028	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.100		0		4		0.023	0.028	
Riboflavin	mg	0.500		0		4		0.115	0.140	
Niacin	mg	4.600		0		4		1.058	1.288	
Pantothenic acid	mg	2.300		0		4		0.529	0.644	
Vitamin B-6	mg	0.100		0		4		0.023	0.028	
Folate, total	mcg	27		0		4		6	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	27		0		4		6	8	
Folate, DFE	mcg_DFE	27		0	NC	4		6	8	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.420		0		1		0.327	0.398	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		0		1		0.002	0.003	
15:0	g									
16:0	g	0.930		0		1		0.214	0.260	
17:0	g									
18:0	g	0.480		0		1		0.110	0.134	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.090		0		1		0.941	1.145	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.009	0.011	

NDB No. 06106
Sauce, mushroom, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	4.040		0		1		0.929	1.131	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	3.570		0		1		0.821	1.000	
18:2 undifferentiated ....g	3.320		0		1		0.764	0.930	
18:3 undifferentiated ....g	0.250		0		1		0.058	0.070	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		1		0	0	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 23g: 1 cup (8 fl oz)

Measure 2 = 28g: 1 packet

Calories Factors: **Protein** 3.5 **Fat** 8.4 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06176
Sauce, oyster, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.00		2	A	1		3.20		
Energy	kcal	51		0	NC	4		2		
Energy	kj	213				4		9		
Protein (N x 6.25)	g	1.35		2	A	1		0.05		
Total lipid (fat)	g	0.25		2	A	1		0.01		
Ash	g	7.49		2	A	1		0.30		
Carbohydrate, by difference	g	10.92		0	NC	4		0.44		
Fiber, total dietary	g	0.3		2	A	1		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32		2	A	1		1		
Iron, Fe	mg	0.18		2	A	1		0.01		
Magnesium, Mg	mg	4		2	A	1		0		
Phosphorus, P	mg	22		2	A	1		1		
Potassium, K	mg	54		2	A	1		2		
Sodium, Na	mg	2733		2	A	1		109		
Zinc, Zn	mg	0.09		2	A	1		0.00		
Copper, Cu	mg	0.147		0	FLA	4		0.006		
Manganese, Mn	mg	0.053		0	FLA	4		0.002		
Selenium, Se	mcg	4.4		0	FLA	4		0.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		2	A	1		0.0		
Thiamin	mg	0.010		2	A	1		0.000		
Riboflavin	mg	0.124		2	A	1		0.005		
Niacin	mg	1.474		2	A	1		0.059		
Pantothenic acid	mg	0.016		2	A	1		0.001		
Vitamin B-6	mg	0.016		2	A	1		0.001		
Folate, total	mcg	15		2	A	1		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	15		2	A	1		1		
Folate, DFE	mcg_DFE	15		0	NC	4		1		
Vitamin B-12	mcg	0.41		0	FLA	4		0.02		
Vitamin A, IU	IU	23		2	A	1		1		
Vitamin A, RAE	mcg_RAE	7		0	NC	4		0		
Retinol	mcg	7		0	NC	4		0		
Vitamin E	mg_ATE	0.035		0	FLA	4		0.001		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.043		2	A	1		0.002		
4:0	g	0.000		2	A	1		0.000		
6:0	g	0.000		2	A	1		0.000		
8:0	g	0.000		2	A	1		0.000		
10:0	g	0.000		2	A	1		0.000		
12:0	g	0.001		2	A	1		0.000		
13:0	g									
14:0	g	0.001		2	A	1		0.000		
15:0	g									
16:0	g	0.029		2	A	1		0.001		
17:0	g									
18:0	g	0.010		2	A	1		0.000		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.073		2	A	1		0.003		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.005		2	A	1		0.000		

NDB No. 06176
Sauce, oyster, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.067		2	A	1		0.003		
20:1 g	0.001		2	A	1		0.000		
22:1 undifferentiated g	0.000		2	A	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.066		2	A	1		0.003		
18:2 undifferentiated g	0.062		2	A	1		0.002		
18:3 undifferentiated g	0.002		2	A	1		0.000		
18:4 g	0.000		2	A	1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		2	A	1		0.000		
20:5 n-3 g	0.001		2	A	1		0.000		
22:5 n-3 g	0.000		2	A	1		0.000		
22:6 n-3 g	0.001		2	A	1		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		2	A	1		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 4.0g: 1 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06931
Sauce, pasta, spaghetti/marinara, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.89		6	MA	12		217.23	108.61	108.61
Energy	kcal	57		0	MC	9		143	71	71
Energy	kj	238				9		596	298	298
Protein	g	1.42		6	A	1		3.55	1.78	1.78
Total lipid (fat)	g	2.06		6	MA	12		5.15	2.58	2.58
Ash	g	1.40		6	A	1		3.50	1.75	1.75
Carbohydrate, by difference	g	8.22		0	MC	9		20.55	10.28	10.28
Fiber, total dietary	g	1.6		6	A	1		4.0	2.0	2.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		6	A	1		55	28	28
Iron, Fe	mg	0.72		6	A	1		1.80	0.90	0.90
Magnesium, Mg	mg	17		0	FLM	4		43	21	21
Phosphorus, P	mg	32		0	FLM	4		80	40	40
Potassium, K	mg	295		0	FLM	4		738	369	369
Sodium, Na	mg	412		6	A	1		1030	515	515
Zinc, Zn	mg	0.17		0	FLM	4		0.43	0.21	0.21
Copper, Cu	mg	0.112		0	FLM	4		0.280	0.140	0.140
Manganese, Mn	mg	0.220		0	FLM	4		0.550	0.275	0.275
Selenium, Se	mcg	0.6		0	FLM	4		1.5	0.8	0.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.0		6	A	1		20.0	10.0	10.0
Thiamin	mg	0.054		0	FLM	4		0.135	0.068	0.068
Riboflavin	mg	0.040		0	FLM	4		0.100	0.050	0.050
Niacin	mg	1.062		0	FLM	4		2.655	1.328	1.328
Pantothenic acid	mg	0.298		0	FLM	4		0.745	0.373	0.373
Vitamin B-6	mg	0.114		0	FLM	4		0.285	0.143	0.143
Folate, total	mcg	10		0	FLM	4		25	13	13
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	10		0	FLM	4		25	13	13
Folate, DFE	mcg_DFE	10		0	NC	4		25	13	13
Vitamin B-12	mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, IU	IU	375		6	MA	12		938	469	469
Vitamin A, RAE	mcg_RAE	19		0	NC	4		47	23	23
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	1.252		0	FLM	4		3.130	1.565	1.565
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.295		6	MA	12		0.738	0.369	0.369
4:0	g	0.000		0	FLM	4		0.000	0.000	0.000
6:0	g	0.000		0	FLM	4		0.000	0.000	0.000
8:0	g	0.000		0	FLM	4		0.000	0.000	0.000
10:0	g	0.000		0	FLM	4		0.000	0.000	0.000
12:0	g	0.000		0	FLM	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.004		0	FLM	4		0.010	0.005	0.005
15:0	g									
16:0	g	0.232		0	FLM	4		0.580	0.290	0.290
17:0	g									
18:0	g	0.058		0	FLM	4		0.145	0.073	0.073
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.870		0	FLM	4		2.175	1.088	1.088
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.008		0	FLM	4		0.020	0.010	0.010

NDB No. 06931
Sauce, pasta, spaghetti/marinara, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.859		0	FLM	4		2.148	1.074	1.074
20:1 ... g	0.002		0	FLM	4		0.005	0.003	0.003
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.722		0	FLM	4		1.805	0.903	0.903
18:2 undifferentiated ... g	0.680		0	FLM	4		1.700	0.850	0.850
18:3 undifferentiated ... g	0.042		0	FLM	4		0.105	0.053	0.053
18:4 ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		6	MA	12		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 125g: 1 serving

Measure 3 = 125g: .5 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.71		2	A	1		163.82	10.20	
Energy	kcal	184		0	NC	4		561	35	
Energy	kj	770				4		2348	146	
Protein (N x 6.25)	g	0.89		2	A	1		2.71	0.17	
Total lipid (fat)	g	1.04		2	A	1		3.17	0.20	
Ash	g	1.56		2	A	1		4.76	0.30	
Carbohydrate, by difference	g	42.81		0	NC	4		130.57	8.13	
Fiber, total dietary	g	0.7		2	A	1		2.1	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		2	A	1		37	2	
Iron, Fe	mg	1.43		2	A	1		4.36	0.27	
Magnesium, Mg	mg	12		2	A	1		37	2	
Phosphorus, P	mg	22		2	A	1		67	4	
Potassium, K	mg	259		2	A	1		790	49	
Sodium, Na	mg	538		2	A	1		1641	102	
Zinc, Zn	mg	0.19		2	A	1		0.58	0.04	
Copper, Cu	mg	0.078		2	A	1		0.238	0.015	
Manganese, Mn	mg	0.114		2	A	1		0.348	0.022	
Selenium, Se	mcg	0.4		0	RA	4		1.2	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		2	A	1		1.5	0.1	
Thiamin	mg	0.018		2	A	1		0.055	0.003	
Riboflavin	mg	0.084		2	A	1		0.256	0.016	
Niacin	mg	1.014		2	A	1		3.093	0.193	
Pantothenic acid	mg	0.059		2	A	1		0.180	0.011	
Vitamin B-6	mg	0.078		2	A	1		0.238	0.015	
Folate, total	mcg	6		0	FLA	4		18	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0	FLA	4		18	1	
Folate, DFE	mcg_DFE	6		0	NC	4		18	1	
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	44		2	A	1		134	8	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		7	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.195		0	FLA	4		0.595	0.037	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.153		0	FLA	4		0.467	0.029	
4:0	g	0.000		0	FLA	4		0.000	0.000	
6:0	g	0.000		0	FLA	4		0.000	0.000	
8:0	g	0.000		0	FLA	4		0.000	0.000	
10:0	g	0.000		0	FLA	4		0.000	0.000	
12:0	g	0.000		0	FLA	4		0.000	0.000	
13:0	g									
14:0	g	0.002		0	FLA	4		0.006	0.000	
15:0	g									
16:0	g	0.111		0	FLA	4		0.339	0.021	
17:0	g									
18:0	g	0.038		0	FLA	4		0.116	0.007	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.240		0	FLA	4		0.732	0.046	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0	FLA	4		0.006	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.236		0	FLA	4		0.720	0.045	
20:1 ... g	0.001		0	FLA	4		0.003	0.000	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.588		0	FLA	4		1.793	0.112	
18:2 undifferentiated ... g	0.516		0	FLA	4		1.574	0.098	
18:3 undifferentiated ... g	0.069		0	FLA	4		0.210	0.013	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	FLA	4		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 305g: 1 cup

Measure 2 = 19g: 1 tbsp

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06168
Sauce, ready-to-serve, pepper or hot

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.98		1		1		4.23	1.08	
Energy	kcal	11		0	NC	4		1	0	
Energy	kj	46				4		2	1	
Protein (N x 6.25)	g	0.51		1		1		0.02	0.01	
Total lipid (fat)	g	0.37		1		1		0.02	0.00	
Ash	g	7.39		1		1		0.35	0.09	
Carbohydrate, by difference	g	1.75		0	NC	4		0.08	0.02	
Fiber, total dietary	g	1.2		1		1		0.1	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		1		1		0	0	
Iron, Fe	mg	0.48		1		1		0.02	0.01	
Magnesium, Mg	mg	5		1		1		0	0	
Phosphorus, P	mg	11		1		1		1	0	
Potassium, K	mg	144		1		1		7	2	
Sodium, Na	mg	2643		1		1		124	32	
Zinc, Zn	mg	0.11		1		1		0.01	0.00	
Copper, Cu	mg	0.028		1		1		0.001	0.000	
Manganese, Mn	mg	0.049		1		1		0.002	0.001	
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	74.8		1		1		3.5	0.9	
Thiamin	mg	0.036		1		1		0.002	0.000	
Riboflavin	mg	0.082		1		1		0.004	0.001	
Niacin	mg	0.254		1		1		0.012	0.003	
Pantothenic acid	mg	0.110		1		1		0.005	0.001	
Vitamin B-6	mg	0.157		1		1		0.007	0.002	
Folate, total	mcg	6		1		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		1		1		0	0	
Folate, DFE	mcg_DFE	6		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	303		1		1		14	4	
Vitamin A, RAE	mcg_RAE	15		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.052		0		1		0.002	0.001	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.001		1		1		0.000	0.000	
15:0	g									
16:0	g	0.044		1		1		0.002	0.001	
17:0	g									
18:0	g	0.007		1		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.030		0		1		0.001	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		1		1		0.000	0.000	

NDB No. 06168
Sauce, ready-to-serve, pepper or hot

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.029		1		1		0.001	0.000	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.196		0		1		0.009	0.002	
18:2 undifferentiated ... g	0.195		1		1		0.009	0.002	
18:3 undifferentiated ... g	0.001		1		1		0.000	0.000	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.007		0		1		0.000	0.000	
Threonine ... g	0.019		0		1		0.001	0.000	
Isoleucine ... g	0.017		0		1		0.001	0.000	
Leucine ... g	0.027		0		1		0.001	0.000	
Lysine ... g	0.023		0		1		0.001	0.000	
Methionine ... g	0.006		0		1		0.000	0.000	
Cystine ... g	0.010		0		1		0.000	0.000	
Phenylalanine ... g	0.016		0		1		0.001	0.000	
Tyrosine ... g	0.011		0		1		0.001	0.000	
Valine ... g	0.022		0		1		0.001	0.000	
Arginine ... g	0.025		0		1		0.001	0.000	
Histidine ... g	0.010		0		1		0.000	0.000	
Alanine ... g	0.021		0		1		0.001	0.000	
Aspartic acid ... g	0.073		0		1		0.003	0.001	
Glutamic acid ... g	0.067		0		1		0.003	0.001	
Glycine ... g	0.019		0		1		0.001	0.000	
Proline ... g	0.022		0		1		0.001	0.000	
Serine ... g	0.021		0		1		0.001	0.000	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 1.2g: .25 tsp

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	95.17		1		1		4.47	1.14	
Energy	kcal	12		0	NC	4		1	0	
Energy	kj	50				4		2	1	
Protein (N x 6.25)	g	1.29		1		1		0.06	0.02	
Total lipid (fat)	g	0.76		1		1		0.04	0.01	
Ash	g	1.98		1		1		0.09	0.02	
Carbohydrate, by difference	g	0.80		0	NC	4		0.04	0.01	
Fiber, total dietary	g	0.6		1		1		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		1		1		1	0	
Iron, Fe	mg	1.16		1		1		0.05	0.01	
Magnesium, Mg	mg	12		1		1		1	0	
Phosphorus, P	mg	23		1		1		1	0	
Potassium, K	mg	128		1		1		6	2	
Sodium, Na	mg	633		1		1		30	8	
Zinc, Zn	mg	0.16		1		1		0.01	0.00	
Copper, Cu	mg	0.075		1		1		0.004	0.001	
Manganese, Mn	mg	0.107		1		1		0.005	0.001	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.5		1		1		0.2	0.1	
Thiamin	mg	0.032		1		1		0.002	0.000	
Riboflavin	mg	0.084		1		1		0.004	0.001	
Niacin	mg	0.178		1		1		0.008	0.002	
Pantothenic acid	mg	0.110		1		1		0.005	0.001	
Vitamin B-6	mg	0.154		1		1		0.007	0.002	
Folate, total	mcg	1		1		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		1		1		0	0	
Folate, DFE	mcg_DFE	1		0	NC	4		0	0	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	1640		1		1		77	20	
Vitamin A, RAE	mcg_RAE	82		0	NC	4		4	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.106		0		1		0.005	0.001	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.002		1		1		0.000	0.000	
15:0	g									
16:0	g	0.090		1		1		0.004	0.001	
17:0	g									
18:0	g	0.014		1		1		0.001	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.061		0		1		0.003	0.001	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		1		1		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.058		1		1		0.003	0.001	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.401		0		1		0.019	0.005	
18:2 undifferentiated ... g	0.398		1		1		0.019	0.005	
18:3 undifferentiated ... g	0.003		1		1		0.000	0.000	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.017		0		1		0.001	0.000	
Threonine ... g	0.048		0		1		0.002	0.001	
Isoleucine ... g	0.042		0		1		0.002	0.001	
Leucine ... g	0.068		0		1		0.003	0.001	
Lysine ... g	0.057		0		1		0.003	0.001	
Methionine ... g	0.016		0		1		0.001	0.000	
Cystine ... g	0.025		0		1		0.001	0.000	
Phenylalanine ... g	0.040		0		1		0.002	0.000	
Tyrosine ... g	0.027		0		1		0.001	0.000	
Valine ... g	0.055		0		1		0.003	0.001	
Arginine ... g	0.062		0		1		0.003	0.001	
Histidine ... g	0.026		0		1		0.001	0.000	
Alanine ... g	0.053		0		1		0.002	0.001	
Aspartic acid ... g	0.185		0		1		0.009	0.002	
Glutamic acid ... g	0.171		0		1		0.008	0.002	
Glycine ... g	0.048		0		1		0.002	0.001	
Proline ... g	0.056		0		1		0.003	0.001	
Serine ... g	0.052		0		1		0.002	0.001	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 1.2g: .25 tsp

Calories Factors: **Protein** 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.46	1.080	5	A	1		234.29	14.47	8.05
Energy	kcal	28		0	NC	4		73	4	2
Energy	kj	117				4		303	19	10
Protein (N x 6.25)	g	1.27	0.100	5	A	1		3.29	0.20	0.11
Total lipid (fat)	g	0.24	0.040	5	A	1		0.62	0.04	0.02
Ash	g	1.78	0.250	5	A	1		4.61	0.28	0.16
Carbohydrate, by difference	g	6.24		0	NC	4		16.16	1.00	0.56
Fiber, total dietary	g	1.6	0.290	5	A	1		4.1	0.3	0.1
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30	9.720	4	A	1		78	5	3
Iron, Fe	mg	0.97	0.460	4	A	1		2.51	0.16	0.09
Magnesium, Mg	mg	13	1.450	3	A	1		34	2	1
Phosphorus, P	mg	26	3.380	3	A	1		67	4	2
Potassium, K	mg	213	28.340	3	A	1		552	34	19
Sodium, Na	mg	434	89.210	5	A	1		1124	69	39
Zinc, Zn	mg	0.25	0.090	3	A	1		0.65	0.04	0.02
Copper, Cu	mg	0.320	0.240	3	A	1		0.829	0.051	0.028
Manganese, Mn	mg	0.100		2		1		0.259	0.016	0.009
Selenium, Se	mcg	0.4		0	BFSN	4		1.0	0.1	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.9	4.090	4	A	1		36.0	2.2	1.2
Thiamin	mg	0.040	0.016	3	A	1		0.104	0.006	0.004
Riboflavin	mg	0.032	0.007	3	A	1		0.083	0.005	0.003
Niacin	mg	0.830	0.130	3	A	1		2.150	0.133	0.074
Pantothenic acid	mg	0.144		2	A	1		0.373	0.023	0.013
Vitamin B-6	mg	0.120	0.010	3	A	1		0.311	0.019	0.011
Folate, total	mcg	16	2.520	3	A	1		41	3	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	16	2.520	3	A	1		41	3	1
Folate, DFE	mcg_DFE	16		0	NC	4		41	3	1
Vitamin B-12	mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU	IU	602	93.200	5	A	1		1559	96	54
Vitamin A, RAE	mcg_RAE	30		0	NC	4		78	5	3
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.600		1	A	1		1.554	0.096	0.053
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.030		0	FLA	4		0.078	0.005	0.003
4:0	g	0.000		0	FLA	4		0.000	0.000	0.000
6:0	g	0.000		0	FLA	4		0.000	0.000	0.000
8:0	g	0.000		0	FLA	4		0.000	0.000	0.000
10:0	g	0.000		0	FLA	4		0.000	0.000	0.000
12:0	g	0.000		0	FLA	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.001		0	FLA	4		0.003	0.000	0.000
15:0	g									
16:0	g	0.022		0	FLA	4		0.057	0.004	0.002
17:0	g									
18:0	g	0.006		0	FLA	4		0.016	0.001	0.001
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.025		0	FLA	4		0.065	0.004	0.002
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001		0	FLA	4		0.003	0.000	0.000

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.025		0	FLA	4		0.065	0.004	0.002
20:1 ... g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.115		0	FLA	4		0.298	0.018	0.010
18:2 undifferentiated ... g	0.109		0	FLA	4		0.282	0.017	0.010
18:3 undifferentiated ... g	0.005		0	FLA	4		0.013	0.001	0.000
18:4 ... g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		3	A	1		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg	0		0	Z	7		0	0	0
Theobromine ... mg	0		0	Z	7		0	0	0

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

Common Measures:

Measure 1 = 259g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 8.9g: 1 packet

Calories Factors: Protein 2.44 **Fat** 8.87 **Carbohydrate** 3.57

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06142
Sauce, sofrito, prepared from recipe

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.66		2	A	1		8.89	61.45	
Energy	kcal	237		0	NC	4		35	244	
Energy	kj	992				4		148	1021	
Protein	g	12.80		2	A	1		1.91	13.18	
Total lipid (fat)	g	18.20		2	A	1		2.71	18.75	
Ash	g	3.88		2	A	1		0.58	4.00	
Carbohydrate, by difference	g	5.46		0	NC	4		0.81	5.62	
Fiber, total dietary	g	1.7		2	A	1		0.3	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		2	A	1		3	21	
Iron, Fe	mg	0.94		2	A	1		0.14	0.97	
Magnesium, Mg	mg	25		2	A	1		4	26	
Phosphorus, P	mg	139		2	A	1		21	143	
Potassium, K	mg	401		2	A	1		60	413	
Sodium, Na	mg	1145		2	A	1		171	1179	
Zinc, Zn	mg	1.41		2	A	1		0.21	1.45	
Copper, Cu	mg	0.165		2	A	1		0.025	0.170	
Manganese, Mn	mg	0.191		1	A	1		0.028	0.197	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	20.4		2	A	1		3.0	21.0	
Thiamin	mg	0.284		2	A	1		0.042	0.293	
Riboflavin	mg	0.212		2	A	1		0.032	0.218	
Niacin	mg	2.918		2	A	1		0.435	3.006	
Pantothenic acid	mg	0.597		2	A	1		0.089	0.615	
Vitamin B-6	mg	0.364		2	A	1		0.054	0.375	
Folate, total	mcg	43		2	A	1		6	44	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	43		2	A	1		6	44	
Folate, DFE	mcg_DFE	43		0	NC	4		6	44	
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									

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

Common Measures:

Measure 1 = 14.9g: 1 tbsp

Measure 2 = 103g: .5 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06148
Sauce, sour cream, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.59	0.229	4		1		1.11	0.56	
Energy	kcal	512		0	NC	4		358	179	
Energy	kj	2142				4		1500	750	
Protein (N x 6.25)	g	15.70		3		1		10.99	5.50	
Total lipid (fat)	g	31.40		3		1		21.98	10.99	
Ash	g	3.00		2		1		2.10	1.05	
Carbohydrate, by difference	g	48.31		0	NC	4		33.82	16.91	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	363		2		1		254	127	
Iron, Fe	mg	0.70		2		1		0.49	0.25	
Magnesium, Mg	mg	21		0		1		15	7	
Phosphorus, P	mg	118		0		4		83	41	
Potassium, K	mg	515		6		1		361	180	
Sodium, Na	mg	1260		2		1		882	441	
Zinc, Zn	mg	1.82	0.015	3		1		1.27	0.64	
Copper, Cu	mg	0.075		2		1		0.053	0.026	
Manganese, Mn	mg	0.200		0		4		0.140	0.070	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		4		0.3	0.1	
Thiamin	mg	0.060		0		4		0.042	0.021	
Riboflavin	mg	0.440		2		1		0.308	0.154	
Niacin	mg	0.500		2		1		0.350	0.175	
Pantothenic acid	mg	0.700		0		4		0.490	0.245	
Vitamin B-6	mg	0.060		0		4		0.042	0.021	
Folate, total	mcg	4		0		4		3	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		3	1	
Folate, DFE	mcg_DFE	4		0	NC	4		3	1	
Vitamin B-12	mcg	0.30		0		4		0.21	0.11	
Vitamin A, IU	IU	241		0		4		169	84	
Vitamin A, RAE	mcg_RAE	72		0	NC	4		50	25	
Retinol	mcg	72		0	NC	4		50	25	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	15.650		0		1		10.955	5.478	
4:0	g	0.680		0		1		0.476	0.238	
6:0	g	0.400		0		1		0.280	0.140	
8:0	g	0.230		0		1		0.161	0.081	
10:0	g	0.520		0		1		0.364	0.182	
12:0	g	0.590		0		1		0.413	0.207	
13:0	g									
14:0	g	2.150		0		1		1.505	0.753	
15:0	g									
16:0	g	6.990		0		1		4.893	2.447	
17:0	g									
18:0	g	3.650		0		1		2.555	1.278	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.710		0		1		7.497	3.749	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.470		0		1		0.329	0.165	

NDB No. 06148
Sauce, sour cream, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	9.930		0		1		6.951	3.476	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	3.510		0		1		2.457	1.229	
18:2 undifferentiated ....g	3.040		0		1		2.128	1.064	
18:3 undifferentiated ....g	0.470		0		1		0.329	0.165	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	80		0		1		56	28	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 70g: 1 cup (8 fl oz)

Measure 2 = 35g: 1 packet

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06108
Sauce, spaghetti with mushrooms, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.00		2		1		1.17	0.30	
Energy	kcal	304		0	NC	4		119	30	
Energy	kj	1272				4		496	127	
Protein (N x 6.25)	g	10.00		2		1		3.90	1.00	
Total lipid (fat)	g	9.00		2		1		3.51	0.90	
Ash	g	29.00		2		1		11.31	2.90	
Carbohydrate, by difference	g	49.00		0	NC	4		19.11	4.90	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	399		2		1		156	40	
Iron, Fe	mg	1.82		2		1		0.71	0.18	
Magnesium, Mg	mg	36		0		4		14	4	
Phosphorus, P	mg	286		0		4		112	29	
Potassium, K	mg	411		1		1		160	41	
Sodium, Na	mg	9420		2		1		3674	942	
Zinc, Zn	mg	1.50		0		4		0.59	0.15	
Copper, Cu	mg	0.600		0		4		0.234	0.060	
Manganese, Mn	mg	0.100		0		4		0.039	0.010	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		0.8	0.2	
Thiamin	mg	0.150		0		4		0.059	0.015	
Riboflavin	mg	0.476		2		1		0.186	0.048	
Niacin	mg	1.710		2		1		0.667	0.171	
Pantothenic acid	mg	2.800		0		4		1.092	0.280	
Vitamin B-6	mg	0.200		0		4		0.078	0.020	
Folate, total	mcg	28		0		4		11	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	28		0		4		11	3	
Folate, DFE	mcg_DFE	28		0	NC	4		11	3	
Vitamin B-12	mcg	0.40		0		4		0.16	0.04	
Vitamin A, IU	IU	163		0		4		64	16	
Vitamin A, RAE	mcg_RAE	17		0	NC	4		6	2	
Retinol	mcg	10		0	NC	4		4	1	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.730		0		1		2.235	0.573	
4:0	g	0.290		0		1		0.113	0.029	
6:0	g	0.140		0		1		0.055	0.014	
8:0	g	0.080		0		1		0.031	0.008	
10:0	g	0.160		0		1		0.062	0.016	
12:0	g	0.150		0		1		0.059	0.015	
13:0	g									
14:0	g	0.900		0		1		0.351	0.090	
15:0	g									
16:0	g	2.660		0		1		1.037	0.266	
17:0	g									
18:0	g	1.090		0		1		0.425	0.109	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.550		0		1		0.995	0.255	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.270		0		1		0.105	0.027	

NDB No. 06108
Sauce, spaghetti with mushrooms, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.150		0		1		0.839	0.215	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.260		0		1		0.101	0.026	
18:2 undifferentiated ... g	0.160		0		1		0.062	0.016	
18:3 undifferentiated ... g	0.100		0		1		0.039	0.010	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	28		0		1		11	3	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 39g: 1 packet

Measure 2 = 10.0g: 1 serving

Calories Factors: **Protein** 3.6 **Fat** 8.5 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06107
Sauce, spaghetti, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.75	1.305	4		1		1.58	0.38	
Energy	kcal	281		0	NC	4		118	28	
Energy	kj	1176				4		494	118	
Protein (N x 6.25)	g	6.00		2		1		2.52	0.60	
Total lipid (fat)	g	1.00		2		1		0.42	0.10	
Ash	g	25.00		2		1		10.50	2.50	
Carbohydrate, by difference	g	64.26		0	NC	4		26.99	6.43	
Fiber, total dietary	g	3.0		0		4		1.3	0.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	172		2		1		72	17	
Iron, Fe	mg	2.67		2		1		1.12	0.27	
Magnesium, Mg	mg	42		0		4		18	4	
Phosphorus, P	mg	185		0		4		78	19	
Potassium, K	mg	840		1		1		353	84	
Sodium, Na	mg	8480		2		1		3562	848	
Zinc, Zn	mg	0.23	0.008	3		1		0.10	0.02	
Copper, Cu	mg	0.906	0.031	3		1		0.381	0.091	
Manganese, Mn	mg	0.100		0		4		0.042	0.010	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		0.8	0.2	
Thiamin	mg	0.100		0		4		0.042	0.010	
Riboflavin	mg	0.573		2		1		0.241	0.057	
Niacin	mg	2.320		2		1		0.974	0.232	
Pantothenic acid	mg	0.900		0		4		0.378	0.090	
Vitamin B-6	mg	0.600		0		4		0.252	0.060	
Folate, total	mcg	30		0		4		13	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	30		0		4		13	3	
Folate, DFE	mcg_DFE	30		0	NC	4		13	3	
Vitamin B-12	mcg	0.50		0		4		0.21	0.05	
Vitamin A, IU	IU	6		0		4		3	1	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	
Retinol	mcg	1		0	NC	4		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.640		0		1		0.269	0.064	
4:0	g	0.060		0		1		0.025	0.006	
6:0	g	0.010		0		1		0.004	0.001	
8:0	g	0.010		0		1		0.004	0.001	
10:0	g	0.020		0		1		0.008	0.002	
12:0	g	0.010		0		1		0.004	0.001	
13:0	g									
14:0	g	0.090		0		1		0.038	0.009	
15:0	g									
16:0	g	0.310		0		1		0.130	0.031	
17:0	g									
18:0	g	0.090		0		1		0.038	0.009	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.280		0		1		0.118	0.028	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.013	0.003	

NDB No. 06107
Sauce, spaghetti, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.230		0		1		0.097	0.023	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.030		0		1		0.013	0.003	
18:2 undifferentiated ....g	0.020		0		1		0.008	0.002	
18:3 undifferentiated ....g	0.010		0		1		0.004	0.001	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		1		0	0	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 42g: 1 packet

Measure 2 = 10.0g: 1 serving

Calories Factors: **Protein** 3.6 **Fat** 8.5 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06109
Sauce, stroganoff, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.56		5		1		2.55	2.10	
Energy	kcal	351		0	NC	4		197	161	
Energy	kj	1469				4		822	676	
Protein (N x 6.25)	g	12.10		3		1		6.78	5.57	
Total lipid (fat)	g	9.53		3		1		5.34	4.38	
Ash	g	16.15		3		1		9.04	7.43	
Carbohydrate, by difference	g	57.66		0	NC	4		32.29	26.52	
Fiber, total dietary	g	1.1		0		4		0.6	0.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	667		2		1		374	307	
Iron, Fe	mg	2.89		2		1		1.62	1.33	
Magnesium, Mg	mg	42		0		4		24	19	
Phosphorus, P	mg	273		1		1		153	126	
Potassium, K	mg	866		6		1		485	398	
Sodium, Na	mg	4050		2		1		2268	1863	
Zinc, Zn	mg	2.40		2		1		1.34	1.10	
Copper, Cu	mg	0.152		2		1		0.085	0.070	
Manganese, Mn	mg	0.400		0		4		0.224	0.184	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		4		0.4	0.4	
Thiamin	mg	1.830		2		1		1.025	0.842	
Riboflavin	mg	1.050		2		1		0.588	0.483	
Niacin	mg	1.380		2		1		0.773	0.635	
Pantothenic acid	mg	1.300		0		4		0.728	0.598	
Vitamin B-6	mg	0.100		0		4		0.056	0.046	
Folate, total	mcg	8		0		4		4	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		4	4	
Folate, DFE	mcg_DFE	8		0	NC	4		4	4	
Vitamin B-12	mcg	0.60		0		4		0.34	0.28	
Vitamin A, IU	IU	482		0		4		270	222	
Vitamin A, RAE	mcg_RAE	24		0	NC	4		13	11	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.190		0		1		3.466	2.847	
4:0	g	0.220		0		1		0.123	0.101	
6:0	g	0.120		0		1		0.067	0.055	
8:0	g	0.080		0		1		0.045	0.037	
10:0	g	0.200		0		1		0.112	0.092	
12:0	g	0.160		0		1		0.090	0.074	
13:0	g									
14:0	g	1.090		0		1		0.610	0.501	
15:0	g									
16:0	g	3.040		0		1		1.702	1.398	
17:0	g									
18:0	g	1.070		0		1		0.599	0.492	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.580		0		1		1.445	1.187	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.270		0		1		0.151	0.124	

NDB No. 06109
Sauce, stroganoff, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	2.200		0		1		1.232	1.012	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.270		0		1		0.151	0.124	
18:2 undifferentiated ....g	0.180		0		1		0.101	0.083	
18:3 undifferentiated ....g	0.090		0		1		0.050	0.041	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	25		0		1		14	12	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 56g: 1 cup (8 fl oz)

Measure 2 = 46g: 1 packet

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06110
Sauce, sweet and sour, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.57	0.267	4		1		0.43	0.32	
Energy	kcal	389		0	NC	4		296	222	
Energy	kj	1628				4		1237	928	
Protein (N x 6.25)	g	1.00		2		1		0.76	0.57	
Total lipid (fat)	g	0.10		2		1		0.08	0.06	
Ash	g	2.20		2		1		1.67	1.25	
Carbohydrate, by difference	g	96.13		0	NC	4		73.06	54.79	
Fiber, total dietary	g	1.9		0		4		1.4	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	54		2		1		41	31	
Iron, Fe	mg	2.14		2		1		1.63	1.22	
Magnesium, Mg	mg	12		0		4		9	7	
Phosphorus, P	mg	60		0		4		46	34	
Potassium, K	mg	87		6		1		66	50	
Sodium, Na	mg	1030		2		1		783	587	
Zinc, Zn	mg	0.12	0.001	3		1		0.09	0.07	
Copper, Cu	mg	0.037	0.003	3		1		0.028	0.021	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.020		0		4		0.015	0.011	
Riboflavin	mg	0.127		2		1		0.097	0.072	
Niacin	mg	1.100		0		4		0.836	0.627	
Pantothenic acid	mg	0.900		0		4		0.684	0.513	
Vitamin B-6	mg	0.500		0		4		0.380	0.285	
Folate, total	mcg	3		0		4		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		2	2	
Folate, DFE	mcg_DFE	3		0	NC	4		2	2	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0	Z	7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.010		0		1		0.008	0.006	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.010		0		1		0.008	0.006	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.020		0		1		0.015	0.011	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 06110
Sauce, sweet and sour, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.020		0		1		0.015	0.011	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.060		0		1		0.046	0.034	
18:2 undifferentiated ... g	0.050		0		1		0.038	0.029	
18:3 undifferentiated ... g	0.010		0		1		0.008	0.006	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	z	7		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 76g: 1 cup (8 fl oz)

Measure 2 = 57g: 1 packet

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06111
Sauce, teriyaki, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.00		2		1		0.46		
Energy	kcal	283		0	NC	4		130		
Energy	kj	1184				4		545		
Protein (N x 6.25)	g	9.00		2		1		4.14		
Total lipid (fat)	g	2.00		2		1		0.92		
Ash	g	28.00		2		1		12.88		
Carbohydrate, by difference	g	60.00		0	NC	4		27.60		
Fiber, total dietary	g	1.9		0		4		0.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	243		2		1		112		
Iron, Fe	mg	6.06		2		1		2.79		
Magnesium, Mg	mg	180		0		4		83		
Phosphorus, P	mg	462		0		4		213		
Potassium, K	mg	468		6		1		215		
Sodium, Na	mg	10400		2		1		4784		
Zinc, Zn	mg	0.30		0		4		0.14		
Copper, Cu	mg	0.300		0		4		0.138		
Manganese, Mn	mg	0.000		0		4		0.000		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0		
Thiamin	mg	0.090		0		4		0.041		
Riboflavin	mg	0.200		0		4		0.092		
Niacin	mg	2.820		2		1		1.297		
Pantothenic acid	mg	0.600		0		4		0.276		
Vitamin B-6	mg	0.300		0		4		0.138		
Folate, total	mcg	60		0		4		28		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	60		0		4		28		
Folate, DFE	mcg_DFE	60		0	NC	4		28		
Vitamin B-12	mcg	0.00		0		1		0.00		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.290		0		1		0.133		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.210		0		1		0.097		
17:0	g									
18:0	g	0.080		0		1		0.037		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.470		0		1		0.216		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 06111
Sauce, teriyaki, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.460		0		1		0.212		
20:1 ... g	0.000		0		1		0.000		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.160		0		1		0.534		
18:2 undifferentiated ... g	1.020		0		1		0.469		
18:3 undifferentiated ... g	0.140		0		1		0.064		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 46g: 1 packet

Calories Factors: **Protein** 3.6 **Fat** 8.5 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.69		1		1		194.95	12.18	24.37
Energy	kcal	84		0	NC	4		242	15	30
Energy	kj	351				4		1012	63	127
Protein (N x 6.25)	g	5.93		1		1		17.08	1.07	2.13
Total lipid (fat)	g	0.00		1		1		0.00	0.00	0.00
Ash	g	10.43		1		1		30.04	1.88	3.75
Carbohydrate, by difference	g	15.95		0	NC	4		45.94	2.87	5.74
Fiber, total dietary	g	0.1		0		4		0.3	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	25		1		1		72	5	9
Iron, Fe	mg	1.70		1		1		4.90	0.31	0.61
Magnesium, Mg	mg	61		1		1		176	11	22
Phosphorus, P	mg	154		1		1		444	28	55
Potassium, K	mg	225		1		1		648	41	81
Sodium, Na	mg	3833		1		1		11039	690	1380
Zinc, Zn	mg	0.10		1		1		0.29	0.02	0.04
Copper, Cu	mg	0.100		1		1		0.288	0.018	0.036
Manganese, Mn	mg	0.000		1		1		0.000	0.000	0.000
Selenium, Se	mcg	1.1		0	BFSN	4		3.2	0.2	0.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.030		1		1		0.086	0.005	0.011
Riboflavin	mg	0.070		1		1		0.202	0.013	0.025
Niacin	mg	1.270		1		1		3.658	0.229	0.457
Pantothenic acid	mg	0.200		1		1		0.576	0.036	0.072
Vitamin B-6	mg	0.100		1		1		0.288	0.018	0.036
Folate, total	mcg	20		1		1		58	4	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	20		1		1		58	4	7
Folate, DFE	mcg_DFE	20		0	NC	4		58	4	7
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	0.000
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	0.000

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:1 ... g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
18:4 ... g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 288g: 1 cup

Measure 2 = 18g: 1 tbsp

Measure 3 = 36.0g: 1 fl oz

Calories Factors: Protein 3.6 **Fat** 8.5 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06113
Sauce, white, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	1.50		1		1		0.30	0.75	
Energy	kcal	463		0	NC	4		93	232	
Energy	kj	1937				4		387	969	
Protein (N x 6.25)	g	10.94		1		1		2.19	5.47	
Total lipid (fat)	g	26.70		1		1		5.34	13.35	
Ash	g	10.30		1		1		2.06	5.15	
Carbohydrate, by difference	g	50.56		0	NC	4		10.11	25.28	
Fiber, total dietary	g	2.8		0		4		0.6	1.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	674		1		1		135	337	
Iron, Fe	mg	0.50		0		4		0.10	0.25	
Magnesium, Mg	mg	39		0		4		8	20	
Phosphorus, P	mg	245		0		4		49	123	
Potassium, K	mg	370		1		1		74	185	
Sodium, Na	mg	3410		1		1		682	1705	
Zinc, Zn	mg	1.10		0		4		0.22	0.55	
Copper, Cu	mg	0.080		0		4		0.016	0.040	
Manganese, Mn	mg	0.060		0		4		0.012	0.030	
Selenium, Se	mcg	17.0		0	BFSN	4		3.4	8.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		0		4		0.6	1.5	
Thiamin	mg	0.200		0		4		0.040	0.100	
Riboflavin	mg	0.400		0		4		0.080	0.200	
Niacin	mg	0.700		0		4		0.140	0.350	
Pantothenic acid	mg	0.800		0		4		0.160	0.400	
Vitamin B-6	mg	0.100		0		4		0.020	0.050	
Folate, total	mcg	34		0	BFSN	4		7	17	
Folic acid	mcg	20		0	NC	4		4	10	
Folate, food	mcg	14		0		4		3	7	
Folate, DFE	mcg_DFE	48		0	NC	4		10	24	
Vitamin B-12	mcg	0.80		0		4		0.16	0.40	
Vitamin A, IU	IU	7		0		4		1	4	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0	1	
Retinol	mcg	2		0	NC	4		0	1	
Vitamin E	mg_ATE	0.598		0		4		0.120	0.299	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.680		0		1		1.336	3.340	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.110		0		1		0.022	0.055	
15:0	g									
16:0	g	3.760		0		1		0.752	1.880	
17:0	g									
18:0	g	2.830		0		1		0.566	1.415	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	11.880		0		1		2.376	5.940	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 06113
Sauce, white, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	11.880		0		1		2.376	5.940	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	6.970		0		1		1.394	3.485	
18:2 undifferentiated g	6.540		0		1		1.308	3.270	
18:3 undifferentiated g	0.430		0		1		0.086	0.215	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	1		0		1		0	1	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 20g: 1 cup (8 fl oz)

Measure 2 = 50g: 1 packet

Calories Factors: **Protein** 3.8 **Fat** 8.4 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.90		0	MA	12		265.05		
Energy	kcal	51		0	MC	9		156		
Energy	kj	213				9		651		
Protein	g	2.60		0	MA	12		7.93		
Total lipid (fat)	g	1.50		0	MA	12		4.58		
Ash	g	2.10		0	MA	12		6.41		
Carbohydrate, by difference	g	6.90		0	MC	9		21.05		
Fiber, total dietary	g	0.6		0	MA	12		1.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	MA	12		34		
Iron, Fe	mg	0.60		0	MA	12		1.83		
Magnesium, Mg	mg	6		0	FLM	4		18		
Phosphorus, P	mg	38		0	FLM	4		116		
Potassium, K	mg	45		0	MA	12		137		
Sodium, Na	mg	751		0	MA	12		2291		
Zinc, Zn	mg	0.22		0	FLM	4		0.67		
Copper, Cu	mg	0.051		0	FLM	4		0.156		
Manganese, Mn	mg	0.102		0	FLM	4		0.311		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MA	12		0.0		
Thiamin	mg	0.062		0	FLM	4		0.189		
Riboflavin	mg	0.045		0	FLM	4		0.137		
Niacin	mg	1.199		0	FLM	4		3.657		
Pantothenic acid	mg	0.073		0	FLM	4		0.223		
Vitamin B-6	mg	0.040		0	FLM	4		0.122		
Folate, total	mcg	14		0	FLM	4		43		
Folic acid	mcg	10		0	NC	4		31		
Folate, food	mcg	4		0		4		12		
Folate, DFE	mcg_DFE	21		0	NC	4		64		
Vitamin B-12	mcg	0.07		0	FLM	4		0.21		
Vitamin A, IU	IU	223		0	MA	12		680		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.041		0	FLM	4		0.125		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.500		0	MA	12		1.525		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.003		
13:0	g									
14:0	g	0.014		0	FLM	4		0.043		
15:0	g									
16:0	g	0.302		0	FLM	4		0.921		
17:0	g									
18:0	g	0.082		0	FLM	4		0.250		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.601		0	FLM	4		1.833		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.073		0	FLM	4		0.223		

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.507		0	FLM	4		1.546		
20:1 ....g	0.014		0	FLM	4		0.043		
22:1 undifferentiated ....g	0.000		0	FLM	4		0.000		
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.300		0	MA	12		0.915		
18:2 undifferentiated ....g	0.304		0	FLM	4		0.927		
18:3 undifferentiated ....g	0.018		0	FLM	4		0.055		
18:4 ....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.005		0	FLM	4		0.015		
20:5 n-3 ....g	0.000		0	FLM	4		0.000		
22:5 n-3 ....g	0.001		0	FLM	4		0.003		
22:6 n-3 ....g	0.001		0	FLM	4		0.003		
Fatty acids, total trans ....g									
Cholesterol ....mg	9		0	MA	12		27		
Phytosterols ....mg									
Others:									
Alcohol, ethyl ....g	0.0		0	Z	7		0.0		
Caffeine ....mg									
Theobromine ....mg									

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

Common Measures:

Measure 1 = 305g: 1 can (10.75 oz)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06286
Soup, LIPTON, CUP-A-SOUP BROCCOLI & CHEESE, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.64		
Energy	kcal	418		0	MC	9		67		
Energy	kj	1749				9		280		
Protein	g	11.35		0	MC	9		1.82		
Total lipid (fat)	g	18.30		0	MC	9		2.93		
Ash	g	10.71		0	CAZN	4		1.71		
Carbohydrate, by difference	g	55.64		0	MC	9		8.90		
Fiber, total dietary	g	4.5		0	MC	9		0.7		
Sugars, total	g	13.43		0	MC	9		2.15		
Starch	g									
Minerals:										
Calcium, Ca	mg	290		0	MC	9		46		
Iron, Fe	mg	0.98		0	MC	9		0.16		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3408		0	MC	9		545		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	18.8		0	MC	9		3.0		
Thiamin	mg	0.028		0	MC	9		0.004		
Riboflavin	mg	0.053		0	MC	9		0.008		
Niacin	mg	0.372		0	MC	9		0.060		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	23		0	MC	9		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	23		0	MC	9		4		
Folate, DFE	mcg_DFE	23		0	NC	4		4		
Vitamin B-12	mcg									
Vitamin A, IU	IU	295		0	MC	9		47		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.974		0	MC	9		0.796		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	18		0	MC	9		3		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 16g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06286
Soup, LIPTON, CUP-A-SOUP BROCCOLI & CHEESE, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06291
Soup, LIPTON, CUP-A-SOUP CHICKEN FLAVOR VEGETABLE

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.56		
Energy	kcal	374		0	MC	9		52		
Energy	kj	1565				9		219		
Protein	g	9.87		0	MC	9		1.38		
Total lipid (fat)	g	7.40		0	MC	9		1.04		
Ash	g	9.88		0	CAZN	4		1.38		
Carbohydrate, by difference	g	68.85		0	MC	9		9.64		
Fiber, total dietary	g	2.1		0	MC	9		0.3		
Sugars, total	g	2.84		0	MC	9		0.40		
Starch	g									
Minerals:										
Calcium, Ca	mg	42		0	MC	9		6		
Iron, Fe	mg	2.82		0	MC	9		0.39		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3703		0	MC	9		518		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.5		0	MC	9		0.5		
Thiamin	mg	0.549		0	MC	9		0.077		
Riboflavin	mg	0.221		0	MC	9		0.031		
Niacin	mg	3.888		0	MC	9		0.544		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	95		0	MC	9		13		
Folic acid	mcg	39		0	FLM	4		5		
Folate, food	mcg	56		0	NC	4		8		
Folate, DFE	mcg_DFE	122		0	NC	4		17		
Vitamin B-12	mcg									
Vitamin A, IU	IU	14450		0	MC	9		2023		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.551		0	MC	9		0.357		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	69		0	MC	9		10		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 14.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06291
Soup, LIPTON, CUP-A-SOUP CHICKEN FLAVOR VEGETABLE

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06289
Soup, LIPTON, CUP-A-SOUP CHICKEN NOODLE WITH MEAT

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		4.00		
Energy	kcal	381		0	MC	9		381		
Energy	kj	1594				9		1594		
Protein	g	15.76		0	MC	9		15.76		
Total lipid (fat)	g	8.02		0	MC	9		8.02		
Ash	g	10.37		0	CAZN	4		10.37		
Carbohydrate, by difference	g	61.85		0	MC	9		61.85		
Fiber, total dietary	g	2.3		0	MC	9		2.3		
Sugars, total	g	1.58		0	MC	9		1.58		
Starch	g									
Minerals:										
Calcium, Ca	mg	44		0	MC	9		44		
Iron, Fe	mg	3.09		0	MC	9		3.09		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	4177		0	MC	9		4177		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0	MC	9		1.5		
Thiamin	mg	0.765		0	MC	9		0.765		
Riboflavin	mg	0.407		0	MC	9		0.407		
Niacin	mg	7.647		0	MC	9		7.647		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	98		0	MC	9		98		
Folic acid	mcg	55		0	FLM	4		55		
Folate, food	mcg	43		0	NC	4		43		
Folate, DFE	mcg_DFE	137		0	NC	4		137		
Vitamin B-12	mcg									
Vitamin A, IU	IU	777		0	MC	9		777		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.917		0	MC	9		2.917		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	88		0	MC	9		88		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 100g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06289
Soup, LIPTON, CUP-A-SOUP CHICKEN NOODLE WITH MEAT

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.68		
Energy	kcal	401		0	MC	9		68		
Energy	kj	1678				9		285		
Protein	g	4.52		0	MC	9		0.77		
Total lipid (fat)	g	12.80		0	MC	9		2.18		
Ash	g	10.01		0	CAZN	4		1.70		
Carbohydrate, by difference	g	68.67		0	MC	9		11.67		
Fiber, total dietary	g	3.0		0	MC	9		0.5		
Sugars, total	g	11.98		0	MC	9		2.04		
Starch	g									
Minerals:										
Calcium, Ca	mg	111		0	MC	9		19		
Iron, Fe	mg	0.39		0	MC	9		0.07		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3739		0	MC	9		636		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.1		
Thiamin	mg	0.337		0	MC	9		0.057		
Riboflavin	mg	0.313		0	MC	9		0.053		
Niacin	mg	3.505		0	MC	9		0.596		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	Z	7		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU	145		0	MC	9		25		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.916		0	MC	9		0.326		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	3		0	MC	9		1		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 17g: 1 envelope

Calories Factors: Protein Fat Carbohydrate

NDB No. 06290
Soup, LIPTON, CUP-A-SOUP CREAM OF CHICKEN, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.60		
Energy	kcal	399		0	MC	9		60		
Energy	kj	1669				9		250		
Protein	g	5.15		0	MC	9		0.77		
Total lipid (fat)	g	14.09		0	MC	9		2.11		
Ash	g	11.53		0	CAZN	4		1.73		
Carbohydrate, by difference	g	65.23		0	MC	9		9.78		
Fiber, total dietary	g	3.3		0	MC	9		0.5		
Sugars, total	g	9.58		0	MC	9		1.44		
Starch	g									
Minerals:										
Calcium, Ca	mg	114		0	MC	9		17		
Iron, Fe	mg	0.58		0	MC	9		0.09		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	4051		0	MC	9		608		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.1		
Thiamin	mg	0.077		0	MC	9		0.012		
Riboflavin	mg	0.150		0	MC	9		0.023		
Niacin	mg	1.495		0	MC	9		0.224		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	Z	7		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU	6		0	MC	9		1		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.083		0	MC	9		0.312		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	4		0	MC	9		1		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 15.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06295
Soup, LIPTON, CUP-A-SOUP CREAM OF MUSHROOM, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06294
Soup, LIPTON, CUP-A-SOUP GREEN PEA, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.84		
Energy	kcal	358		0	MC	9		75		
Energy	kj	1498				9		315		
Protein	g	21.20		0	MC	9		4.45		
Total lipid (fat)	g	5.40		0	MC	9		1.13		
Ash	g	10.79		0	CAZN	4		2.27		
Carbohydrate, by difference	g	58.61		0	MC	9		12.31		
Fiber, total dietary	g	14.9		0	MC	9		3.1		
Sugars, total	g	4.18		0	MC	9		0.88		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0	MC	9		1		
Iron, Fe	mg	3.03		0	MC	9		0.64		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	2476		0	MC	9		520		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.0		
Thiamin	mg	0.047		0	MC	9		0.010		
Riboflavin	mg	0.103		0	MC	9		0.022		
Niacin	mg	1.005		0	MC	9		0.211		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	Z	7		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	Z	7		0		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.862		0	MC	9		0.181		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 21g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06294
Soup, LIPTON, CUP-A-SOUP GREEN PEA, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.64		
Energy	kcal	384		0	MC	9		61		
Energy	kj	1607				9		257		
Protein	g	16.07		0	MC	9		2.57		
Total lipid (fat)	g	7.29		0	MC	9		1.17		
Ash	g	9.11		0	CAZN	4		1.46		
Carbohydrate, by difference	g	63.53		0	MC	9		10.16		
Fiber, total dietary	g	1.9		0	MC	9		0.3		
Sugars, total	g	1.20		0	MC	9		0.19		
Starch	g									
Minerals:										
Calcium, Ca	mg	37		0	MC	9		6		
Iron, Fe	mg	3.07		0	MC	9		0.49		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3696		0	MC	9		591		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.1		
Thiamin	mg	0.771		0	MC	9		0.123		
Riboflavin	mg	0.395		0	MC	9		0.063		
Niacin	mg	7.878		0	MC	9		1.260		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	106		0	MC	9		17		
Folic acid	mcg	53		0	FLM	4		8		
Folate, food	mcg	53		0	NC	4		8		
Folate, DFE	mcg_DFE	143		0	NC	4		23		
Vitamin B-12	mcg									
Vitamin A, IU	IU	257		0	MC	9		41		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.667		0	MC	9		0.427		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	89		0	MC	9		14		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 16g: 1 envelope

Calories Factors: Protein Fat Carbohydrate

NDB No. 06288
Soup, LIPTON, CUP-A-SOUP HEARTY CHICKEN NOODLE, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.84		
Energy	kcal	429		0	MC	9		90		
Energy	kj	1795				9		377		
Protein	g	5.02		0	MC	9		1.05		
Total lipid (fat)	g	17.86		0	MC	9		3.75		
Ash	g	8.25		0	CAZN	4		1.73		
Carbohydrate, by difference	g	64.87		0	MC	9		13.62		
Fiber, total dietary	g	3.1		0	MC	9		0.7		
Sugars, total	g	9.68		0	MC	9		2.03		
Starch	g									
Minerals:										
Calcium, Ca	mg	109		0	MC	9		23		
Iron, Fe	mg	0.89		0	MC	9		0.19		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3023		0	MC	9		635		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	MC	9		0.1		
Thiamin	mg	0.272		0	MC	9		0.057		
Riboflavin	mg	0.253		0	MC	9		0.053		
Niacin	mg	2.834		0	MC	9		0.595		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	MC	9		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	MC	9		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU	118		0	MC	9		25		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.623		0	MC	9		1.391		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	3		0	MC	9		1		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 21g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06287
Soup, LIPTON, CUP-A-SOUP HEARTY CHICKEN SUPREME, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06292
Soup, LIPTON, CUP-A-SOUP RING NOODLE, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.56		
Energy	kcal	381		0	MC	9		53		
Energy	kj	1594				9		223		
Protein	g	11.09		0	MC	9		1.55		
Total lipid (fat)	g	7.92		0	MC	9		1.11		
Ash	g	10.31		0	CAZN	4		1.44		
Carbohydrate, by difference	g	66.68		0	MC	9		9.34		
Fiber, total dietary	g	1.5		0	MC	9		0.2		
Sugars, total	g	1.27		0	MC	9		0.18		
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0	MC	9		4		
Iron, Fe	mg	3.13		0	MC	9		0.44		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3976		0	MC	9		557		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0	MC	9		0.2		
Thiamin	mg	0.774		0	MC	9		0.108		
Riboflavin	mg	0.351		0	MC	9		0.049		
Niacin	mg	5.760		0	MC	9		0.806		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	120		0	MC	9		17		
Folic acid	mcg	90		0	FLM	4		13		
Folate, food	mcg	30		0	NC	4		4		
Folate, DFE	mcg_DFE	183		0	NC	4		26		
Vitamin B-12	mcg									
Vitamin A, IU	IU	13290		0	MC	9		1861		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.722		0	MC	9		0.381		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	83		0	MC	9		12		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 14.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06292
Soup, LIPTON, CUP-A-SOUP RING NOODLE, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06296
Soup, LIPTON, CUP-A-SOUP SPRING VEGETABLE, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.52		
Energy	kcal	361		0	MC	9		47		
Energy	kj	1510				9		196		
Protein	g	13.26		0	MC	9		1.72		
Total lipid (fat)	g	7.58		0	MC	9		0.99		
Ash	g	11.84		0	CAZN	4		1.54		
Carbohydrate, by difference	g	63.32		0	MC	9		8.23		
Fiber, total dietary	g	5.0		0	MC	9		0.7		
Sugars, total	g	9.40		0	MC	9		1.22		
Starch	g									
Minerals:										
Calcium, Ca	mg	29		0	MC	9		4		
Iron, Fe	mg	2.98		0	MC	9		0.39		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3820		0	MC	9		497		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.8		0	MC	9		0.6		
Thiamin	mg	0.633		0	MC	9		0.082		
Riboflavin	mg	0.313		0	MC	9		0.041		
Niacin	mg	4.767		0	MC	9		0.620		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	104		0	MC	9		14		
Folic acid	mcg	86		0	FLM	4		11		
Folate, food	mcg	18		0	NC	4		2		
Folate, DFE	mcg_DFE	164		0	NC	4		21		
Vitamin B-12	mcg									
Vitamin A, IU	IU	13580		0	MC	9		1765		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.632		0	MC	9		0.212		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	60		0	MC	9		8		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 13.0g: 1 envelope

Calories Factors: Protein Fat Carbohydrate

NDB No. 06296
Soup, LIPTON, CUP-A-SOUP SPRING VEGETABLE, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06293
Soup, LIPTON, CUP-A-SOUP TOMATO, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		1.04		
Energy	kcal	366		0	MC	9		95		
Energy	kj	1531				9		398		
Protein	g	8.84		0	MC	9		2.30		
Total lipid (fat)	g	3.45		0	MC	9		0.90		
Ash	g	6.92		0	CAZN	4		1.80		
Carbohydrate, by difference	g	76.79		0	MC	9		19.97		
Fiber, total dietary	g	2.2		0	MC	9		0.6		
Sugars, total	g	53.74		0	MC	9		13.97		
Starch	g									
Minerals:										
Calcium, Ca	mg	350		0	MC	9		91		
Iron, Fe	mg	1.25		0	MC	9		0.33		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	1948		0	MC	9		506		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	14.9		0	MC	9		3.9		
Thiamin	mg	0.640		0	MC	9		0.166		
Riboflavin	mg	1.307		0	MC	9		0.340		
Niacin	mg	3.688		0	MC	9		0.959		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	22		0	MC	9		6		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	22		0	MC	9		6		
Folate, DFE	mcg_DFE	22		0	NC	4		6		
Vitamin B-12	mcg									
Vitamin A, IU	IU	779		0	MC	9		203		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.629		0	MC	9		0.424		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	9		0	MC	9		2		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 26g: 1 envelope

Calories Factors: Protein Fat Carbohydrate

NDB No. 06293
Soup, LIPTON, CUP-A-SOUP TOMATO, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.24		
Energy	kcal	307		0	MC	9		18		
Energy	kj	1284				9		77		
Protein	g	20.10		0	MC	9		1.21		
Total lipid (fat)	g	2.28		0	MC	9		0.14		
Ash	g	19.60		0	CAZN	4		1.18		
Carbohydrate, by difference	g	54.02		0	MC	9		3.24		
Fiber, total dietary	g	0.1		0	MC	9		0.0		
Sugars, total	g	3.77		0	MC	9		0.23		
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0	MC	9		2		
Iron, Fe	mg	1.52		0	MC	9		0.09		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	7359		0	MC	9		442		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.0		
Thiamin	mg	0.008		0	MC	9		0.000		
Riboflavin	mg	0.054		0	MC	9		0.003		
Niacin	mg	2.794		0	MC	9		0.168		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	Z	7		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU	11		0	MC	9		1		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.427		0	MC	9		0.026		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	1		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 6.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06297
Soup, LIPTON, FAT FREE CUP-A-SOUP CHICKEN BROTH, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.52		
Energy	kcal	340		0	MC	9		44		
Energy	kj	1423				9		185		
Protein	g	16.30		0	MC	9		2.12		
Total lipid (fat)	g	2.60		0	MC	9		0.34		
Ash	g	13.10		0	CAZN	4		1.70		
Carbohydrate, by difference	g	64.00		0	MC	9		8.32		
Fiber, total dietary	g	1.2		0	MC	9		0.2		
Sugars, total	g	1.40		0	MC	9		0.18		
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0	MC	9		3		
Iron, Fe	mg	2.93		0	MC	9		0.38		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3457		0	MC	9		449		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	MC	9		0.1		
Thiamin	mg	0.608		0	MC	9		0.079		
Riboflavin	mg	0.247		0	MC	9		0.032		
Niacin	mg	5.288		0	MC	9		0.687		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	108		0	MC	9		14		
Folic acid	mcg	94		0	FLM	4		12		
Folate, food	mcg	14		0	NC	4		2		
Folate, DFE	mcg_DFE	174		0	NC	4		23		
Vitamin B-12	mcg									
Vitamin A, IU	IU	8317		0	MC	9		1081		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.363		0	MC	9		0.047		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 13.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06298
Soup, LIPTON, FAT FREE CUP-A-SOUP CHICKEN/PASTA, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		1.20		
Energy	kcal	353		0	MC	9		106		
Energy	kj	1477				9		443		
Protein	g	15.57		0	MC	9		4.67		
Total lipid (fat)	g	4.29		0	MC	9		1.29		
Ash	g	11.43		0	CAZN	4		3.43		
Carbohydrate, by difference	g	64.71		0	MC	9		19.41		
Fiber, total dietary	g	8.6		0	MC	9		2.6		
Sugars, total	g	4.69		0	MC	9		1.41		
Starch	g									
Minerals:										
Calcium, Ca	mg	125		0	MC	9		38		
Iron, Fe	mg	3.65		0	MC	9		1.10		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	2329		0	MC	9		699		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.6		0	MC	9		1.7		
Thiamin	mg	0.683		0	MC	9		0.205		
Riboflavin	mg	0.461		0	MC	9		0.138		
Niacin	mg	5.264		0	MC	9		1.579		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	98		0	MC	9		29		
Folic acid	mcg	29		0	FLM	4		9		
Folate, food	mcg	69		0	NC	4		21		
Folate, DFE	mcg_DFE	118		0	NC	4		35		
Vitamin B-12	mcg									
Vitamin A, IU	IU	1551		0	MC	9		465		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.924		0	MC	9		0.277		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	19		0	MC	9		6		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06300

Soup, LIPTON, KETTLE CREATIONS CHICKEN WITH PASTA & BEAN, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06299
Soup, LIPTON, KETTLE CREATIONS HOMESTYLE LENTIL, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		1.44		
Energy	kcal	354		0	MC	9		127		
Energy	kj	1481				9		533		
Protein	g	20.71		0	MC	9		7.46		
Total lipid (fat)	g	3.29		0	MC	9		1.18		
Ash	g	9.51		0	CAZN	4		3.42		
Carbohydrate, by difference	g	62.49		0	MC	9		22.50		
Fiber, total dietary	g	14.6		0	MC	9		5.3		
Sugars, total	g	3.25		0	MC	9		1.17		
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0	MC	9		8		
Iron, Fe	mg	5.05		0	MC	9		1.82		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	2092		0	MC	9		753		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.2		0	MC	9		1.2		
Thiamin	mg	0.094		0	MC	9		0.034		
Riboflavin	mg	0.056		0	MC	9		0.020		
Niacin	mg	0.551		0	MC	9		0.198		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	80		0	MC	9		29		
Folic acid	mcg	70		0	FLM	4		25		
Folate, food	mcg	10		0	NC	4		4		
Folate, DFE	mcg_DFE	129		0	NC	4		46		
Vitamin B-12	mcg									
Vitamin A, IU	IU	1297		0	MC	9		467		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.384		0	MC	9		0.138		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 36g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06299
Soup, LIPTON, KETTLE CREATIONS HOMESTYLE LENTIL, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06031
Soup, LIPTON, KETTLE CREATIONS PASTA & BEAN, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		1.40		
Energy	kcal	358		0	MC	9		125		
Energy	kj	1498				9		524		
Protein	g	16.34		0	MC	9		5.72		
Total lipid (fat)	g	3.86		0	MC	9		1.35		
Ash	g	10.50		0	CAZN	4		3.68		
Carbohydrate, by difference	g	65.30		0	MC	9		22.86		
Fiber, total dietary	g	12.5		0	MC	9		4.4		
Sugars, total	g	5.16		0	MC	9		1.81		
Starch	g									
Minerals:										
Calcium, Ca	mg	114		0	MC	9		40		
Iron, Fe	mg	3.89		0	MC	9		1.36		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	1981		0	MC	9		693		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.0		0	MC	9		1.8		
Thiamin	mg	0.495		0	MC	9		0.173		
Riboflavin	mg	0.238		0	MC	9		0.083		
Niacin	mg	2.988		0	MC	9		1.046		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	132		0	MC	9		46		
Folic acid	mcg	62		0	FLM	4		22		
Folate, food	mcg	70		0	NC	4		25		
Folate, DFE	mcg_DFE	175		0	NC	4		61		
Vitamin B-12	mcg									
Vitamin A, IU	IU	1185		0	MC	9		415		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.923		0	MC	9		0.323		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	FLA	4		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 35g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06031
Soup, LIPTON, KETTLE CREATIONS PASTA & BEAN, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06722
Soup, LIPTON, RECIPE SECRETS BEEFY MUSHROOM, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.44		
Energy	kcal	298		0	MC	9		33		
Energy	kj	1247				9		137		
Protein	g	7.76		0	MC	9		0.85		
Total lipid (fat)	g	3.43		0	MC	9		0.38		
Ash	g	24.59		0	CAZN	4		2.70		
Carbohydrate, by difference	g	60.22		0	MC	9		6.62		
Fiber, total dietary	g	1.0		0	MC	9		0.1		
Sugars, total	g	14.17		0	MC	9		1.56		
Starch	g									
Minerals:										
Calcium, Ca	mg	98		0	MC	9		11		
Iron, Fe	mg	0.94		0	MC	9		0.10		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	5865		0	MC	9		645		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0	MC	9		0.2		
Thiamin	mg	0.030		0	MC	9		0.003		
Riboflavin	mg	0.069		0	MC	9		0.008		
Niacin	mg	0.685		0	MC	9		0.075		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	Z	7		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU	8		0	MC	9		1		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.485		0	MC	9		0.053		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	2		0	MC	9		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 11.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06722
Soup, LIPTON, RECIPE SECRETS BEEFY MUSHROOM, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06724
Soup, LIPTON, RECIPE SECRETS BEEFY ONION, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.32		
Energy	kcal	314		0	MC	9		25		
Energy	kj	1314				9		105		
Protein	g	6.47		0	MC	9		0.52		
Total lipid (fat)	g	7.93		0	MC	9		0.63		
Ash	g	23.07		0	CAZN	4		1.85		
Carbohydrate, by difference	g	58.53		0	MC	9		4.68		
Fiber, total dietary	g	4.4		0	MC	9		0.4		
Sugars, total	g	6.59		0	MC	9		0.53		
Starch	g									
Minerals:										
Calcium, Ca	mg	140		0	MC	9		11		
Iron, Fe	mg	1.50		0	MC	9		0.12		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	7582		0	MC	9		607		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.2		0	MC	9		0.7		
Thiamin	mg	0.186		0	MC	9		0.015		
Riboflavin	mg	0.233		0	MC	9		0.019		
Niacin	mg	1.508		0	MC	9		0.121		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	Z	7		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	Z	7		0		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.801		0	MC	9		0.144		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 8.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06724
Soup, LIPTON, RECIPE SECRETS BEEFY ONION, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.36		
Energy	kcal	322		0	MC	9		29		
Energy	kj	1347				9		121		
Protein	g	10.66		0	MC	9		0.96		
Total lipid (fat)	g	3.77		0	MC	9		0.34		
Ash	g	17.13		0	CAZN	4		1.54		
Carbohydrate, by difference	g	64.44		0	MC	9		5.80		
Fiber, total dietary	g	4.6		0	MC	9		0.4		
Sugars, total	g	7.46		0	MC	9		0.67		
Starch	g									
Minerals:										
Calcium, Ca	mg	106		0	MC	9		10		
Iron, Fe	mg	3.62		0	MC	9		0.33		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	6210		0	MC	9		559		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.8		0	MC	9		1.5		
Thiamin	mg	0.397		0	MC	9		0.036		
Riboflavin	mg	0.463		0	MC	9		0.042		
Niacin	mg	3.259		0	MC	9		0.293		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	23		0	MC	9		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	23		0	MC	9		2		
Folate, DFE	mcg_DFE	23		0	NC	4		2		
Vitamin B-12	mcg									
Vitamin A, IU	IU	1659		0	MC	9		149		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.637		0	MC	9		0.057		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	15		0	MC	9		1		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 9.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06723
Soup, LIPTON, RECIPE SECRETS FIESTA HERB WITH RED, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06302
Soup, LIPTON, RECIPE SECRETS ONION MUSHROOM, Mix, Dry
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Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.40		
Energy	kcal	322		0	MC	9		32		
Energy	kj	1347				9		135		
Protein	g	8.42		0	MC	9		0.84		
Total lipid (fat)	g	7.86		0	MC	9		0.79		
Ash	g	22.26		0	CAZN	4		2.23		
Carbohydrate, by difference	g	57.45		0	MC	9		5.75		
Fiber, total dietary	g	3.2		0	MC	9		0.3		
Sugars, total	g	0.58		0	MC	9		0.06		
Starch	g									
Minerals:										
Calcium, Ca	mg	101		0	MC	9		10		
Iron, Fe	mg	1.24		0	MC	9		0.12		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	6257		0	MC	9		626		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.2		0	MC	9		0.5		
Thiamin	mg	2.053		0	MC	9		0.205		
Riboflavin	mg	0.214		0	MC	9		0.021		
Niacin	mg	3.029		0	MC	9		0.303		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	Z	7		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	Z	7		0		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.069		0	MC	9		0.107		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 10.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06302
Soup, LIPTON, RECIPE SECRETS ONION MUSHROOM, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06033
Soup, LIPTON, RECIPE SECRETS ONION, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.28		
Energy	kcal	263		0	MC	9		18		
Energy	kj	1100				9		77		
Protein	g	6.58		0	MC	9		0.46		
Total lipid (fat)	g	1.90		0	MC	9		0.13		
Ash	g	25.97		0	CAZN	4		1.82		
Carbohydrate, by difference	g	61.55		0	MC	9		4.31		
Fiber, total dietary	g	5.9		0	MC	9		0.4		
Sugars, total	g	4.61		0	MC	9		0.32		
Starch	g									
Minerals:										
Calcium, Ca	mg	207		0	MC	9		14		
Iron, Fe	mg	1.74		0	MC	9		0.12		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	8711		0	MC	9		610		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.6		0	MC	9		0.8		
Thiamin	mg	0.200		0	MC	9		0.014		
Riboflavin	mg	0.300		0	MC	9		0.021		
Niacin	mg	0.550		0	MC	9		0.039		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	Z	7		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		0	Z	7		0		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.340		0	MC	9		0.024		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 7.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06033
Soup, LIPTON, RECIPE SECRETS ONION, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.36		
Energy	kcal	343		0	MC	9		31		
Energy	kj	1435				9		129		
Protein	g	10.54		0	MC	9		0.95		
Total lipid (fat)	g	4.42		0	MC	9		0.40		
Ash	g	13.95		0	CAZN	4		1.26		
Carbohydrate, by difference	g	67.09		0	MC	9		6.04		
Fiber, total dietary	g	3.2		0	MC	9		0.3		
Sugars, total	g	6.12		0	MC	9		0.55		
Starch	g									
Minerals:										
Calcium, Ca	mg	77		0	MC	9		7		
Iron, Fe	mg	1.98		0	MC	9		0.18		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	5299		0	MC	9		477		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	18.4		0	MC	9		1.7		
Thiamin	mg	0.300		0	MC	9		0.027		
Riboflavin	mg	0.350		0	MC	9		0.032		
Niacin	mg	3.360		0	MC	9		0.302		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	Z	7		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU	493		0	MC	9		44		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.060		0	MC	9		0.095		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	16		0	MC	9		1		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 9.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06305

Soup, LIPTON, RECIPE SECRETS SAVORY HERB WITH GARLIC, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06301
Soup, LIPTON, RECIPE SECRETS VEGETABLE, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.40		
Energy	kcal	276		0	MC	9		28		
Energy	kj	1155				9		115		
Protein	g	8.11		0	MC	9		0.81		
Total lipid (fat)	g	2.32		0	MC	9		0.23		
Ash	g	20.86		0	CAZN	4		2.09		
Carbohydrate, by difference	g	64.71		0	MC	9		6.47		
Fiber, total dietary	g	10.2		0	MC	9		1.0		
Sugars, total	g	19.92		0	MC	9		1.99		
Starch	g									
Minerals:										
Calcium, Ca	mg	196		0	MC	9		20		
Iron, Fe	mg	3.24		0	MC	9		0.32		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	6028		0	MC	9		603		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	83.6		0	MC	9		8.4		
Thiamin	mg	0.163		0	MC	9		0.016		
Riboflavin	mg	0.189		0	MC	9		0.019		
Niacin	mg	1.332		0	MC	9		0.133		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	Z	7		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	Z	7		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU	202		0	MC	9		20		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.395		0	MC	9		0.040		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0	Z	7		0		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 10.0g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06301
Soup, LIPTON, RECIPE SECRETS VEGETABLE, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06281
Soup, LIPTON, SOUP SECRETS CHICKEN NOODLE, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.80		
Energy	kcal	385		0	MC	9		77		
Energy	kj	1611				9		322		
Protein	g	17.31		0	MC	9		3.46		
Total lipid (fat)	g	9.91		0	MC	9		1.98		
Ash	g	12.26		0	CAZN	4		2.45		
Carbohydrate, by difference	g	56.52		0	MC	9		11.30		
Fiber, total dietary	g	2.0		0	MC	9		0.4		
Sugars, total	g	7.99		0	MC	9		1.60		
Starch	g									
Minerals:										
Calcium, Ca	mg	48		0	MC	9		10		
Iron, Fe	mg	3.41		0	MC	9		0.68		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3452		0	MC	9		690		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	MC	9		0.1		
Thiamin	mg	1.192		0	MC	9		0.238		
Riboflavin	mg	0.423		0	MC	9		0.085		
Niacin	mg	8.108		0	MC	9		1.622		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	0		0	MC	9		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	0		0	MC	9		0		
Folate, DFE	mcg_DFE	0		0	NC	4		0		
Vitamin B-12	mcg									
Vitamin A, IU	IU	115		0	MC	9		23		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.936		0	MC	9		0.587		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	75		0	MC	9		15		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 20g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06281
Soup, LIPTON, SOUP SECRETS CHICKEN NOODLE, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06279
Soup, LIPTON, SOUP SECRETS EXTRA NOODLE, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.26		0	MC	9		0.98		
Energy	kcal	374		0	MC	9		86		
Energy	kj	1565				9		360		
Protein	g	14.06		0	MC	9		3.23		
Total lipid (fat)	g	6.77		0	MC	9		1.56		
Ash	g	9.79		0	CAZN	4		2.25		
Carbohydrate, by difference	g	65.10		0	MC	9		14.97		
Fiber, total dietary	g	2.5		0	MC	9		0.6		
Sugars, total	g	6.52		0	MC	9		1.50		
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0	MC	9		3		
Iron, Fe	mg	3.72		0	MC	9		0.86		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	2961		0	MC	9		681		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.0		
Thiamin	mg	1.486		0	MC	9		0.342		
Riboflavin	mg	0.603		0	MC	9		0.139		
Niacin	mg	7.666		0	MC	9		1.763		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	147		0	MC	9		34		
Folic acid	mcg	87		0	FLM	4		20		
Folate, food	mcg	60		0	NC	4		14		
Folate, DFE	mcg_DFE	208		0	NC	4		48		
Vitamin B-12	mcg									
Vitamin A, IU	IU	73		0	MC	9		17		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.479		0	MC	9		0.570		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	101		0	MC	9		23		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 23g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06279
Soup, LIPTON, SOUP SECRETS EXTRA NOODLE, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06283
Soup, LIPTON, SOUP SECRETS GIGGLE NOODLE, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.89		0	MC	9		0.74		
Energy	kcal	387		0	MC	9		74		
Energy	kj	1619				9		308		
Protein	g	13.28		0	MC	9		2.52		
Total lipid (fat)	g	11.19		0	MC	9		2.13		
Ash	g	11.30		0	CAZN	4		2.15		
Carbohydrate, by difference	g	60.34		0	MC	9		11.46		
Fiber, total dietary	g	2.2		0	MC	9		0.4		
Sugars, total	g	6.87		0	MC	9		1.31		
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0	MC	9		4		
Iron, Fe	mg	3.44		0	MC	9		0.65		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3874		0	MC	9		736		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	MC	9		0.1		
Thiamin	mg	1.361		0	MC	9		0.259		
Riboflavin	mg	0.515		0	MC	9		0.098		
Niacin	mg	6.799		0	MC	9		1.292		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	133		0	MC	9		25		
Folic acid	mcg	75		0	FLM	4		14		
Folate, food	mcg	58		0	NC	4		11		
Folate, DFE	mcg_DFE	186		0	NC	4		35		
Vitamin B-12	mcg									
Vitamin A, IU	IU	99		0	MC	9		19		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.624		0	MC	9		0.689		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	94		0	MC	9		18		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 19g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06283
Soup, LIPTON, SOUP SECRETS GIGGLE NOODLE, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.62		0	MC	9		0.58		
Energy	kcal	388		0	MC	9		62		
Energy	kj	1623				9		260		
Protein	g	12.83		0	MC	9		2.05		
Total lipid (fat)	g	12.04		0	MC	9		1.93		
Ash	g	14.14		0	CAZN	4		2.26		
Carbohydrate, by difference	g	57.37		0	MC	9		9.18		
Fiber, total dietary	g	2.1		0	MC	9		0.3		
Sugars, total	g	7.52		0	MC	9		1.20		
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0	MC	9		3		
Iron, Fe	mg	3.29		0	MC	9		0.53		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	4524		0	MC	9		724		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.1		
Thiamin	mg	1.337		0	MC	9		0.214		
Riboflavin	mg	0.498		0	MC	9		0.080		
Niacin	mg	6.537		0	MC	9		1.046		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	124		0	MC	9		20		
Folic acid	mcg	72		0	FLM	4		12		
Folate, food	mcg	52		0	NC	4		8		
Folate, DFE	mcg_DFE	174		0	NC	4		28		
Vitamin B-12	mcg									
Vitamin A, IU	IU	114		0	MC	9		18		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.878		0	MC	9		0.620		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	90		0	MC	9		14		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 16g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06284

Soup, LIPTON, SOUP SECRETS NOODLE WITH REAL CHICKEN BROTH, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06282
Soup, LIPTON, SOUP SECRETS RING-O-NOODLE

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.68		
Energy	kcal	388		0	MC	9		66		
Energy	kj	1623				9		276		
Protein	g	12.96		0	MC	9		2.20		
Total lipid (fat)	g	11.65		0	MC	9		1.98		
Ash	g	13.11		0	CAZN	4		2.23		
Carbohydrate, by difference	g	58.28		0	MC	9		9.91		
Fiber, total dietary	g	2.1		0	MC	9		0.4		
Sugars, total	g	7.23		0	MC	9		1.23		
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0	MC	9		3		
Iron, Fe	mg	3.32		0	MC	9		0.56		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	4259		0	MC	9		724		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MC	9		0.1		
Thiamin	mg	1.332		0	MC	9		0.226		
Riboflavin	mg	0.500		0	MC	9		0.085		
Niacin	mg	6.594		0	MC	9		1.121		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	128		0	MC	9		22		
Folic acid	mcg	75		0	FLM	4		13		
Folate, food	mcg	53		0	NC	4		9		
Folate, DFE	mcg_DFE	181		0	NC	4		31		
Vitamin B-12	mcg									
Vitamin A, IU	IU	105		0	MC	9		18		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.761		0	MC	9		0.639		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	92		0	MC	9		16		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 17g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06282
Soup, LIPTON, SOUP SECRETS RING-O-NOODLE

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06280
Soup, LIPTON, SOUP SECRETS SPIRAL PASTA SOUP, Mix, Dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		0	CAZN	4		0.72		
Energy	kcal	353		0	MC	9		64		
Energy	kj	1477				9		266		
Protein	g	12.22		0	MC	9		2.20		
Total lipid (fat)	g	4.88		0	MC	9		0.88		
Ash	g	15.27		0	CAZN	4		2.75		
Carbohydrate, by difference	g	63.63		0	MC	9		11.45		
Fiber, total dietary	g	2.3		0	MC	9		0.4		
Sugars, total	g	8.63		0	MC	9		1.55		
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0	MC	9		5		
Iron, Fe	mg	2.38		0	MC	9		0.43		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	3651		0	MC	9		657		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	MC	9		0.1		
Thiamin	mg	1.289		0	MC	9		0.232		
Riboflavin	mg	0.492		0	MC	9		0.089		
Niacin	mg	6.553		0	MC	9		1.180		
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	136		0	MC	9		24		
Folic acid	mcg	92		0	FLM	4		17		
Folate, food	mcg	44		0	NC	4		8		
Folate, DFE	mcg_DFE	200		0	NC	4		36		
Vitamin B-12	mcg									
Vitamin A, IU	IU	94		0	MC	9		17		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.600		0	MC	9		0.288		
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	10		0	MC	9		2		
Phytosterols	mg									

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

Common Measures:

Measure 1 = 18g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06280
Soup, LIPTON, SOUP SECRETS SPIRAL PASTA SOUP, Mix, Dry

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	5.90		1	A	1		3.78		
Energy....kcal	463		0	MC	9		296		
Energy....kj	1936				9		1239		
Protein....g	8.70		1	A	1		5.57		
Total lipid (fat)....g	22.00		1	A	1		14.08		
Ash....g	5.90		1	A	1		3.78		
Carbohydrate, by difference....g	57.50		0	MC	9		36.80		
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	3.41		1	A	1		2.18		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	2240		1	A	1		1434		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	9.770		1	A	1		6.253		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

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

Common Measures:

Measure 1 = 64g: 1 container, individual

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06581

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.70		1	A	1		1.97		
Energy	kcal	453		0	MC	9		190		
Energy	kj	1896				9		796		
Protein	g	9.30		1	A	1		3.91		
Total lipid (fat)	g	17.10		1	A	1		7.18		
Ash	g	3.40		1	A	1		1.43		
Carbohydrate, by difference	g	65.50		0	MC	9		27.51		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	4.27		1	A	1		1.79		
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	1160		1	A	1		487		
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	7.630		1	A	1		3.205		
4:0	g									
6:0	g									
8:0	g	0.009		1	A	1		0.004		
10:0	g	0.009		1	A	1		0.004		
12:0	g	0.075		1	A	1		0.032		
13:0	g									
14:0	g	0.171		1	A	1		0.072		
15:0	g	0.010		1	A	1		0.004		
16:0	g	6.556		1	A	1		2.754		
17:0	g	0.010		1	A	1		0.004		
18:0	g	0.766		1	A	1		0.322		
20:0	g	0.058		1	A	1		0.024		
22:0	g	0.010		1	A	1		0.004		
24:0	g									
Fatty acids, total monounsaturated	g	6.450		1	A	1		2.709		
14:1	g	0.009		1	A	1		0.004		
15:1	g									
16:1 undifferentiated	g	0.029		1	A	1		0.012		
17:1	g	0.010		1	A	1		0.004		
18:1 undifferentiated	g	6.383		1	A	1		2.681		
20:1	g	0.038		1	A	1		0.016		
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.024		1	A	1		0.430		
18:2 undifferentiated	g	0.976		1	A	1		0.410		
18:3 undifferentiated	g	0.038		1	A	1		0.016		
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g	0.010		1	A	1		0.004		
20:4 undifferentiated	g	0.010		1	A	1		0.004		
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg									
Phytosterols	mg									

NDB No. 06581

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

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

Common Measures:

Measure 1 = 42g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	90.50		1	A	1		486.89	216.30	
Energy....kcal	39		0	NC	4		210	93	
Energy....kj	163				4		878	390	
Protein....g	2.50		1	A	1		13.45	5.98	
Total lipid (fat)....g	0.90		1	A	1		4.84	2.15	
Ash....g	1.00		1	A	1		5.38	2.39	
Carbohydrate, by difference....g	5.00		0	NC	4		26.90	11.95	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	328		1	A	1		1765	784	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.250		1	A	1		1.345	0.598	
Fatty acids, total monounsaturated....g	0.411		1	A	1		2.211	0.982	
Fatty acids, total polyunsaturated....g	0.211		1	A	1		1.135	0.504	
Fatty acids, total trans....g									
Cholesterol....mg	6		1	A	1		32	14	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 538g: 1 package yields

Measure 2 = 239g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.10		1	A	1		390.03	207.50	
Energy....kcal	57		0	NC	4		258	137	
Energy....kj	238				4		1078	574	
Protein....g	5.10		1	A	1		23.10	12.29	
Total lipid (fat)....g	0.68		1	A	1		3.08	1.64	
Ash....g	0.80		1	A	1		3.62	1.93	
Carbohydrate, by difference....g	7.10		0	NC	4		32.16	17.11	
Fiber, total dietary....g	1.5		1	A	1		6.8	3.6	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.65		1	A	1		2.94	1.57	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	219		1	A	1		992	528	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.290		1	A	1		1.314	0.699	
Fatty acids, total monounsaturated....g	0.300		1	A	1		1.359	0.723	
Fatty acids, total polyunsaturated....g	0.090		1	A	1		0.408	0.217	
Fatty acids, total trans....g									
Cholesterol....mg	8		1	A	1		38	20	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 453g: 1 package yields

Measure 2 = 241g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.00		0	FLM	4		204.85		
Energy	kcal	59		0	MC	9		142		
Energy	kj	247				9		595		
Protein	g	4.70		0	MA	12		11.33		
Total lipid (fat)	g	0.80		0	MA	12		1.93		
Ash	g	0.93		0	FLM	4		2.24		
Carbohydrate, by difference	g	8.30		0	MC	9		20.00		
Fiber, total dietary	g	1.3		0	MA	12		3.1		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0	MA	12		29		
Iron, Fe	mg	0.77		0	MA	12		1.86		
Magnesium, Mg	mg	13		0	FLM	4		31		
Phosphorus, P	mg	49		0	FLM	4		118		
Potassium, K	mg	152		0	FLM	4		366		
Sodium, Na	mg	195		0	MA	12		470		
Zinc, Zn	mg	0.64		0	FLM	4		1.54		
Copper, Cu	mg	0.063		0	FLM	4		0.152		
Manganese, Mn	mg	0.152		0	FLM	4		0.366		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0	MA	12		3.6		
Thiamin	mg	0.053		0	FLM	4		0.128		
Riboflavin	mg	0.052		0	FLM	4		0.125		
Niacin	mg	1.211		0	FLM	4		2.919		
Pantothenic acid	mg	0.122		0	FLM	4		0.294		
Vitamin B-6	mg	0.077		0	FLM	4		0.186		
Folate, total	mcg	10		0	FLM	4		24		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	10		0	FLM	4		24		
Folate, DFE	mcg_DFE	10		0	NC	4		24		
Vitamin B-12	mcg	0.15		0	FLM	4		0.36		
Vitamin A, IU	IU	970		0	MA	12		2338		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.111		0	FLM	4		0.268		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.310		0	MA	12		0.747		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.002		
13:0	g									
14:0	g	0.021		0	FLM	4		0.051		
15:0	g									
16:0	g	0.176		0	FLM	4		0.424		
17:0	g									
18:0	g	0.088		0	FLM	4		0.212		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.286		0	FLM	4		0.689		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.024		0	FLM	4		0.058		

NDB No. 06199
Soup, PROGRESSO HEALTHY CLASSICS BEEF BARLEY, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.260		0	FLM	4		0.627		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.104		0	FLM	4		0.251		
18:2 undifferentiated ... g	0.093		0	FLM	4		0.224		
18:3 undifferentiated ... g	0.008		0	FLM	4		0.019		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.002		0	FLM	4		0.005		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	8		0	MA	12		19		
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 241g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.00		0	FLM	4				
Energy	kcal	64		0	MC	9				
Energy	kj	268				9				
Protein	g	4.18		0	MA	12				
Total lipid (fat)	g	0.64		0	MA	12				
Ash	g	0.98		0	FLM	4				
Carbohydrate, by difference	g	10.25		0	MC	9				
Fiber, total dietary	g	2.4		0	MA	12				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	MA	12				
Iron, Fe	mg	0.74		0	MA	12				
Magnesium, Mg	mg	13		0	FLM	4				
Phosphorus, P	mg	41		0	FLM	4				
Potassium, K	mg	251		0	FLM	4				
Sodium, Na	mg	168		0	FLM	4				
Zinc, Zn	mg	0.53		0	FLM	4				
Copper, Cu	mg	0.103		0	FLM	4				
Manganese, Mn	mg	0.121		0	FLM	4				
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0	MA	12				
Thiamin	mg	0.045		0	FLM	4				
Riboflavin	mg	0.048		0	FLM	4				
Niacin	mg	1.168		0	FLM	4				
Pantothenic acid	mg	0.191		0	FLM	4				
Vitamin B-6	mg	0.103		0	FLM	4				
Folate, total	mcg	10		0	FLM	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	10		0	FLM	4				
Folate, DFE	mcg_DFE	10		0	NC	4				
Vitamin B-12	mcg	0.13		0	FLM	4				
Vitamin A, IU	IU	862		0	MA	12				
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.199		0	FLM	4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.250		0	FLM	4				
4:0	g	0.000		0	FLM	4				
6:0	g	0.000		0	FLM	4				
8:0	g	0.000		0	FLM	4				
10:0	g	0.000		0	FLM	4				
12:0	g	0.001		0	FLM	4				
13:0	g									
14:0	g	0.017		0	FLM	4				
15:0	g									
16:0	g	0.140		0	FLM	4				
17:0	g									
18:0	g	0.074		0	FLM	4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.236		0	FLM	4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0	FLM	4				

NDB No. 06198
Soup, PROGRESSO HEALTHY CLASSICS BEEF VEGETABLE, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.215		0	FLM	4				
20:1 ... g	0.000		0	FLM	4				
22:1 undifferentiated ... g	0.000		0	FLM	4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.072		0	FLM	4				
18:2 undifferentiated ... g	0.063		0	FLM	4				
18:3 undifferentiated ... g	0.007		0	FLM	4				
18:4 ... g	0.000		0	FLM	4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.002		0	FLM	4				
20:5 n-3 ... g	0.000		0	FLM	4				
22:5 n-3 ... g	0.000		0	FLM	4				
22:6 n-3 ... g	0.000		0	FLM	4				
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0	MA	12				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.50		0	FLM	4		216.86		
Energy	kcal	32		0	MC	9		76		
Energy	kj	134				9		317		
Protein	g	2.42		0	MA	12		5.74		
Total lipid (fat)	g	0.69		0	MA	12		1.64		
Ash	g	0.80		0	FLM	4		1.90		
Carbohydrate, by difference	g	3.98		0	MC	9		9.43		
Fiber, total dietary	g	0.5		0	MA	12		1.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	MA	12		19		
Iron, Fe	mg	0.47		0	MA	12		1.11		
Magnesium, Mg	mg	4		0	FLM	4		9		
Phosphorus, P	mg	36		0	FLM	4		85		
Potassium, K	mg	88		0	FLM	4		209		
Sodium, Na	mg	194		0	MA	12		460		
Zinc, Zn	mg	0.17		0	FLM	4		0.40		
Copper, Cu	mg	0.054		0	FLM	4		0.128		
Manganese, Mn	mg	0.107		0	FLM	4		0.254		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	MA	12		0.7		
Thiamin	mg	0.047		0	FLM	4		0.111		
Riboflavin	mg	0.047		0	FLM	4		0.111		
Niacin	mg	1.453		0	FLM	4		3.444		
Pantothenic acid	mg	0.087		0	FLM	4		0.206		
Vitamin B-6	mg	0.022		0	FLM	4		0.052		
Folate, total	mcg	14		0	FLM	4		33		
Folic acid	mcg	11		0	NC	4		26		
Folate, food	mcg	3		0		4		7		
Folate, DFE	mcg_DFE	22		0	NC	4		51		
Vitamin B-12	mcg	0.09		0	FLM	4		0.21		
Vitamin A, IU	IU	388		0	MA	12		920		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.029		0	FLM	4		0.069		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.176		0	MA	12		0.417		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.008		0	FLM	4		0.019		
15:0	g									
16:0	g	0.130		0	FLM	4		0.308		
17:0	g									
18:0	g	0.033		0	FLM	4		0.078		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.247		0	FLM	4		0.585		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.029		0	FLM	4		0.069		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.209		0	FLM	4		0.495		
20:1 ... g	0.003		0	FLM	4		0.007		
22:1 undifferentiated ... g	0.001		0	FLM	4		0.002		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.161		0	FLM	4		0.382		
18:2 undifferentiated ... g	0.133		0	FLM	4		0.315		
18:3 undifferentiated ... g	0.010		0	FLM	4		0.024		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.003		0	FLM	4		0.007		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.001		0	FLM	4		0.002		
22:6 n-3 ... g	0.001		0	FLM	4		0.002		
Fatty acids, total trans ... g									
Cholesterol ... mg	8		0	FLM	4		19		
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 237g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.00		0	FLM	4		217.49		
Energy	kcal	37		0	MC	9		88		
Energy	kj	155				9		370		
Protein	g	2.62		0	MA	12		6.26		
Total lipid (fat)	g	0.62		0	MA	12		1.48		
Ash	g	0.60		0	FLM	4		1.43		
Carbohydrate, by difference	g	5.23		0	MC	9		12.50		
Fiber, total dietary	g	0.3		0	MA	12		0.7		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0	MA	12		24		
Iron, Fe	mg	0.50		0	MA	12		1.20		
Magnesium, Mg	mg	10		0	FLM	4		24		
Phosphorus, P	mg	37		0	FLM	4		88		
Potassium, K	mg	115		0	FLM	4		275		
Sodium, Na	mg	192		0	MA	12		459		
Zinc, Zn	mg	0.18		0	FLM	4		0.43		
Copper, Cu	mg	0.041		0	FLM	4		0.098		
Manganese, Mn	mg	0.099		0	FLM	4		0.237		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	MA	12		0.7		
Thiamin	mg	0.052		0	FLM	4		0.124		
Riboflavin	mg	0.030		0	FLM	4		0.072		
Niacin	mg	1.084		0	FLM	4		2.591		
Pantothenic acid	mg	0.211		0	FLM	4		0.504		
Vitamin B-6	mg	0.030		0	FLM	4		0.072		
Folate, total	mcg	15		0	FLM	4		36		
Folic acid	mcg	5		0	NC	4		12		
Folate, food	mcg	10		0		4		24		
Folate, DFE	mcg_DFE	19		0	NC	4		44		
Vitamin B-12	mcg	0.04		0	FLM	4		0.10		
Vitamin A, IU	IU	688		0	MA	12		1644		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.046		0	FLM	4		0.110		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.180		0	MA	12		0.430		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.001		0	FLM	4		0.002		
13:0	g									
14:0	g	0.005		0	FLM	4		0.012		
15:0	g									
16:0	g	0.108		0	FLM	4		0.258		
17:0	g									
18:0	g	0.022		0	FLM	4		0.053		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.211		0	FLM	4		0.504		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.017		0	FLM	4		0.041		

NDB No. 06202

Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.189		0	FLM	4		0.452		
20:1 ... g	0.004		0	FLM	4		0.010		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.201		0	FLM	4		0.480		
18:2 undifferentiated ... g	0.185		0	FLM	4		0.442		
18:3 undifferentiated ... g	0.009		0	FLM	4		0.022		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.004		0	FLM	4		0.010		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.001		0	FLM	4		0.002		
22:6 n-3 ... g	0.001		0	FLM	4		0.002		
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0	MA	12		17		
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 239g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.00		0	FLM	4		224.48		
Energy	kcal	36		0	MC	9		88		
Energy	kj	151				9		368		
Protein	g	0.97		0	MA	12		2.37		
Total lipid (fat)	g	1.15		0	MA	12		2.81		
Ash	g	0.63		0	FLM	4		1.54		
Carbohydrate, by difference	g	5.46		0	MC	9		13.32		
Fiber, total dietary	g	1.0		0	MA	12		2.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	MA	12		41		
Iron, Fe	mg	0.50		0	MA	12		1.22		
Magnesium, Mg	mg	6		0	FLM	4		15		
Phosphorus, P	mg	16		0	FLM	4		39		
Potassium, K	mg	66		0	FLM	4		161		
Sodium, Na	mg	237		0	MA	12		578		
Zinc, Zn	mg	0.11		0	FLM	4		0.27		
Copper, Cu	mg	0.015		0	FLM	4		0.037		
Manganese, Mn	mg	0.054		0	FLM	4		0.132		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4		0	MA	12		5.9		
Thiamin	mg	0.012		0	FLM	4		0.029		
Riboflavin	mg	0.024		0	FLM	4		0.059		
Niacin	mg	0.130		0	FLM	4		0.317		
Pantothenic acid	mg	0.111		0	FLM	4		0.271		
Vitamin B-6	mg	0.030		0	FLM	4		0.073		
Folate, total	mcg	12		0	FLM	4		29		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	12		0	FLM	4		29		
Folate, DFE	mcg_DFE	12		0	NC	4		29		
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU	IU	120		0	MA	12		293		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.157		0	FLM	4		0.383		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.270		0	MA	12		0.659		
4:0	g	0.019		0	FLM	4		0.046		
6:0	g	0.011		0	FLM	4		0.027		
8:0	g	0.006		0	FLM	4		0.015		
10:0	g	0.014		0	FLM	4		0.034		
12:0	g	0.015		0	FLM	4		0.037		
13:0	g									
14:0	g	0.061		0	FLM	4		0.149		
15:0	g									
16:0	g	0.221		0	FLM	4		0.539		
17:0	g									
18:0	g	0.097		0	FLM	4		0.237		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.377		0	FLM	4		0.920		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.017		0	FLM	4		0.041		

NDB No. 06203
Soup, PROGRESSO HEALTHY CLASSICS CREAM OF BROCCOLI, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.351		0	FLM	4		0.856		
20:1 ....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ....g	0.000		0	FLM	4		0.000		
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.235		0	FLM	4		0.573		
18:2 undifferentiated ....g	0.183		0	FLM	4		0.447		
18:3 undifferentiated ....g	0.052		0	FLM	4		0.127		
18:4 ....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0	FLM	4		0.000		
20:5 n-3 ....g	0.000		0	FLM	4		0.000		
22:5 n-3 ....g	0.000		0	FLM	4		0.000		
22:6 n-3 ....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ....g									
Cholesterol ....mg	2		0	MA	12		5		
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 244g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.00		0		4		213.84		
Energy	kcal	41		0	MC	9		100		
Energy	kj	172				9		417		
Protein	g	1.81		0	MA	12		4.40		
Total lipid (fat)	g	0.53		0	MA	12		1.29		
Ash	g	1.30		0		4		3.16		
Carbohydrate, by difference	g	7.33		0	MC	9		17.81		
Fiber, total dietary	g	1.2		0	MA	12		2.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0	MA	12		50		
Iron, Fe	mg	0.36		0	MA	12		0.87		
Magnesium, Mg	mg	14		0	FLM	4		34		
Phosphorus, P	mg	36		0	FLM	4		87		
Potassium, K	mg	123		0	FLM	4		299		
Sodium, Na	mg	185		0	MA	12		450		
Zinc, Zn	mg	0.23		0	FLM	4		0.56		
Copper, Cu	mg	0.039		0	FLM	4		0.095		
Manganese, Mn	mg	0.105		0	FLM	4		0.255		
Selenium, Se	mcg	4.1		0	FLM	4		10.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MA	12		0.0		
Thiamin	mg	0.096		0	FLM	4		0.233		
Riboflavin	mg	0.052		0	FLM	4		0.126		
Niacin	mg	0.839		0	FLM	4		2.039		
Pantothenic acid	mg	0.238		0	FLM	4		0.578		
Vitamin B-6	mg	0.041		0	FLM	4		0.100		
Folate, total	mcg	26		0	FLM	4		63		
Folic acid	mcg	12		0	NC	4		29		
Folate, food	mcg	14		0		4		34		
Folate, DFE	mcg_DFE	34		0	NC	4		84		
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU	IU	1270		0	MA	12		3086		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.106		0	FLM	4		0.258		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.130		0	MA	12		0.316		
4:0	g	0.002		0	FLM	4		0.005		
6:0	g	0.001		0	FLM	4		0.002		
8:0	g	0.001		0	FLM	4		0.002		
10:0	g	0.002		0	FLM	4		0.005		
12:0	g	0.002		0	FLM	4		0.005		
13:0	g									
14:0	g	0.008		0	FLM	4		0.019		
15:0	g									
16:0	g	0.091		0	FLM	4		0.221		
17:0	g									
18:0	g	0.019		0	FLM	4		0.046		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.147		0	FLM	4		0.357		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.007		0	FLM	4		0.017		

NDB No. 06197
Soup, PROGRESSO HEALTHY CLASSICS GARLIC AND PASTA, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.137		0	FLM	4		0.333		
20:1 ... g	0.001		0	FLM	4		0.002		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.192		0	FLM	4		0.467		
18:2 undifferentiated ... g	0.174		0	FLM	4		0.423		
18:3 undifferentiated ... g	0.017		0	FLM	4		0.041		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0	MA	12		5		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 243g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06204
Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.02		0	FLM	4		213.01		
Energy	kcal	52		0	MC	9		126		
Energy	kj	218				9		527		
Protein	g	3.22		0	MA	12		7.79		
Total lipid (fat)	g	0.62		0	MA	12		1.50		
Ash	g	0.97		0	FLM	4		2.35		
Carbohydrate, by difference	g	8.39		0	MC	9		20.30		
Fiber, total dietary	g	2.3		0	MA	12		5.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	MA	12		41		
Iron, Fe	mg	1.10		0	MA	12		2.66		
Magnesium, Mg	mg	17		0	FLM	4		41		
Phosphorus, P	mg	53		0	FLM	4		128		
Potassium, K	mg	139		0	FLM	4		336		
Sodium, Na	mg	183		0	MA	12		443		
Zinc, Zn	mg	0.43		0	FLM	4		1.04		
Copper, Cu	mg	0.089		0	FLM	4		0.215		
Manganese, Mn	mg	0.224		0	FLM	4		0.542		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0	MA	12		1.0		
Thiamin	mg	0.045		0	FLM	4		0.109		
Riboflavin	mg	0.036		0	FLM	4		0.087		
Niacin	mg	0.291		0	FLM	4		0.704		
Pantothenic acid	mg	0.226		0	FLM	4		0.547		
Vitamin B-6	mg	0.067		0	FLM	4		0.162		
Folate, total	mcg	42		0	FLM	4		102		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	42		0	FLM	4		102		
Folate, DFE	mcg_DFE	42		0	NC	4		102		
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU	IU	393		0	MA	12		951		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.243		0	FLM	4		0.588		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.110		0	MA	12		0.266		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.001		0	FLM	4		0.002		
15:0	g									
16:0	g	0.065		0	FLM	4		0.157		
17:0	g									
18:0	g	0.011		0	FLM	4		0.027		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.337		0	FLM	4		0.816		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.004		0	FLM	4		0.010		

NDB No. 06204
Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.331		0	FLM	4		0.801		
20:1 ... g	0.002		0	FLM	4		0.005		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.100		0	FLM	4		0.242		
18:2 undifferentiated ... g	0.080		0	FLM	4		0.194		
18:3 undifferentiated ... g	0.020		0	FLM	4		0.048		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 242g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06206
Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.67		0	FLM	4		208.87		
Energy	kcal	51		0	MC	9		123		
Energy	kj	213				9		514		
Protein	g	1.98		0	MA	12		4.77		
Total lipid (fat)	g	1.05		0	MA	12		2.53		
Ash	g	0.89		0	FLM	4		2.14		
Carbohydrate, by difference	g	8.44		0	MC	9		20.34		
Fiber, total dietary	g	0.5		0	MA	12		1.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0	MA	12		39		
Iron, Fe	mg	0.70		0	MA	12		1.69		
Magnesium, Mg	mg	13		0	FLM	4		31		
Phosphorus, P	mg	36		0	FLM	4		87		
Potassium, K	mg	127		0	FLM	4		306		
Sodium, Na	mg	195		0	FLM	4		470		
Zinc, Zn	mg	0.27		0	FLM	4		0.65		
Copper, Cu	mg	0.072		0	FLM	4		0.174		
Manganese, Mn	mg	0.152		0	FLM	4		0.366		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	MA	12		0.7		
Thiamin	mg	0.062		0	FLM	4		0.149		
Riboflavin	mg	0.033		0	FLM	4		0.080		
Niacin	mg	0.429		0	FLM	4		1.034		
Pantothenic acid	mg	0.124		0	FLM	4		0.299		
Vitamin B-6	mg	0.057		0	FLM	4		0.137		
Folate, total	mcg	25		0	FLM	4		60		
Folic acid	mcg	2		0	NC	4		5		
Folate, food	mcg	23		0		4		55		
Folate, DFE	mcg_DFE	26		0	NC	4		64		
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU	IU	563		0	MA	12		1357		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.284		0	FLM	4		0.684		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.170		0	MA	12		0.410		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.001		0	FLM	4		0.002		
15:0	g									
16:0	g	0.107		0	FLM	4		0.258		
17:0	g									
18:0	g	0.044		0	FLM	4		0.106		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.385		0	FLM	4		0.928		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.004		0	FLM	4		0.010		

NDB No. 06206
Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.380		0	FLM	4		0.916		
20:1 ... g	0.000		0	FLM	4		0.000		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.409		0	FLM	4		0.986		
18:2 undifferentiated ... g	0.000		0	FLM	4		0.000		
18:3 undifferentiated ... g	0.364		0	FLM	4		0.877		
18:4 ... g	0.038		0	FLM	4		0.092		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 241g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06205

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.15		0	FLM	4		217.53		
Energy	kcal	48		0	MC	9		117		
Energy	kj	201				9		490		
Protein	g	2.13		0	MA	12		5.20		
Total lipid (fat)	g	0.81		0	MA	12		1.98		
Ash	g	0.76		0	FLM	4		1.85		
Carbohydrate, by difference	g	8.11		0	MC	9		19.79		
Fiber, total dietary	g	0.5		0	MA	12		1.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	MA	12		17		
Iron, Fe	mg	0.37		0	MA	12		0.90		
Magnesium, Mg	mg	5		0	FLM	4		12		
Phosphorus, P	mg	24		0	FLM	4		59		
Potassium, K	mg	116		0	FLM	4		283		
Sodium, Na	mg	217		0	MA	12		529		
Zinc, Zn	mg	0.17		0	FLM	4		0.41		
Copper, Cu	mg	0.071		0	FLM	4		0.173		
Manganese, Mn	mg	0.067		0	FLM	4		0.163		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.1		0	MA	12		5.1		
Thiamin	mg	0.022		0	FLM	4		0.054		
Riboflavin	mg	0.036		0	FLM	4		0.088		
Niacin	mg	0.353		0	FLM	4		0.861		
Pantothenic acid	mg	0.102		0	FLM	4		0.249		
Vitamin B-6	mg	0.035		0	FLM	4		0.085		
Folate, total	mcg	12		0	FLM	4		29		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	12		0	FLM	4		29		
Folate, DFE	mcg_DFE	12		0	NC	4		29		
Vitamin B-12	mcg	2.53		0	FLM	4		6.17		
Vitamin A, IU	IU	100		0	MA	12		244		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.226		0	FLM	4		0.551		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.210		0	MA	12		0.512		
4:0	g	0.012		0	FLM	4		0.029		
6:0	g	0.007		0	FLM	4		0.017		
8:0	g	0.004		0	FLM	4		0.010		
10:0	g	0.009		0	FLM	4		0.022		
12:0	g	0.010		0	FLM	4		0.024		
13:0	g									
14:0	g	0.037		0	FLM	4		0.090		
15:0	g									
16:0	g	0.138		0	FLM	4		0.337		
17:0	g									
18:0	g	0.063		0	FLM	4		0.154		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.274		0	FLM	4		0.669		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.016		0	FLM	4		0.039		

NDB No. 06205

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.251		0	FLM	4		0.612		
20:1 ... g	0.001		0	FLM	4		0.002		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.174		0	FLM	4		0.425		
18:2 undifferentiated ... g	0.142		0	FLM	4		0.346		
18:3 undifferentiated ... g	0.016		0	FLM	4		0.039		
18:4 ... g	0.001		0	FLM	4		0.002		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.002		0	FLM	4		0.005		
20:5 n-3 ... g	0.004		0	FLM	4		0.010		
22:5 n-3 ... g	0.003		0	FLM	4		0.007		
22:6 n-3 ... g	0.004		0	FLM	4		0.010		
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0	MA	12		5		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.40		0		4		208.47		
Energy	kcal	71		0	MC	9		180		
Energy	kj	297				9		752		
Protein	g	3.85		0	MC	9		9.74		
Total lipid (fat)	g	0.92		0	MA	12		2.33		
Ash	g	1.00		0		4		2.53		
Carbohydrate, by difference	g	11.83		0	MC	9		29.93		
Fiber, total dietary	g	1.9		0	MA	12		4.9		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0	MA	12		43		
Iron, Fe	mg	0.77		0	MA	12		1.95		
Magnesium, Mg	mg	14		0	FLM	4		35		
Phosphorus, P	mg	54		0	FLM	4		137		
Potassium, K	mg	183		0	FLM	4		463		
Sodium, Na	mg	166		0	MA	12		420		
Zinc, Zn	mg	0.40		0	FLM	4		1.01		
Copper, Cu	mg	0.110		0	FLM	4		0.278		
Manganese, Mn	mg	0.200		0	FLM	4		0.506		
Selenium, Se	mcg	0.3		0	BFZN	4		0.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MA	12		0.0		
Thiamin	mg	0.070		0	FLM	4		0.177		
Riboflavin	mg	0.029		0	FLM	4		0.073		
Niacin	mg	0.457		0	FLM	4		1.156		
Pantothenic acid	mg	0.237		0	FLM	4		0.600		
Vitamin B-6	mg	0.073		0	FLM	4		0.185		
Folate, total	mcg	20		0	FLM	4		51		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	20		0	FLM	4		51		
Folate, DFE	mcg_DFE	20		0	NC	4		51		
Vitamin B-12	mcg	0.01		0	FLM	4		0.03		
Vitamin A, IU	IU	730		0	MA	12		1847		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.121		0	FLM	4		0.306		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.300		0	MA	12		0.759		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.003		0	FLM	4		0.008		
12:0	g	0.003		0	FLM	4		0.008		
13:0	g									
14:0	g	0.012		0	FLM	4		0.030		
15:0	g									
16:0	g	0.191		0	FLM	4		0.483		
17:0	g									
18:0	g	0.090		0	FLM	4		0.228		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.370		0	FLM	4		0.936		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.024		0	FLM	4		0.061		

NDB No. 06192
Soup, PROGRESSO HEALTHY CLASSICS SPLIT PEA, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.345		0	FLM	4		0.873		
20:1 ... g	0.001		0	FLM	4		0.003		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.168		0	FLM	4		0.425		
18:2 undifferentiated ... g	0.147		0	FLM	4		0.372		
18:3 undifferentiated ... g	0.021		0	FLM	4		0.053		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0	MA	12		5		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 253g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.00		0		4		215.60		
Energy	kcal	40		0	MC	9		99		
Energy	kj	169				9		414		
Protein	g	1.42		0	MA	12		3.48		
Total lipid (fat)	g	0.40		0	MA	12		0.98		
Ash	g	1.30		0		4		3.19		
Carbohydrate, by difference	g	7.77		0	MC	9		19.04		
Fiber, total dietary	g	1.6		0	MA	12		4.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0	MA	12		56		
Iron, Fe	mg	0.67		0	MA	12		1.64		
Magnesium, Mg	mg	12		0	FLM	4		29		
Phosphorus, P	mg	27		0	FLM	4		66		
Potassium, K	mg	124		0	FLM	4		304		
Sodium, Na	mg	196		0	MA	12		480		
Zinc, Zn	mg	0.19		0	FLM	4		0.47		
Copper, Cu	mg	0.051		0	FLM	4		0.125		
Manganese, Mn	mg	0.091		0	FLM	4		0.223		
Selenium, Se	mcg	1.8		0	BFZN	4		4.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0	MA	12		4.4		
Thiamin	mg	0.070		0	FLM	4		0.172		
Riboflavin	mg	0.039		0	FLM	4		0.096		
Niacin	mg	0.650		0	FLM	4		1.593		
Pantothenic acid	mg	0.187		0	FLM	4		0.458		
Vitamin B-6	mg	0.045		0	FLM	4		0.110		
Folate, total	mcg	10		0	FLM	4		25		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	10		0	FLM	4		25		
Folate, DFE	mcg_DFE	10		0	NC	4		25		
Vitamin B-12	mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU	IU	550		0	MA	12		1348		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.231		0	FLM	4		0.566		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.070		0	MA	12		0.172		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.000		0	FLM	4		0.000		
15:0	g									
16:0	g	0.061		0	FLM	4		0.149		
17:0	g									
18:0	g	0.008		0	FLM	4		0.020		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.206		0	FLM	4		0.505		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.002		0	FLM	4		0.005		

NDB No. 06191
Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.204		0	FLM	4		0.500		
20:1 ... g	0.001		0	FLM	4		0.002		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.147		0	FLM	4		0.360		
18:2 undifferentiated ... g	0.139		0	FLM	4		0.341		
18:3 undifferentiated ... g	0.008		0	FLM	4		0.020		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0	MA	12		0		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 245g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06207
Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.00		0	FLM	4		216.58		
Energy	kcal	34		0	MC	9		81		
Energy	kj	142				9		339		
Protein	g	1.76		0	MA	12		4.19		
Total lipid (fat)	g	0.54		0	MA	12		1.29		
Ash	g	0.63		0	FLM	4		1.50		
Carbohydrate, by difference	g	5.56		0	MC	9		13.23		
Fiber, total dietary	g	0.6		0	MA	12		1.4		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0	MA	12		31		
Iron, Fe	mg	0.64		0	MA	12		1.52		
Magnesium, Mg	mg	9		0	FLM	4		21		
Phosphorus, P	mg	31		0	FLM	4		74		
Potassium, K	mg	122		0	FLM	4		290		
Sodium, Na	mg	196		0	MA	12		466		
Zinc, Zn	mg	0.16		0	FLM	4		0.38		
Copper, Cu	mg	0.052		0	FLM	4		0.124		
Manganese, Mn	mg	0.124		0	FLM	4		0.295		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	MA	12		1.4		
Thiamin	mg	0.033		0	FLM	4		0.079		
Riboflavin	mg	0.029		0	FLM	4		0.069		
Niacin	mg	0.767		0	FLM	4		1.825		
Pantothenic acid	mg	0.104		0	FLM	4		0.248		
Vitamin B-6	mg	0.031		0	FLM	4		0.074		
Folate, total	mcg	12		0	FLM	4		29		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	12		0	FLM	4		29		
Folate, DFE	mcg_DFE	12		0	NC	4		29		
Vitamin B-12	mcg	0.03		0	FLM	4		0.07		
Vitamin A, IU	IU	1343		0	MA	12		3196		
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E	mg_ATE	0.060		0	FLM	4		0.143		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.140		0	MA	12		0.333		
4:0	g	0.000		0	FLM	4		0.000		
6:0	g	0.000		0	FLM	4		0.000		
8:0	g	0.000		0	FLM	4		0.000		
10:0	g	0.000		0	FLM	4		0.000		
12:0	g	0.000		0	FLM	4		0.000		
13:0	g									
14:0	g	0.007		0	FLM	4		0.017		
15:0	g									
16:0	g	0.104		0	FLM	4		0.248		
17:0	g									
18:0	g	0.024		0	FLM	4		0.057		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.187		0	FLM	4		0.445		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.021		0	FLM	4		0.050		

NDB No. 06207
Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.159		0	FLM	4		0.378		
20:1 ... g	0.007		0	FLM	4		0.017		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.147		0	FLM	4		0.350		
18:2 undifferentiated ... g	0.129		0	FLM	4		0.307		
18:3 undifferentiated ... g	0.017		0	FLM	4		0.040		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	FLM	4		0.000		
20:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:5 n-3 ... g	0.000		0	FLM	4		0.000		
22:6 n-3 ... g	0.000		0	FLM	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0	MA	12		5		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 238g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06731
Soup, bean with bacon, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.90		1	A	1		231.13	95.72	
Energy....kcal	117		0	NC	4		381	158	
Energy....kj	490				4		1596	661	
Protein....g	6.50		1	A	1		21.19	8.78	
Total lipid (fat)....g	2.10		1	A	1		6.85	2.84	
Ash....g	2.50		1	A	1		8.15	3.38	
Carbohydrate, by difference....g	18.00		0	NC	4		58.68	24.30	
Fiber, total dietary....g	4.6		1	A	1		15.0	6.2	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.37		1	A	1		4.47	1.85	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	736		1	A	1		2399	994	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.601		1	A	1		1.959	0.811	
Fatty acids, total monounsaturated....g	0.747		1	A	1		2.435	1.008	
Fatty acids, total polyunsaturated....g	0.446		1	A	1		1.454	0.602	
Fatty acids, total trans....g									
Cholesterol....mg	3		1	A	1		10	4	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 326g: 1 package yields

Measure 2 = 135g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06074
Soup, bean with bacon, dehydrated, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.00		1		1		1.12		
Energy	kcal	370		0	NC	4		104		
Energy	kj	1548				4		433		
Protein (N x 6.25)	g	19.38		1		1		5.43		
Total lipid (fat)	g	7.60		1		1		2.13		
Ash	g	11.30		1		1		3.16		
Carbohydrate, by difference	g	57.72		0	NC	4		16.16		
Fiber, total dietary	g	30.8		0		4		8.6		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	193		0		4		54		
Iron, Fe	mg	4.90		0		4		1.37		
Magnesium, Mg	mg	106		0		4		30		
Phosphorus, P	mg	315		0		4		88		
Potassium, K	mg	1150		1		1		322		
Sodium, Na	mg	3275		2		1		917		
Zinc, Zn	mg	2.48		0		4		0.69		
Copper, Cu	mg	0.970		0		4		0.272		
Manganese, Mn	mg	1.600		0		4		0.448		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		0		4		1.1		
Thiamin	mg	0.200		0		4		0.056		
Riboflavin	mg	0.100		0		4		0.028		
Niacin	mg	1.400		0		4		0.392		
Pantothenic acid	mg	0.200		0		4		0.056		
Vitamin B-6	mg	0.100		0		4		0.028		
Folate, total	mcg	30		0		4		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	30		0		4		8		
Folate, DFE	mcg_DFE	30		0	NC	4		8		
Vitamin B-12	mcg	0.10		0		4		0.03		
Vitamin A, IU	IU	210		0		4		59		
Vitamin A, RAE	mcg_RAE	11		0	NC	4		3		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	0.913		0		4		0.256		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.380		0		1		0.946		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		1		0.000		
12:0	g	0.040		0		1		0.011		
13:0	g									
14:0	g	0.190		0		1		0.053		
15:0	g									
16:0	g	1.850		0		1		0.518		
17:0	g									
18:0	g	1.230		0		1		0.344		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.300		0		1		0.924		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.260		0		1		0.073		

NDB No. 06074
Soup, bean with bacon, dehydrated, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.930		0		1		0.820		
20:1 ... g	0.050		0		1		0.014		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.580		0		1		0.162		
18:2 undifferentiated ... g	0.510		0		1		0.143		
18:3 undifferentiated ... g	0.060		0		1		0.017		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0		1		3		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 28g: 1 cup (8 fl oz)

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06474
Soup, bean with bacon, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.73		0		1		237.78	29.70	
Energy	kcal	40		0	NC	4		106	13	
Energy	kj	167				4		444	55	
Protein (N x 6.25)	g	2.07		0		1		5.49	0.69	
Total lipid (fat)	g	0.81		0		1		2.15	0.27	
Ash	g	1.21		0		1		3.21	0.40	
Carbohydrate, by difference	g	6.18		0	NC	4		16.38	2.05	
Fiber, total dietary	g	3.4		0		4		9.0	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		4		56	7	
Iron, Fe	mg	0.50		0		4		1.33	0.17	
Magnesium, Mg	mg	11		0		4		29	4	
Phosphorus, P	mg	34		0		4		90	11	
Potassium, K	mg	123		0		1		326	41	
Sodium, Na	mg	350		0		1		928	116	
Zinc, Zn	mg	0.26		0		4		0.69	0.09	
Copper, Cu	mg	0.100		0		4		0.265	0.033	
Manganese, Mn	mg	0.200		0		4		0.530	0.066	
Selenium, Se	mcg	2.2		0	BFSN	4		5.8	0.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		4		1.1	0.1	
Thiamin	mg	0.020		0		4		0.053	0.007	
Riboflavin	mg	0.100		0		4		0.265	0.033	
Niacin	mg	0.150		0		4		0.398	0.050	
Pantothenic acid	mg	0.020		0		4		0.053	0.007	
Vitamin B-6	mg	0.010		0		4		0.027	0.003	
Folate, total	mcg	3		0		4		8	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		8	1	
Folate, DFE	mcg_DFE	3		0	NC	4		8	1	
Vitamin B-12	mcg	0.01		0		4		0.03	0.00	
Vitamin A, IU	IU	20		0		4		53	7	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		3	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.098		0		4		0.260	0.032	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.360		0		1		0.954	0.119	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		0		1		0.053	0.007	
15:0	g									
16:0	g	0.200		0		1		0.530	0.066	
17:0	g									
18:0	g	0.130		0		1		0.345	0.043	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.350		0		1		0.928	0.116	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.080	0.010	

NDB No. 06474
Soup, bean with bacon, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.310		0		1		0.822	0.103	
20:1 ... g	0.010		0		1		0.027	0.003	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.060		0		1		0.159	0.020	
18:2 undifferentiated ... g	0.050		0		1		0.133	0.017	
18:3 undifferentiated ... g	0.010		0		1		0.027	0.003	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		3	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 265g: 1 cup (8 fl oz)

Measure 2 = 33.1g: 1 fl oz

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.70	0.516	10		1		178.05	215.96	
Energy	kcal	142		0	NC	4		373	453	
Energy	kj	594				4		1563	1895	
Protein (N x 6.25)	g	7.60	0.132	10		1		19.99	24.24	
Total lipid (fat)	g	5.31	0.198	10		1		13.97	16.94	
Ash	g	2.64	0.086	10		1		6.94	8.42	
Carbohydrate, by difference	g	16.75		0	NC	4		44.05	53.43	
Fiber, total dietary	g	4.6		0		4		12.1	14.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	66	3.678	10		1		174	211	
Iron, Fe	mg	1.78	0.080	10		1		4.68	5.68	
Magnesium, Mg	mg	37		1		1		97	118	
Phosphorus, P	mg	126		1		1		331	402	
Potassium, K	mg	363		1		1		955	1158	
Sodium, Na	mg	831	8.124	5		1		2186	2651	
Zinc, Zn	mg	0.90		1		1		2.37	2.87	
Copper, Cu	mg	0.300		1		1		0.789	0.957	
Manganese, Mn	mg	0.600		1		1		1.578	1.914	
Selenium, Se	mcg	6.9		0	BFSN	4		18.1	22.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.167	9		1		1.8	2.2	
Thiamin	mg	0.083	0.004	10		1		0.218	0.265	
Riboflavin	mg	0.049	0.002	10		1		0.129	0.156	
Niacin	mg	0.780	0.020	10		1		2.051	2.488	
Pantothenic acid	mg	0.070		0		4		0.184	0.223	
Vitamin B-6	mg	0.100		1		1		0.263	0.319	
Folate, total	mcg	24		0		4		63	77	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	24		0		4		63	77	
Folate, DFE	mcg_DFE	24		0	NC	4		63	77	
Vitamin B-12	mcg	0.06		0		4		0.16	0.19	
Vitamin A, IU	IU	662	47.898	10		1		1741	2112	
Vitamin A, RAE	mcg_RAE	33		0	NC	4		87	106	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.610		0		1		4.234	5.136	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.050		1		1		0.132	0.160	
15:0	g									
16:0	g	1.070		1		1		2.814	3.413	
17:0	g									
18:0	g	0.450		1		1		1.184	1.436	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.080		0		1		5.470	6.635	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.110		1		1		0.289	0.351	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.930		1		1		5.076	6.157	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.250		0		1		3.288	3.988	
18:2 undifferentiated ... g	0.950		1		1		2.499	3.031	
18:3 undifferentiated ... g	0.270		1		1		0.710	0.861	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	9		0		1		24	29	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.080		0		1		0.210	0.255	
Threonine ... g	0.314		0		1		0.826	1.002	
Isoleucine ... g	0.371		0		1		0.976	1.183	
Leucine ... g	0.626		0		1		1.646	1.997	
Lysine ... g	0.518		0		1		1.362	1.652	
Methionine ... g	0.096		0		1		0.252	0.306	
Cystine ... g	0.084		0		1		0.221	0.268	
Phenylalanine ... g	0.424		0		1		1.115	1.353	
Tyrosine ... g	0.227		0		1		0.597	0.724	
Valine ... g	0.418		0		1		1.099	1.333	
Arginine ... g	0.399		0		1		1.049	1.273	
Histidine ... g	0.198		0		1		0.521	0.632	
Alanine ... g	0.379		0		1		0.997	1.209	
Aspartic acid ... g	0.851		0		1		2.238	2.715	
Glutamic acid ... g	1.401		0		1		3.685	4.469	
Glycine ... g	0.367		0		1		0.965	1.171	
Proline ... g	0.343		0		1		0.902	1.094	
Serine ... g	0.376		0		1		0.989	1.199	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 263g: 1 cup (8 fl oz)

Measure 2 = 319g: 1 can (11.25 oz)

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.03		0		1		207.58	503.99	
Energy	kcal	75		0	NC	4		188	455	
Energy	kj	314				4		785	1905	
Protein (N x 6.25)	g	3.99		0		1		9.98	24.22	
Total lipid (fat)	g	2.79		0		1		6.98	16.94	
Ash	g	1.39		0		1		3.48	8.44	
Carbohydrate, by difference	g	8.80		0	NC	4		22.00	53.42	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0		1		88	212	
Iron, Fe	mg	0.94		0		1		2.35	5.71	
Magnesium, Mg	mg	19		0		1		48	115	
Phosphorus, P	mg	66		0		1		165	401	
Potassium, K	mg	191		0		1		478	1159	
Sodium, Na	mg	437		0		1		1093	2653	
Zinc, Zn	mg	0.47		0		1		1.18	2.87	
Copper, Cu	mg	0.158		0		1		0.395	0.959	
Manganese, Mn	mg	0.315		0		1		0.788	1.912	
Selenium, Se	mcg	3.4		0	RA	4		8.5	20.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		1.0	2.4	
Thiamin	mg	0.044		0		1		0.110	0.267	
Riboflavin	mg	0.026		0		1		0.065	0.158	
Niacin	mg	0.410		0		1		1.025	2.489	
Pantothenic acid	mg	0.040		0		4		0.100	0.243	
Vitamin B-6	mg	0.053		0		1		0.133	0.322	
Folate, total	mcg	12		0		4		30	73	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		0		4		30	73	
Folate, DFE	mcg_DFE	12		0	NC	4		30	73	
Vitamin B-12	mcg	0.03		0		4		0.08	0.18	
Vitamin A, IU	IU	348		0		1		870	2112	
Vitamin A, RAE	mcg_RAE	17		0	NC	4		44	106	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.850		0		1		2.125	5.160	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.030		0		1		0.075	0.182	
15:0	g									
16:0	g	0.560		0		1		1.400	3.399	
17:0	g									
18:0	g	0.240		0		1		0.600	1.457	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.090		0		1		2.725	6.616	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		0		1		0.150	0.364	

NDB No. 06406

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.010		0		1		2.525	6.131	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.660		0		1		1.650	4.006	
18:2 undifferentiated ... g	0.500		0		1		1.250	3.035	
18:3 undifferentiated ... g	0.140		0		1		0.350	0.850	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	5		0		1		13	30	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.042		0		1		0.105	0.255	
Threonine ... g	0.165		0		1		0.413	1.002	
Isoleucine ... g	0.195		0		1		0.488	1.184	
Leucine ... g	0.329		0		1		0.823	1.997	
Lysine ... g	0.272		0		1		0.680	1.651	
Methionine ... g	0.050		0		1		0.125	0.304	
Cystine ... g	0.044		0		1		0.110	0.267	
Phenylalanine ... g	0.223		0		1		0.558	1.354	
Tyrosine ... g	0.119		0		1		0.298	0.722	
Valine ... g	0.220		0		1		0.550	1.335	
Arginine ... g	0.210		0		1		0.525	1.275	
Histidine ... g	0.104		0		1		0.260	0.631	
Alanine ... g	0.199		0		1		0.498	1.208	
Aspartic acid ... g	0.447		0		1		1.118	2.713	
Glutamic acid ... g	0.736		0		1		1.840	4.468	
Glycine ... g	0.193		0		1		0.483	1.172	
Proline ... g	0.180		0		1		0.450	1.093	
Serine ... g	0.198		0		1		0.495	1.202	
Hydroxyproline ... g									

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

Common Measures:

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

Measure 2 = 607g: 1 can (11.25 oz), prepared

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.63	0.209	10		1		191.07	429.32	
Energy	kcal	95		0	NC	4		231	519	
Energy	kj	397				4		966	2170	
Protein (N x 6.25)	g	5.19	0.116	10		1		12.61	28.34	
Total lipid (fat)	g	3.50	0.070	10		1		8.51	19.11	
Ash	g	1.52	0.033	10		1		3.69	8.30	
Carbohydrate, by difference	g	11.16		0	NC	4		27.12	60.93	
Fiber, total dietary	g	4.6		0		4		11.2	25.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32	0.897	10		1		78	175	
Iron, Fe	mg	1.33	0.068	10		1		3.23	7.26	
Magnesium, Mg	mg	19		0		4		46	104	
Phosphorus, P	mg	59		0		4		143	322	
Potassium, K	mg	175		0		1		425	956	
Sodium, Na	mg	400		10		1		972	2184	
Zinc, Zn	mg	0.44		0		4		1.07	2.40	
Copper, Cu	mg	0.160		0		4		0.389	0.874	
Manganese, Mn	mg	0.290		0		4		0.705	1.583	
Selenium, Se	mcg	6.9		0	BFSN	4		16.8	37.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8	0.200	10		1		4.4	9.8	
Thiamin	mg	0.060	0.002	10		1		0.146	0.328	
Riboflavin	mg	0.060	0.003	10		1		0.146	0.328	
Niacin	mg	0.700	0.042	10		1		1.701	3.822	
Pantothenic acid	mg	0.040		0		4		0.097	0.218	
Vitamin B-6	mg	0.050		0		4		0.122	0.273	
Folate, total	mcg	12		0		4		29	66	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		0		4		29	66	
Folate, DFE	mcg_DFE	12		0	NC	4		29	66	
Vitamin B-12	mcg	0.03		0		4		0.07	0.16	
Vitamin A, IU	IU	1626	168.364	10		1		3951	8878	
Vitamin A, RAE	mcg_RAE	81		0	NC	4		198	444	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.370		0		1		3.329	7.480	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.024	0.055	
13:0	g									
14:0	g	0.050		0		1		0.122	0.273	
15:0	g									
16:0	g	0.830		0		1		2.017	4.532	
17:0	g									
18:0	g	0.470		0		1		1.142	2.566	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.580		0		1		3.839	8.627	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.090		0		1		0.219	0.491	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.440		0		1		3.499	7.862	
20:1 ... g	0.040		0		1		0.097	0.218	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.390		0		1		0.948	2.129	
18:2 undifferentiated ... g	0.360		0		1		0.875	1.966	
18:3 undifferentiated ... g	0.040		0		1		0.097	0.218	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	9		0		1		22	49	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 243g: 1 cup (8 fl oz)

Measure 2 = 546g: 1 can (19.25 oz), ready -to-serve

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.17	0.447	16		1		188.76	228.75	
Energy	kcal	129		0	NC	4		347	421	
Energy	kj	540				4		1452	1760	
Protein (N x 6.25)	g	5.88	0.104	13		1		15.82	19.17	
Total lipid (fat)	g	4.42	0.124	13		1		11.89	14.41	
Ash	g	2.57	0.040	13		1		6.91	8.38	
Carbohydrate, by difference	g	16.97		0	NC	4		45.65	55.32	
Fiber, total dietary	g	5.9		0		1		15.9	19.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60	2.051	13		1		161	196	
Iron, Fe	mg	1.53	0.059	13		1		4.12	4.99	
Magnesium, Mg	mg	33		1		1		89	108	
Phosphorus, P	mg	98		1		1		264	319	
Potassium, K	mg	300		1		1		807	978	
Sodium, Na	mg	709	22.959	13		1		1907	2311	
Zinc, Zn	mg	0.77		4		1		2.07	2.51	
Copper, Cu	mg	0.300		1		1		0.807	0.978	
Manganese, Mn	mg	0.500		1		1		1.345	1.630	
Selenium, Se	mcg	6.4		2	A	1		17.2	20.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.134	13		1		3.2	3.9	
Thiamin	mg	0.065	0.004	13		1		0.175	0.212	
Riboflavin	mg	0.025	0.002	13		1		0.067	0.082	
Niacin	mg	0.421	0.012	13		1		1.132	1.372	
Pantothenic acid	mg	0.070		0		4		0.188	0.228	
Vitamin B-6	mg	0.031		2		1		0.083	0.101	
Folate, total	mcg	24	1.200	3		1		64	77	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	24	1.200	3		1		64	77	
Folate, DFE	mcg_DFE	24		0	NC	4		64	77	
Vitamin B-12	mcg	0.03		0		4		0.08	0.10	
Vitamin A, IU	IU	662	40.555	3		1		1781	2158	
Vitamin A, RAE	mcg_RAE	33		0	NC	4		89	108	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.285		0		4		0.767	0.929	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.140		0		1		3.067	3.716	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.020		1		1		0.054	0.065	
12:0	g	0.010		1		1		0.027	0.033	
13:0	g									
14:0	g	0.050		1		1		0.135	0.163	
15:0	g									
16:0	g	0.700		1		1		1.883	2.282	
17:0	g									
18:0	g	0.280		1		1		0.753	0.913	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.620		0		1		4.358	5.281	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		1		1		0.188	0.228	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.520		1		1		4.089	4.955	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.360		0		1		3.658	4.434	
18:2 undifferentiated ... g	1.020		1		1		2.744	3.325	
18:3 undifferentiated ... g	0.330		1		1		0.888	1.076	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		5	7	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.062		0		1		0.167	0.202	
Threonine ... g	0.243		0		1		0.654	0.792	
Isoleucine ... g	0.287		0		1		0.772	0.936	
Leucine ... g	0.484		0		1		1.302	1.578	
Lysine ... g	0.400		0		1		1.076	1.304	
Methionine ... g	0.074		0		1		0.199	0.241	
Cystine ... g	0.065		0		1		0.175	0.212	
Phenylalanine ... g	0.328		0		1		0.882	1.069	
Tyrosine ... g	0.176		0		1		0.473	0.574	
Valine ... g	0.323		0		1		0.869	1.053	
Arginine ... g	0.308		0		1		0.829	1.004	
Histidine ... g	0.153		0		1		0.412	0.499	
Alanine ... g	0.293		0		1		0.788	0.955	
Aspartic acid ... g	0.658		0		1		1.770	2.145	
Glutamic acid ... g	1.083		0		1		2.913	3.531	
Glycine ... g	0.284		0		1		0.764	0.926	
Proline ... g	0.265		0		1		0.713	0.864	
Serine ... g	0.290		0		1		0.780	0.945	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 269g: 1 cup (8 fl oz)

Measure 2 = 326g: 1 can (11.5 oz)

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.16		0		1		212.92	26.59	516.74
Energy	kcal	68		0	NC	4		172	21	418
Energy	kj	285				4		720	90	1747
Protein (N x 6.25)	g	3.12		0		1		7.89	0.99	19.16
Total lipid (fat)	g	2.35		0		1		5.95	0.74	14.43
Ash	g	1.36		0		1		3.44	0.43	8.35
Carbohydrate, by difference	g	9.01		0	NC	4		22.80	2.85	55.32
Fiber, total dietary	g	3.4		0		4		8.6	1.1	20.9
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0		1		81	10	196
Iron, Fe	mg	0.81		0		1		2.05	0.26	4.97
Magnesium, Mg	mg	18		0		1		46	6	111
Phosphorus, P	mg	52		0		1		132	16	319
Potassium, K	mg	159		0		1		402	50	976
Sodium, Na	mg	376		0		1		951	119	2309
Zinc, Zn	mg	0.41		0		1		1.03	0.13	2.51
Copper, Cu	mg	0.159		0		1		0.402	0.050	0.976
Manganese, Mn	mg	0.265		0		1		0.670	0.084	1.627
Selenium, Se	mcg	3.2		0	RA	4		8.1	1.0	19.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.5	0.2	3.7
Thiamin	mg	0.035		0		1		0.089	0.011	0.215
Riboflavin	mg	0.013		0		1		0.033	0.004	0.080
Niacin	mg	0.224		0		1		0.567	0.071	1.375
Pantothenic acid	mg	0.040		0		4		0.101	0.013	0.246
Vitamin B-6	mg	0.016		0		1		0.040	0.005	0.098
Folate, total	mcg	13		0		1		32	4	77
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	13		0		1		32	4	77
Folate, DFE	mcg_DFE	13		0	NC	4		32	4	77
Vitamin B-12	mcg	0.02		0		4		0.05	0.01	0.12
Vitamin A, IU	IU	351		0		1		888	111	2155
Vitamin A, RAE	mcg_RAE	18		0	NC	4		44	6	108
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.030		0		4		0.076	0.009	0.184
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.600		0		1		1.518	0.190	3.684
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.010		0		1		0.025	0.003	0.061
12:0	g	0.010		0		1		0.025	0.003	0.061
13:0	g									
14:0	g	0.030		0		1		0.076	0.009	0.184
15:0	g									
16:0	g	0.370		0		1		0.936	0.117	2.272
17:0	g									
18:0	g	0.150		0		1		0.380	0.047	0.921
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.860		0		1		2.176	0.272	5.280
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.101	0.013	0.246

NDB No. 06404

Soup, bean with pork, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.810		0		1		2.049	0.256	4.973
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.720		0		1		1.822	0.228	4.421
18:2 undifferentiated g	0.540		0		1		1.366	0.171	3.316
18:3 undifferentiated g	0.170		0		1		0.430	0.054	1.044
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	1		0		1		3	0	6
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.033		0		1		0.083	0.010	0.203
Threonine g	0.129		0		1		0.326	0.041	0.792
Isoleucine g	0.152		0		1		0.385	0.048	0.933
Leucine g	0.257		0		1		0.650	0.081	1.578
Lysine g	0.212		0		1		0.536	0.067	1.302
Methionine g	0.039		0		1		0.099	0.012	0.239
Cystine g	0.035		0		1		0.089	0.011	0.215
Phenylalanine g	0.174		0		1		0.440	0.055	1.068
Tyrosine g	0.093		0		1		0.235	0.029	0.571
Valine g	0.172		0		1		0.435	0.054	1.056
Arginine g	0.164		0		1		0.415	0.052	1.007
Histidine g	0.081		0		1		0.205	0.026	0.497
Alanine g	0.156		0		1		0.395	0.049	0.958
Aspartic acid g	0.349		0		1		0.883	0.110	2.143
Glutamic acid g	0.575		0		1		1.455	0.182	3.531
Glycine g	0.151		0		1		0.382	0.048	0.927
Proline g	0.141		0		1		0.357	0.045	0.866
Serine g	0.154		0		1		0.390	0.049	0.946
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 253g: 1 cup (8 fl oz)

Measure 2 = 31.6g: 1 fl oz

Measure 3 = 614g: 1 can (11.5 oz), prepared

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.60	0.351	13		1		227.80	275.95	
Energy	kcal	24		0	NC	4		59	72	
Energy	kj	100				4		247	299	
Protein (N x 6.25)	g	4.37	0.234	10		1		10.75	13.02	
Total lipid (fat)	g	0.00	0.000	10		1		0.00	0.00	
Ash	g	1.59	0.031	10		1		3.91	4.74	
Carbohydrate, by difference	g	1.44		0	NC	4		3.54	4.29	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.458	10		1		17	21	
Iron, Fe	mg	0.43	0.050	10		1		1.06	1.28	
Magnesium, Mg	mg	0		1		1		0	0	
Phosphorus, P	mg	26		1		1		64	77	
Potassium, K	mg	125		1		1		308	373	
Sodium, Na	mg	520	21.737	5		1		1279	1550	
Zinc, Zn	mg	0.30		1		1		0.74	0.89	
Copper, Cu	mg	0.200		1		1		0.492	0.596	
Manganese, Mn	mg	0.300		1		1		0.738	0.894	
Selenium, Se	mcg	2.1		0	BFSN	4		5.2	6.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.167	9		1		1.7	2.1	
Thiamin	mg	0.017	0.001	10		1		0.042	0.051	
Riboflavin	mg	0.023	0.001	10		1		0.057	0.069	
Niacin	mg	0.580	0.051	10		1		1.427	1.728	
Pantothenic acid	mg	0.040		0		4		0.098	0.119	
Vitamin B-6	mg	0.020		1		1		0.049	0.060	
Folate, total	mcg	2	0.422	3		1		6	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2	0.422	3		1		6	7	
Folate, DFE	mcg_DFE	2		0	NC	4		6	7	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	0	0.000	10		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									
Cholesterol	mg	0		0		1		0	0	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

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

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	97.55	0.064	10		1		234.12	571.64	387.27
Energy	kcal	7		0	NC	4		17	41	28
Energy	kj	29				4		70	172	116
Protein (N x 6.25)	g	1.14	0.016	10		1		2.74	6.68	4.53
Total lipid (fat)	g	0.22	0.059	10		1		0.53	1.29	0.87
Ash	g	1.05	0.017	10		1		2.52	6.15	4.17
Carbohydrate, by difference	g	0.04		0	NC	4		0.10	0.23	0.16
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.327	10		1		14	35	24
Iron, Fe	mg	0.17	0.015	10		1		0.41	1.00	0.67
Magnesium, Mg	mg	2		0		4		5	12	8
Phosphorus, P	mg	13		1		1		31	76	52
Potassium, K	mg	54		1		4		130	316	214
Sodium, Na	mg	326		1		4		782	1910	1294
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.010		0		4		0.024	0.059	0.040
Selenium, Se	mcg	0.7	0.257	12	A	1		1.7	4.1	2.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	10		1		0.0	0.0	0.0
Thiamin	mg	0.002	0.001	10		1		0.005	0.012	0.008
Riboflavin	mg	0.021	0.000	10		1		0.050	0.123	0.083
Niacin	mg	0.780	0.020	10		1		1.872	4.571	3.097
Pantothenic acid	mg	0.020		0		4		0.048	0.117	0.079
Vitamin B-6	mg	0.010		0		4		0.024	0.059	0.040
Folate, total	mcg	2		0		4		5	12	8
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		4		5	12	8
Folate, DFE	mcg_DFE	2		0	NC	4		5	12	8
Vitamin B-12	mcg	0.07		0		4		0.17	0.41	0.28
Vitamin A, IU	IU	0	0.000	10		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.110		0		1		0.264	0.645	0.437
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		0		1		0.024	0.059	0.040
15:0	g									
16:0	g	0.060		0		1		0.144	0.352	0.238
17:0	g									
18:0	g	0.040		0		1		0.096	0.234	0.159
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.090		0		1		0.216	0.527	0.357
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.024	0.059	0.040

NDB No. 06008
Soup, beef broth or bouillon canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.080		0		1		0.192	0.469	0.318
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.010		0		1		0.024	0.059	0.040
18:2 undifferentiated ... g	0.010		0		1		0.024	0.059	0.040
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 586g: 1 can (10.5 oz), prepared

Measure 3 = 397g: 1 can (14 oz), ready-to-serve

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06075
Soup, beef broth or bouillon, powder, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.27		3		1		0.26	0.12	0.20
Energy	kcal	238		0	NC	4		19	9	14
Energy	kj	996				4		80	36	60
Protein (N x 6.25)	g	15.97		3		1		1.28	0.57	0.96
Total lipid (fat)	g	8.89		3		1		0.71	0.32	0.53
Ash	g	48.22		3		1		3.86	1.74	2.89
Carbohydrate, by difference	g	23.65		0	NC	4		1.89	0.85	1.42
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60		1		1		5	2	4
Iron, Fe	mg	1.00		0		1		0.08	0.04	0.06
Magnesium, Mg	mg	51		2		1		4	2	3
Phosphorus, P	mg	320		2		1		26	12	19
Potassium, K	mg	446		2		1		36	16	27
Sodium, Na	mg	16982		3		1		1359	611	1019
Zinc, Zn	mg	0.00		0		1		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		1		0.000	0.000	0.000
Manganese, Mn	mg	0.459		3		1		0.037	0.017	0.028
Selenium, Se	mcg	27.6		0	BFSN	4		2.2	1.0	1.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.070		1		1		0.006	0.003	0.004
Riboflavin	mg	0.243		2		1		0.019	0.009	0.015
Niacin	mg	4.467		2		1		0.357	0.161	0.268
Pantothenic acid	mg	0.300		0		1		0.024	0.011	0.018
Vitamin B-6	mg	0.200		0		1		0.016	0.007	0.012
Folate, total	mcg	32		0		1		3	1	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	32		0		1		3	1	2
Folate, DFE	mcg_DFE	32		0	NC	4		3	1	2
Vitamin B-12	mcg	1.00		0		1		0.08	0.04	0.06
Vitamin A, IU	IU	50		1		1		4	2	3
Vitamin A, RAE	mcg_RAE	3		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.240		0		4		0.019	0.009	0.014
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	4.320		0		1		0.346	0.156	0.259
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.080		0		1		0.006	0.003	0.005
13:0	g									
14:0	g	0.332		0		1		0.027	0.012	0.020
15:0	g									
16:0	g	2.220		0		1		0.178	0.080	0.133
17:0	g									
18:0	g	1.688		0		1		0.135	0.061	0.101
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.616		0		1		0.289	0.130	0.217
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.372		0		1		0.030	0.013	0.022

NDB No. 06075
Soup, beef broth or bouillon, powder, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.215		0		1		0.257	0.116	0.193
20:1 ... g	0.030		0		1		0.002	0.001	0.002
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.332		0		1		0.027	0.012	0.020
18:2 undifferentiated ... g	0.281		0		1		0.022	0.010	0.017
18:3 undifferentiated ... g	0.050		0		1		0.004	0.002	0.003
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	10		0		1		1	0	1
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 8.0g: 1 cup

Measure 2 = 3.6g: 1 cube

Measure 3 = 6.0g: 1 packet

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06475
Soup, beef broth or bouillon, powder, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	96.74		0		1		236.05	29.51	177.03
Energy	kcal	8		0	NC	4		20	2	15
Energy	kj	33				4		82	10	61
Protein (N x 6.25)	g	0.52		0		1		1.27	0.16	0.95
Total lipid (fat)	g	0.29		0		1		0.71	0.09	0.53
Ash	g	1.67		0		1		4.07	0.51	3.06
Carbohydrate, by difference	g	0.77		0	NC	4		1.88	0.23	1.41
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		10	1	7
Iron, Fe	mg	0.01		0		1		0.02	0.00	0.02
Magnesium, Mg	mg	3		0		1		7	1	5
Phosphorus, P	mg	10		0		1		24	3	18
Potassium, K	mg	15		0		1		37	5	27
Sodium, Na	mg	558		0		1		1362	170	1021
Zinc, Zn	mg	0.03		0		1		0.07	0.01	0.05
Copper, Cu	mg	0.006		0		1		0.015	0.002	0.011
Manganese, Mn	mg	0.016		0		1		0.039	0.005	0.029
Selenium, Se	mcg	0.7		0	BFSN	4		1.7	0.2	1.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.002		0		1		0.005	0.001	0.004
Riboflavin	mg	0.008		0		1		0.020	0.002	0.015
Niacin	mg	0.146		0		1		0.356	0.045	0.267
Pantothenic acid	mg	0.000		0		1		0.000	0.000	0.000
Vitamin B-6	mg	0.000		0		1		0.000	0.000	0.000
Folate, total	mcg	0		0		1		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		1		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	2		0		1		5	1	4
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.008		0		4		0.020	0.002	0.015
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.141		0		1		0.344	0.043	0.258
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.003		0		1		0.007	0.001	0.005
13:0	g									
14:0	g	0.011		0		1		0.027	0.003	0.020
15:0	g									
16:0	g	0.073		0		1		0.178	0.022	0.134
17:0	g									
18:0	g	0.055		0		1		0.134	0.017	0.101
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.118		0		1		0.288	0.036	0.216
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.012		0		1		0.029	0.004	0.022

NDB No. 06475
Soup, beef broth or bouillon, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.105		0		1		0.256	0.032	0.192
20:1 ... g	0.001		0		1		0.002	0.000	0.002
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.011		0		1		0.027	0.003	0.020
18:2 undifferentiated ... g	0.009		0		1		0.022	0.003	0.016
18:3 undifferentiated ... g	0.002		0		1		0.005	0.001	0.004
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 30.5g: 1 fl oz (prepared)

Measure 3 = 183g: 1 packet (6 fl oz prepared)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	96.24		0		1		231.94	563.97	
Energy	kcal	12		0	NC	4		29	70	
Energy	kj	50				4		121	294	
Protein (N x 6.25)	g	2.22		0		1		5.35	13.01	
Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Ash	g	0.81		0		1		1.95	4.75	
Carbohydrate, by difference	g	0.73		0	NC	4		1.76	4.28	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		10	23	
Iron, Fe	mg	0.22		0		1		0.53	1.29	
Magnesium, Mg	mg	0		0		1		0	0	
Phosphorus, P	mg	13		0		1		31	76	
Potassium, K	mg	64		0		1		154	375	
Sodium, Na	mg	264		0		1		636	1547	
Zinc, Zn	mg	0.15		0		1		0.37	0.89	
Copper, Cu	mg	0.102		0		1		0.246	0.598	
Manganese, Mn	mg	0.152		0		1		0.366	0.891	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		1.0	2.3	
Thiamin	mg	0.009		0		1		0.022	0.053	
Riboflavin	mg	0.012		0		1		0.029	0.070	
Niacin	mg	0.295		0		1		0.711	1.729	
Pantothenic acid	mg	0.020		0		4		0.048	0.117	
Vitamin B-6	mg	0.010		0		1		0.024	0.059	
Folate, total	mcg	1		0		1		3	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		3	7	
Folate, DFE	mcg_DFE	1		0	NC	4		3	7	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		1		0.000	0.000	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.000		0		1		0.000	0.000	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

NDB No. 06432

Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.000		0		1		0.000	0.000	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated ....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated ....g									
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		1		0	0	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	94.60		1	A	1		281.91	119.20	
Energy....kcal	18		0	NC	4		54	23	
Energy....kj	75				4		224	95	
Protein....g	2.60		1	A	1		7.75	3.28	
Total lipid (fat)....g	1.00		1	A	1		2.98	1.26	
Ash....g	2.10		1	A	1		6.26	2.65	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	769		1	A	1		2292	969	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	1		1	A	1		3	1	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 298g: 1 package yields

Measure 2 = 126g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06076
Soup, beef broth, cubed, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.30		1		1		0.16	0.12	
Energy	kcal	170		0	NC	4		8	6	
Energy	kj	711				4		34	26	
Protein (N x 6.25)	g	17.30		1		1		0.83	0.62	
Total lipid (fat)	g	4.00		1		1		0.19	0.14	
Ash	g	59.30		1		1		2.85	2.13	
Carbohydrate, by difference	g	16.10		0	NC	4		0.77	0.58	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60		0		4		3	2	
Iron, Fe	mg	2.23		1		1		0.11	0.08	
Magnesium, Mg	mg	50		2		1		2	2	
Phosphorus, P	mg	225		1		1		11	8	
Potassium, K	mg	403		1		1		19	15	
Sodium, Na	mg	24000		1		1		1152	864	
Zinc, Zn	mg	0.21		1		1		0.01	0.01	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.386		1		1		0.019	0.014	
Selenium, Se	mcg	27.6		0	BFSN	4		1.3	1.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.200		1		1		0.010	0.007	
Riboflavin	mg	0.240		1		1		0.012	0.009	
Niacin	mg	3.300		1		1		0.158	0.119	
Pantothenic acid	mg	0.300		0		4		0.014	0.011	
Vitamin B-6	mg	0.200		0		4		0.010	0.007	
Folate, total	mcg	32		0		4		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	32		0		4		2	1	
Folate, DFE	mcg_DFE	32		0	NC	4		2	1	
Vitamin B-12	mcg	1.00		0		4		0.05	0.04	
Vitamin A, IU	IU	50		0		4		2	2	
Vitamin A, RAE	mcg_RAE	15		0	NC	4		1	1	
Retinol	mcg	15		0	NC	4		1	1	
Vitamin E	mg_ATE	0.110		0		4		0.005	0.004	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.990		0		1		0.096	0.072	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.040		0		1		0.002	0.001	
13:0	g									
14:0	g	0.150		0		1		0.007	0.005	
15:0	g									
16:0	g	1.000		0		1		0.048	0.036	
17:0	g									
18:0	g	0.760		0		1		0.036	0.027	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.670		0		1		0.080	0.060	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.170		0		1		0.008	0.006	

NDB No. 06076
Soup, beef broth, cubed, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.440		0		1		0.069	0.052	
20:1 ... g	0.010		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.160		0		1		0.008	0.006	
18:2 undifferentiated ... g	0.120		0		1		0.006	0.004	
18:3 undifferentiated ... g	0.020		0		1		0.001	0.001	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 4.8g: 1 portion, amount of dry mix to make 8 fl oz prepared

Measure 2 = 3.6g: 1 cube (6 fl oz prepared)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06476
Soup, beef broth, cubed, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	98.03		0		1		236.25	29.61	177.43
Energy	kcal	3		0	NC	4		7	1	5
Energy	kj	13				4		30	4	23
Protein (N x 6.25)	g	0.35		0		1		0.84	0.11	0.63
Total lipid (fat)	g	0.08		0		1		0.19	0.02	0.14
Ash	g	1.21		0		1		2.92	0.37	2.19
Carbohydrate, by difference	g	0.33		0	NC	4		0.80	0.10	0.60
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		0		4		2	0	2
Iron, Fe	mg	0.05		0		1		0.12	0.02	0.09
Magnesium, Mg	mg	1		0		1		2	0	2
Phosphorus, P	mg	5		0		1		12	2	9
Potassium, K	mg	8		0		1		19	2	14
Sodium, Na	mg	480		0		1		1157	145	869
Zinc, Zn	mg	0.00		0		1		0.01	0.00	0.01
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.008		0		1		0.019	0.002	0.014
Selenium, Se	mcg	0.7		0	BFSN	4		1.7	0.2	1.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.004		0		1		0.010	0.001	0.007
Riboflavin	mg	0.005		0		1		0.012	0.002	0.009
Niacin	mg	0.067		0		1		0.161	0.020	0.121
Pantothenic acid	mg	0.010		0		4		0.024	0.003	0.018
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	1		0		4		2	0	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		0		4		2	0	2
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	2
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	1		0		4		2	0	2
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.002		0		4		0.005	0.001	0.004
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.040		0		1		0.096	0.012	0.072
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.020		0		1		0.048	0.006	0.036
17:0	g									
18:0	g	0.020		0		1		0.048	0.006	0.036
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.030		0		1		0.072	0.009	0.054
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 06476
Soup, beef broth, cubed, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.030		0		1		0.072	0.009	0.054
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.2g: 1 fl oz

Measure 3 = 181g: 1 cube (6 fl oz prepared)

Calories Factors: Protein 4 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.50		0		4		214.61	260.78	
Energy	kcal	61		0		4		153	186	
Energy	kj	255				4		641	778	
Protein (N x 6.25)	g	4.60	0.069	5		1		11.55	14.03	
Total lipid (fat)	g	2.40	0.114	5		1		6.02	7.32	
Ash	g	2.30		0		4		5.77	7.02	
Carbohydrate, by difference	g	5.20		0		4		13.05	15.86	
Fiber, total dietary	g	0.2		0	BFSY	4		0.5	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4	0.220	5		1		10	12	
Iron, Fe	mg	0.70	0.068	5		1		1.76	2.14	
Magnesium, Mg	mg	7		0		4		18	21	
Phosphorus, P	mg	29		0		4		73	88	
Potassium, K	mg	126		0		4		316	384	
Sodium, Na	mg	773		0		4		1940	2358	
Zinc, Zn	mg	1.10		0		4		2.76	3.36	
Copper, Cu	mg	0.200		0		4		0.502	0.610	
Manganese, Mn	mg	0.300		0		4		0.753	0.915	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	5		1		0.0	0.0	
Thiamin	mg	0.020	0.004	5		1		0.050	0.061	
Riboflavin	mg	0.060	0.002	5		1		0.151	0.183	
Niacin	mg	0.900	0.040	5		1		2.259	2.745	
Pantothenic acid	mg	0.190		0		4		0.477	0.580	
Vitamin B-6	mg	0.040		0		4		0.100	0.122	
Folate, total	mcg	7		0		4		18	21	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		4		18	21	
Folate, DFE	mcg_DFE	7		0	NC	4		18	21	
Vitamin B-12	mcg	0.16		0		4		0.40	0.49	
Vitamin A, IU	IU	0	0.000	5		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.200		0		1		3.012	3.660	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.020		0		1		0.050	0.061	
13:0	g									
14:0	g	0.090		0		1		0.226	0.275	
15:0	g									
16:0	g	0.600		0		1		1.506	1.830	
17:0	g									
18:0	g	0.450		0		1		1.130	1.373	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.000		0		1		2.510	3.050	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.100		0		1		0.251	0.305	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.860		0		1		2.159	2.623	
20:1 ....g	0.010		0		1		0.025	0.031	
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.100		0		1		0.251	0.305	
18:2 undifferentiated ....g	0.070		0		1		0.176	0.214	
18:3 undifferentiated ....g	0.010		0		1		0.025	0.031	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	5		0		1		13	15	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.60		0		4		225.94	549.12	
Energy	kcal	30		0		4		73	178	
Energy	kj	126				4		306	744	
Protein (N x 6.25)	g	2.37		0		1		5.78	14.05	
Total lipid (fat)	g	1.23		0		1		3.00	7.29	
Ash	g	1.20		0		4		2.93	7.12	
Carbohydrate, by difference	g	2.60		0		4		6.34	15.42	
Fiber, total dietary	g	0.1		0		4		0.2	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		5	12	
Iron, Fe	mg	0.36		0		1		0.88	2.13	
Magnesium, Mg	mg	4		0		4		10	24	
Phosphorus, P	mg	14		0		4		34	83	
Potassium, K	mg	63		0		4		154	374	
Sodium, Na	mg	386		0		4		942	2289	
Zinc, Zn	mg	0.60		0		4		1.46	3.56	
Copper, Cu	mg	0.100		0		4		0.244	0.593	
Manganese, Mn	mg	0.200		0		4		0.488	1.186	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0		1		4.6	11.3	
Thiamin	mg	0.016		0		1		0.039	0.095	
Riboflavin	mg	0.023		0		1		0.056	0.136	
Niacin	mg	0.391		0		1		0.954	2.319	
Pantothenic acid	mg	0.090		0		4		0.220	0.534	
Vitamin B-6	mg	0.020		0		4		0.049	0.119	
Folate, total	mcg	4		0		4		10	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		10	24	
Folate, DFE	mcg_DFE	4		0	NC	4		10	24	
Vitamin B-12	mcg	0.08		0		4		0.20	0.47	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.610		0		1		1.488	3.617	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.010		0		1		0.024	0.059	
13:0	g									
14:0	g	0.050		0		1		0.122	0.297	
15:0	g									
16:0	g	0.310		0		1		0.756	1.838	
17:0	g									
18:0	g	0.230		0		1		0.561	1.364	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.510		0		1		1.244	3.024	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		0		1		0.122	0.297	

NDB No. 06547

Soup, beef mushroom, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.440		0		1		1.074	2.609	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.050		0		1		0.122	0.297	
18:2 undifferentiated ... g	0.040		0		1		0.098	0.237	
18:3 undifferentiated ... g	0.010		0		1		0.024	0.059	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		7	18	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.97		6		1		0.71	0.46	
Energy	kcal	330		0	NC	4		47	30	
Energy	kj	1381				4		196	127	
Protein (N x 6.25)	g	17.93		3		1		2.55	1.65	
Total lipid (fat)	g	6.39		3		1		0.91	0.59	
Ash	g	22.06		3		1		3.13	2.03	
Carbohydrate, by difference	g	48.64		0	NC	4		6.91	4.47	
Fiber, total dietary	g	2.7		0		4		0.4	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	48		1		1		7	4	
Iron, Fe	mg	2.68		2		1		0.38	0.25	
Magnesium, Mg	mg	76		2		1		11	7	
Phosphorus, P	mg	320		2		1		45	29	
Potassium, K	mg	656		1		1		93	60	
Sodium, Na	mg	8408		5		1		1194	774	
Zinc, Zn	mg	0.81		1		1		0.11	0.07	
Copper, Cu	mg	0.300		0		4		0.043	0.028	
Manganese, Mn	mg	0.700		0		4		0.099	0.064	
Selenium, Se	mcg	36.0		0	BFSN	4		5.1	3.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		1		1		0.6	0.4	
Thiamin	mg	0.988		1		1		0.140	0.091	
Riboflavin	mg	0.494		2		1		0.070	0.045	
Niacin	mg	5.574		2		1		0.792	0.513	
Pantothenic acid	mg	0.020		0		4		0.003	0.002	
Vitamin B-6	mg	0.275		1		1		0.039	0.025	
Folate, total	mcg	122		0	CASN	4		17	11	
Folic acid	mcg	109		0	NC	4		16	10	
Folate, food	mcg	13	0.757	3		1		2	1	
Folate, DFE	mcg_DFE	199		0	NC	4		28	18	
Vitamin B-12	mcg	0.02		0		4		0.00	0.00	
Vitamin A, IU	IU	70		1		1		10	6	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.205		0		4		0.029	0.019	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.070		0		1		0.294	0.190	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.030		0		1		0.004	0.003	
13:0	g									
14:0	g	0.120		0		1		0.017	0.011	
15:0	g									
16:0	g	1.110		0		1		0.158	0.102	
17:0	g									
18:0	g	0.760		0		1		0.108	0.070	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.710		0		1		0.385	0.249	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.150		0		1		0.021	0.014	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.510		0		1		0.356	0.231	
20:1 ... g	0.010		0		1		0.001	0.001	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.330		0		1		0.189	0.122	
18:2 undifferentiated ... g	1.210		0		1		0.172	0.111	
18:3 undifferentiated ... g	0.100		0		1		0.014	0.009	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0		1		2	1	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg	0		0	z	7		0	0	
Theobromine ... mg	0		0	z	7		0	0	

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

Common Measures:

Measure 1 = 14.2g: 1 cup

Measure 2 = 9.2g: 1 packet

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.42	0.127	31		1		211.89	211.89	257.48
Energy	kcal	67		0	NC	4		168	168	204
Energy	kj	280				4		704	704	855
Protein (N x 6.25)	g	3.85	0.050	28		1		9.66	9.66	11.74
Total lipid (fat)	g	2.46	0.052	28		1		6.17	6.17	7.50
Ash	g	2.12	0.063	28		1		5.32	5.32	6.47
Carbohydrate, by difference	g	7.16		0	NC	4		17.97	17.97	21.84
Fiber, total dietary	g	0.6		0		4		1.5	1.5	1.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.560	28		1		30	30	37
Iron, Fe	mg	0.88	0.039	28		1		2.21	2.21	2.68
Magnesium, Mg	mg	5		2		1		13	13	15
Phosphorus, P	mg	37		2		1		93	93	113
Potassium, K	mg	79		2		1		198	198	241
Sodium, Na	mg	759		6		1		1905	1905	2315
Zinc, Zn	mg	1.23		6		1		3.08	3.08	3.74
Copper, Cu	mg	0.110		4		1		0.276	0.276	0.336
Manganese, Mn	mg	0.218		2		1		0.547	0.547	0.665
Selenium, Se	mcg	5.9		2	A	1		14.8	14.8	18.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3	0.099	28		1		0.8	0.8	0.9
Thiamin	mg	0.055	0.002	28		1		0.138	0.138	0.168
Riboflavin	mg	0.047	0.001	28		1		0.118	0.118	0.143
Niacin	mg	0.849	0.011	28		1		2.131	2.131	2.589
Pantothenic acid	mg	0.160		0		4		0.402	0.402	0.488
Vitamin B-6	mg	0.030	0.000	4		1		0.075	0.075	0.092
Folate, total	mcg	15		0	FLA	4		38	38	46
Folic acid	mcg	12		0	NC	4		29	29	35
Folate, food	mcg	4	0.203	3		1		9	9	11
Folate, DFE	mcg_DFE	23		0	NC	4		58	58	70
Vitamin B-12	mcg	0.16		1		1		0.40	0.40	0.49
Vitamin A, IU	IU	502	30.833	28		1		1260	1260	1531
Vitamin A, RAE	mcg_RAE	25		0	NC	4		63	63	77
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.001		0		4		0.003	0.003	0.003
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.910		0		1		2.284	2.284	2.776
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.050		2		1		0.126	0.126	0.153
15:0	g									
16:0	g	0.500		2		1		1.255	1.255	1.525
17:0	g									
18:0	g	0.310		2		1		0.778	0.778	0.946
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.990		0		1		2.485	2.485	3.020
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		2		1		0.176	0.176	0.214

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.870		2		1		2.184	2.184	2.654
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.390		0		1		0.979	0.979	1.190
18:2 undifferentiated g	0.330		2		1		0.828	0.828	1.007
18:3 undifferentiated g	0.050		2		1		0.126	0.126	0.153
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	4		0		1		10	10	12
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.037		0		1		0.093	0.093	0.113
Threonine g	0.123		0		1		0.309	0.309	0.375
Isoleucine g	0.149		0		1		0.374	0.374	0.454
Leucine g	0.251		0		1		0.630	0.630	0.766
Lysine g	0.209		0		1		0.525	0.525	0.637
Methionine g	0.072		0		1		0.181	0.181	0.220
Cystine g	0.046		0		1		0.115	0.115	0.140
Phenylalanine g	0.155		0		1		0.389	0.389	0.473
Tyrosine g	0.100		0		1		0.251	0.251	0.305
Valine g	0.166		0		1		0.417	0.417	0.506
Arginine g	0.158		0		1		0.397	0.397	0.482
Histidine g	0.089		0		1		0.223	0.223	0.271
Alanine g	0.177		0		1		0.444	0.444	0.540
Aspartic acid g	0.282		0		1		0.708	0.708	0.860
Glutamic acid g	1.063		0		1		2.668	2.668	3.242
Glycine g	0.180		0		1		0.452	0.452	0.549
Proline g	0.248		0		1		0.622	0.622	0.756
Serine g	0.138		0		1		0.346	0.346	0.421
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 251g: 1 cup (8 fl oz)

Measure 3 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.99		0		1		224.46	28.06	545.50
Energy	kcal	34		0	NC	4		83	10	202
Energy	kj	142				4		347	43	844
Protein (N x 6.25)	g	1.98		0		1		4.83	0.60	11.74
Total lipid (fat)	g	1.26		0		1		3.07	0.38	7.47
Ash	g	1.09		0		1		2.66	0.33	6.46
Carbohydrate, by difference	g	3.68		0	NC	4		8.98	1.12	21.82
Fiber, total dietary	g	0.3		0		4		0.7	0.1	1.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		15	2	36
Iron, Fe	mg	0.45		0		1		1.10	0.14	2.67
Magnesium, Mg	mg	2		0		1		5	1	12
Phosphorus, P	mg	19		0		1		46	6	113
Potassium, K	mg	41		0		1		100	13	243
Sodium, Na	mg	390		0		1		952	119	2313
Zinc, Zn	mg	0.63		0		1		1.54	0.19	3.74
Copper, Cu	mg	0.057		0		1		0.139	0.017	0.338
Manganese, Mn	mg	0.112		0		1		0.273	0.034	0.664
Selenium, Se	mcg	3.0		0	RA	4		7.3	0.9	17.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	0.6
Thiamin	mg	0.028		0		1		0.068	0.009	0.166
Riboflavin	mg	0.024		0		1		0.059	0.007	0.142
Niacin	mg	0.437		0		1		1.066	0.133	2.591
Pantothenic acid	mg	0.080		0		4		0.195	0.024	0.474
Vitamin B-6	mg	0.015		0		1		0.037	0.005	0.089
Folate, total	mcg	8		0	BFSN	4		20	2	47
Folic acid	mcg	6		0	NC	4		15	2	37
Folate, food	mcg	2		0		1		4	1	11
Folate, DFE	mcg_DFE	12		0	NC	4		30	4	73
Vitamin B-12	mcg	0.08		0		1		0.20	0.02	0.47
Vitamin A, IU	IU	258		0		1		630	79	1530
Vitamin A, RAE	mcg_RAE	13		0	NC	4		31	4	76
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.001		0		4		0.002	0.000	0.006
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.470		0		1		1.147	0.143	2.787
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.020		0		1		0.049	0.006	0.119
15:0	g									
16:0	g	0.260		0		1		0.634	0.079	1.542
17:0	g									
18:0	g	0.160		0		1		0.390	0.049	0.949
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.510		0		1		1.244	0.156	3.024
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.098	0.012	0.237

NDB No. 06409

Soup, beef noodle, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.450		0		1		1.098	0.137	2.669
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.200		0		1		0.488	0.061	1.186
18:2 undifferentiated g	0.170		0		1		0.415	0.052	1.008
18:3 undifferentiated g	0.020		0		1		0.049	0.006	0.119
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	2		0		1		5	1	12
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.019		0		1		0.046	0.006	0.113
Threonine g	0.063		0		1		0.154	0.019	0.374
Isoleucine g	0.077		0		1		0.188	0.023	0.457
Leucine g	0.129		0		1		0.315	0.039	0.765
Lysine g	0.107		0		1		0.261	0.033	0.635
Methionine g	0.037		0		1		0.090	0.011	0.219
Cystine g	0.024		0		1		0.059	0.007	0.142
Phenylalanine g	0.080		0		1		0.195	0.024	0.474
Tyrosine g	0.051		0		1		0.124	0.016	0.302
Valine g	0.085		0		1		0.207	0.026	0.504
Arginine g	0.081		0		1		0.198	0.025	0.480
Histidine g	0.046		0		1		0.112	0.014	0.273
Alanine g	0.091		0		1		0.222	0.028	0.540
Aspartic acid g	0.145		0		1		0.354	0.044	0.860
Glutamic acid g	0.547		0		1		1.335	0.167	3.244
Glycine g	0.093		0		1		0.227	0.028	0.551
Proline g	0.128		0		1		0.312	0.039	0.759
Serine g	0.071		0		1		0.173	0.022	0.421
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	95.32		0		1		239.25	29.93	178.25
Energy	kcal	16		0	NC	4		40	5	30
Energy	kj	67				4		168	21	125
Protein (N x 6.25)	g	0.88		0		1		2.21	0.28	1.65
Total lipid (fat)	g	0.32		0		1		0.80	0.10	0.60
Ash	g	1.09		0		1		2.74	0.34	2.04
Carbohydrate, by difference	g	2.40		0	NC	4		6.02	0.75	4.49
Fiber, total dietary	g	0.3		0		4		0.8	0.1	0.6
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0		1		5	1	4
Iron, Fe	mg	0.13		0		1		0.33	0.04	0.24
Magnesium, Mg	mg	4		0		1		10	1	7
Phosphorus, P	mg	16		0		1		40	5	30
Potassium, K	mg	32		0		1		80	10	60
Sodium, Na	mg	415		0		1		1042	130	776
Zinc, Zn	mg	0.04		0		1		0.10	0.01	0.07
Copper, Cu	mg	0.020		0		1		0.050	0.006	0.037
Manganese, Mn	mg	0.040		0		1		0.100	0.013	0.075
Selenium, Se	mcg	1.8		0	BFSN	4		4.5	0.6	3.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		0.5	0.1	0.4
Thiamin	mg	0.049		0		1		0.123	0.015	0.092
Riboflavin	mg	0.024		0		1		0.060	0.008	0.045
Niacin	mg	0.275		0		1		0.690	0.086	0.514
Pantothenic acid	mg	0.001		0		4		0.003	0.000	0.002
Vitamin B-6	mg	0.014		0		1		0.035	0.004	0.026
Folate, total	mcg	6		0	BFSN	4		15	2	11
Folic acid	mcg	5		0	NC	4		14	2	10
Folate, food	mcg	1		0		1		2	0	1
Folate, DFE	mcg_DFE	10		0	NC	4		25	3	18
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU	IU	3		0		1		8	1	6
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.010		0		4		0.025	0.003	0.019
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.100		0		1		0.251	0.031	0.187
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		0		1		0.025	0.003	0.019
15:0	g									
16:0	g	0.060		0		1		0.151	0.019	0.112
17:0	g									
18:0	g	0.040		0		1		0.100	0.013	0.075
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.140		0		1		0.351	0.044	0.262
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.025	0.003	0.019

NDB No. 06477
Soup, beef noodle, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.130		0		1		0.326	0.041	0.243
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.070		0		1		0.176	0.022	0.131
18:2 undifferentiated ... g	0.060		0		1		0.151	0.019	0.112
18:3 undifferentiated ... g	0.010		0		1		0.025	0.003	0.019
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		3	0	2
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 31.4g: 1 fl oz

Measure 3 = 187g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.30		1	A	1		459.77	207.28	
Energy....kcal	63		0	NC	4		340	153	
Energy....kj	264				4		1421	641	
Protein....g	5.10		1	A	1		27.49	12.39	
Total lipid (fat)....g	1.80		1	A	1		9.70	4.37	
Ash....g	1.20		1	A	1		6.47	2.92	
Carbohydrate, by difference....g	6.60		0	NC	4		35.57	16.04	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.89		1	A	1		4.80	2.16	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	357		1	A	1		1924	868	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.539		1	A	1		2.905	1.310	
Fatty acids, total monounsaturated....g	0.443		1	A	1		2.388	1.076	
Fatty acids, total polyunsaturated....g	0.511		1	A	1		2.754	1.242	
Fatty acids, total trans....g									
Cholesterol....mg	10		1	A	1		54	24	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 243g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06733

Soup, beef with vegetables and barley, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.60		1	A	1		263.95	107.44	
Energy....kcal	61		0	NC	4		190	77	
Energy....kj	255				4		796	324	
Protein....g	3.90		1	A	1		12.17	4.95	
Total lipid (fat)....g	1.40		1	A	1		4.37	1.78	
Ash....g	1.90		1	A	1		5.93	2.41	
Carbohydrate, by difference....g	8.20		0	NC	4		25.58	10.41	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	707		1	A	1		2206	898	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.480		1	A	1		1.498	0.610	
Fatty acids, total monounsaturated....g	0.567		1	A	1		1.769	0.720	
Fatty acids, total polyunsaturated....g	0.098		1	A	1		0.306	0.124	
Fatty acids, total trans....g									
Cholesterol....mg	6		1	A	1		19	8	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 312g: 1 package yields

Measure 2 = 127g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06070
Soup, beef, canned, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.34		20		1		200.02	449.20	
Energy	kcal	71		0	NC	4		170	383	
Energy	kj	297				4		713	1601	
Protein (N x 6.25)	g	4.89		30		1		11.74	26.36	
Total lipid (fat)	g	2.14		30		1		5.14	11.53	
Ash	g	1.49		20		1		3.58	8.03	
Carbohydrate, by difference	g	8.15		0	NC	4		19.56	43.93	
Fiber, total dietary	g	0.6		0		4		1.4	3.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13	1.024	30		1		31	70	
Iron, Fe	mg	0.97		30		1		2.33	5.23	
Magnesium, Mg	mg	2		0		4		5	11	
Phosphorus, P	mg	50		2		1		120	270	
Potassium, K	mg	140		2		1		336	755	
Sodium, Na	mg	361		20		1		866	1946	
Zinc, Zn	mg	1.10		2		1		2.64	5.93	
Copper, Cu	mg	0.100		2		1		0.240	0.539	
Manganese, Mn	mg	0.100		2		1		0.240	0.539	
Selenium, Se	mcg	2.5		0	RA	4		6.0	13.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		30		1		7.0	15.6	
Thiamin	mg	0.024		30		1		0.058	0.129	
Riboflavin	mg	0.063		30		1		0.151	0.340	
Niacin	mg	1.127		30		1		2.705	6.075	
Pantothenic acid	mg	0.180		0		4		0.432	0.970	
Vitamin B-6	mg	0.055		2		1		0.132	0.296	
Folate, total	mcg	6		0		1		13	30	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		13	30	
Folate, DFE	mcg_DFE	6		0	NC	4		13	30	
Vitamin B-12	mcg	0.26		2		1		0.62	1.40	
Vitamin A, IU	IU	1088		30		1		2611	5864	
Vitamin A, RAE	mcg_RAE	54		0	NC	4		131	293	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.070		0		4		0.168	0.377	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.060		0		1		2.544	5.713	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		0		1		0.048	0.108	
13:0	g									
14:0	g	0.080		0		1		0.192	0.431	
15:0	g									
16:0	g	0.530		0		1		1.272	2.857	
17:0	g									
18:0	g	0.400		0		1		0.960	2.156	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.890		0		1		2.136	4.797	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.090		0		1		0.216	0.485	

NDB No. 06070
Soup, beef, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.770		0		1		1.848	4.150	
20:1 ... g	0.010		0		1		0.024	0.054	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.090		0		1		0.216	0.485	
18:2 undifferentiated ... g	0.070		0		1		0.168	0.377	
18:3 undifferentiated ... g	0.010		0		1		0.024	0.054	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0		1		14	32	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.047		0		1		0.113	0.253	
Threonine ... g	0.194		0		1		0.466	1.046	
Isoleucine ... g	0.247		0		1		0.593	1.331	
Leucine ... g	0.374		0		1		0.898	2.016	
Lysine ... g	0.387		0		1		0.929	2.086	
Methionine ... g	0.103		0		1		0.247	0.555	
Cystine ... g	0.051		0		1		0.122	0.275	
Phenylalanine ... g	0.201		0		1		0.482	1.083	
Tyrosine ... g	0.147		0		1		0.353	0.792	
Valine ... g	0.265		0		1		0.636	1.428	
Arginine ... g	0.254		0		1		0.610	1.369	
Histidine ... g	0.115		0		1		0.276	0.620	
Alanine ... g	0.302		0		1		0.725	1.628	
Aspartic acid ... g	0.479		0		1		1.150	2.582	
Glutamic acid ... g	0.875		0		1		2.100	4.716	
Glycine ... g	0.285		0		1		0.684	1.536	
Proline ... g	0.224		0		1		0.538	1.207	
Serine ... g	0.170		0		1		0.408	0.916	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz), ready-to-serve

Calories Factors: **Protein** 4.1 **Fat** 9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.33	0.486	10		1		193.60	235.03	
Energy	kcal	91		0	NC	4		234	284	
Energy	kj	381				4		979	1188	
Protein (N x 6.25)	g	4.83	0.125	10		1		12.41	15.07	
Total lipid (fat)	g	1.32	0.033	10		1		3.39	4.12	
Ash	g	3.10	0.047	10		1		7.97	9.67	
Carbohydrate, by difference	g	15.42		0	NC	4		39.63	48.11	
Fiber, total dietary	g	6.8		0		4		17.5	21.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35	2.579	10		1		90	109	
Iron, Fe	mg	1.50	0.097	10		1		3.86	4.68	
Magnesium, Mg	mg	33		1		1		85	103	
Phosphorus, P	mg	75		1		1		193	234	
Potassium, K	mg	250		1		1		643	780	
Sodium, Na	mg	970	40.000	3		1		2493	3026	
Zinc, Zn	mg	1.10		1		1		2.83	3.43	
Copper, Cu	mg	0.300		1		1		0.771	0.936	
Manganese, Mn	mg	0.500		1		1		1.285	1.560	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2	0.133	10		1		0.5	0.6	
Thiamin	mg	0.042	0.002	10		1		0.108	0.131	
Riboflavin	mg	0.039	0.003	10		1		0.100	0.122	
Niacin	mg	0.410	0.023	10		1		1.054	1.279	
Pantothenic acid	mg	0.160		0		4		0.411	0.499	
Vitamin B-6	mg	0.070		1		1		0.180	0.218	
Folate, total	mcg	20		0		4		51	62	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		0		4		51	62	
Folate, DFE	mcg_DFE	20		0	NC	4		51	62	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	445	37.700	10		1		1144	1388	
Vitamin A, RAE	mcg_RAE	22		0	NC	4		57	69	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.058		0		4		0.149	0.181	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.340		0		1		0.874	1.061	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.010		0		1		0.026	0.031	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		0		1		0.051	0.062	
15:0	g									
16:0	g	0.210		0		1		0.540	0.655	
17:0	g									
18:0	g	0.080		0		1		0.206	0.250	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.480		0		1		1.234	1.498	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.051	0.062	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.450		0		1		1.157	1.404	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.410		0		1		1.054	1.279	
18:2 undifferentiated ... g	0.310		0		1		0.797	0.967	
18:3 undifferentiated ... g	0.100		0		1		0.257	0.312	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.055		0		1		0.141	0.172	
Threonine ... g	0.213		0		1		0.547	0.665	
Isoleucine ... g	0.246		0		1		0.632	0.768	
Leucine ... g	0.361		0		1		0.928	1.126	
Lysine ... g	0.355		0		1		0.912	1.108	
Methionine ... g	0.054		0		1		0.139	0.168	
Cystine ... g	0.050		0		1		0.129	0.156	
Phenylalanine ... g	0.267		0		1		0.686	0.833	
Tyrosine ... g	0.148		0		1		0.380	0.462	
Valine ... g	0.244		0		1		0.627	0.761	
Arginine ... g	0.283		0		1		0.727	0.883	
Histidine ... g	0.141		0		1		0.362	0.440	
Alanine ... g	0.198		0		1		0.509	0.618	
Aspartic acid ... g	0.560		0		1		1.439	1.747	
Glutamic acid ... g	0.966		0		1		2.483	3.014	
Glycine ... g	0.188		0		1		0.483	0.587	
Proline ... g	0.187		0		1		0.481	0.583	
Serine ... g	0.266		0		1		0.684	0.830	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 257g: 1 cup (8 fl oz)

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.27		0		1		215.56	26.97	523.62
Energy	kcal	47		0	NC	4		116	15	282
Energy	kj	197				4		486	61	1180
Protein (N x 6.25)	g	2.28		0		1		5.63	0.70	13.68
Total lipid (fat)	g	0.61		0		1		1.51	0.19	3.66
Ash	g	1.51		0		1		3.73	0.47	9.06
Carbohydrate, by difference	g	8.02		0	NC	4		19.81	2.48	48.12
Fiber, total dietary	g	1.8		0		4		4.4	0.6	10.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		44	6	108
Iron, Fe	mg	0.87		0		1		2.15	0.27	5.22
Magnesium, Mg	mg	17		0		1		42	5	102
Phosphorus, P	mg	43		0		1		106	13	258
Potassium, K	mg	111		0		1		274	34	666
Sodium, Na	mg	485		0		1		1198	150	2910
Zinc, Zn	mg	0.57		0		1		1.41	0.18	3.43
Copper, Cu	mg	0.156		0		1		0.385	0.048	0.936
Manganese, Mn	mg	0.260		0		1		0.642	0.080	1.560
Selenium, Se	mcg	0.4		0	RA	4		1.0	0.1	2.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		1		0.7	0.1	1.8
Thiamin	mg	0.031		0		1		0.077	0.010	0.186
Riboflavin	mg	0.022		0		1		0.054	0.007	0.132
Niacin	mg	0.216		0		1		0.534	0.067	1.296
Pantothenic acid	mg	0.080		0		1		0.198	0.025	0.480
Vitamin B-6	mg	0.038		0		1		0.094	0.012	0.228
Folate, total	mcg	10		0		1		25	3	60
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	10		0		1		25	3	60
Folate, DFE	mcg_DFE	10		0	NC	4		25	3	60
Vitamin B-12	mcg	0.01		0		1		0.02	0.00	0.06
Vitamin A, IU	IU	205		0		1		506	63	1230
Vitamin A, RAE	mcg_RAE	10		0	NC	4		25	3	62
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.030		0		4		0.074	0.009	0.180
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.160		0		1		0.395	0.049	0.960
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		0		1		0.025	0.003	0.060
15:0	g									
16:0	g	0.100		0		1		0.247	0.031	0.600
17:0	g									
18:0	g	0.040		0		1		0.099	0.012	0.240
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.220		0		1		0.543	0.068	1.320
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.025	0.003	0.060

NDB No. 06402

Soup, black bean, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.210		0		1		0.519	0.065	1.260
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.190		0		1		0.469	0.059	1.140
18:2 undifferentiated g	0.140		0		1		0.346	0.043	0.840
18:3 undifferentiated g	0.040		0		1		0.099	0.012	0.240
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.026		0		1		0.064	0.008	0.156
Threonine g	0.101		0		1		0.249	0.031	0.606
Isoleucine g	0.116		0		1		0.287	0.036	0.696
Leucine g	0.171		0		1		0.422	0.053	1.026
Lysine g	0.168		0		1		0.415	0.052	1.008
Methionine g	0.025		0		1		0.062	0.008	0.150
Cystine g	0.024		0		1		0.059	0.007	0.144
Phenylalanine g	0.126		0		1		0.311	0.039	0.756
Tyrosine g	0.020		0		1		0.049	0.006	0.120
Valine g	0.115		0		1		0.284	0.036	0.690
Arginine g	0.134		0		1		0.331	0.041	0.804
Histidine g	0.066		0		1		0.163	0.020	0.396
Alanine g	0.094		0		1		0.232	0.029	0.564
Aspartic acid g	0.264		0		1		0.652	0.082	1.584
Glutamic acid g	0.456		0		1		1.126	0.141	2.736
Glycine g	0.089		0		1		0.220	0.028	0.534
Proline g	0.088		0		1		0.217	0.027	0.528
Serine g	0.125		0		1		0.309	0.039	0.750
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 30.9g: 1 fl oz

Measure 3 = 600g: 1 can (11 oz), prepared

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06078
Soup, cauliflower, dehydrated, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.40		1		1		0.84		
Energy	kcal	360		0	NC	4		68		
Energy	kj	1506				4		286		
Protein (N x 6.25)	g	15.31		1		1		2.91		
Total lipid (fat)	g	9.10		1		1		1.73		
Ash	g	14.60		1		1		2.77		
Carbohydrate, by difference	g	56.59		0	NC	4		10.75		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	47		0		4		9		
Iron, Fe	mg	2.10		0		4		0.40		
Magnesium, Mg	mg	12		0		4		2		
Phosphorus, P	mg	267		0		4		51		
Potassium, K	mg	555		0		4		105		
Sodium, Na	mg	4450		1		1		846		
Zinc, Zn	mg	1.30		0		4		0.25		
Copper, Cu	mg	0.200		0		4		0.038		
Manganese, Mn	mg	0.300		0		4		0.057		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	20.0		0		4		3.8		
Thiamin	mg	0.360		0		4		0.068		
Riboflavin	mg	0.440		0		4		0.084		
Niacin	mg	2.400		0		4		0.456		
Pantothenic acid	mg	0.500		0		4		0.095		
Vitamin B-6	mg	0.100		0		4		0.019		
Folate, total	mcg	17		0		4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	17		0		4		3		
Folate, DFE	mcg_DFE	17		0	NC	4		3		
Vitamin B-12	mcg	1.00		0		4		0.19		
Vitamin A, IU	IU	30		0		4		6		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.360		0		1		0.258		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		0		1		0.002		
15:0	g									
16:0	g	0.890		0		1		0.169		
17:0	g									
18:0	g	0.460		0		1		0.087		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.910		0		1		0.743		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.008		

NDB No. 06078
Soup, cauliflower, dehydrated, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	3.870		0		1		0.735		
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	3.420		0		1		0.650		
18:2 undifferentiated ....g	3.180		0		1		0.604		
18:3 undifferentiated ....g	0.240		0		1		0.046		
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	2		0		1		0		
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 19g: 1 cup (8 fl oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06478
Soup, cauliflower, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.93		0		1		237.90		
Energy	kcal	27		0	NC	4		69		
Energy	kj	113				4		289		
Protein (N x 6.25)	g	1.13		0		1		2.89		
Total lipid (fat)	g	0.67		0		1		1.72		
Ash	g	1.08		0		1		2.76		
Carbohydrate, by difference	g	4.19		0	NC	4		10.73		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		4		10		
Iron, Fe	mg	0.20		0		4		0.51		
Magnesium, Mg	mg	1		0		4		3		
Phosphorus, P	mg	20		0		4		51		
Potassium, K	mg	41		0		4		105		
Sodium, Na	mg	329		0		1		842		
Zinc, Zn	mg	0.10		0		4		0.26		
Copper, Cu	mg	0.010		0		4		0.026		
Manganese, Mn	mg	0.020		0		4		0.051		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		2.6		
Thiamin	mg	0.030		0		4		0.077		
Riboflavin	mg	0.030		0		4		0.077		
Niacin	mg	0.200		0		4		0.512		
Pantothenic acid	mg	0.040		0		4		0.102		
Vitamin B-6	mg	0.010		0		4		0.026		
Folate, total	mcg	1		0		4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		0		4		3		
Folate, DFE	mcg_DFE	1		0	NC	4		3		
Vitamin B-12	mcg	0.07		0		4		0.18		
Vitamin A, IU	IU	2		0		4		5		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.100		0		1		0.256		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.070		0		1		0.179		
17:0	g									
18:0	g	0.030		0		1		0.077		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.290		0		1		0.742		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 06478
Soup, cauliflower, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.290		0		1		0.742		
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.250		0		1		0.640		
18:2 undifferentiated ....g	0.230		0		1		0.589		
18:3 undifferentiated ....g	0.020		0		1		0.051		
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		1		0		
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 256g: 1 cup (8 fl oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.15	0.477	10		1		198.28	240.71	
Energy	kcal	121		0	NC	4		311	378	
Energy	kj	506				4		1301	1580	
Protein (N x 6.25)	g	4.22	0.197	10		1		10.85	13.17	
Total lipid (fat)	g	8.15	0.154	10		1		20.95	25.43	
Ash	g	2.29	0.041	10		1		5.89	7.14	
Carbohydrate, by difference	g	8.19		0	NC	4		21.05	25.55	
Fiber, total dietary	g	0.8		0		4		2.1	2.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	111	8.256	10		1		285	346	
Iron, Fe	mg	0.58	0.095	10		1		1.49	1.81	
Magnesium, Mg	mg	3		1		1		8	9	
Phosphorus, P	mg	106		1		1		272	331	
Potassium, K	mg	120		1		1		308	374	
Sodium, Na	mg	747	31.843	5		1		1920	2331	
Zinc, Zn	mg	0.50		1		1		1.29	1.56	
Copper, Cu	mg	0.100		1		1		0.257	0.312	
Manganese, Mn	mg	0.200		1		1		0.514	0.624	
Selenium, Se	mcg	3.6		0	RA	4		9.3	11.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.013	0.001	10		1		0.033	0.041	
Riboflavin	mg	0.105	0.008	10		1		0.270	0.328	
Niacin	mg	0.310	0.023	10		1		0.797	0.967	
Pantothenic acid	mg	0.070		0		4		0.180	0.218	
Vitamin B-6	mg	0.020		1		1		0.051	0.062	
Folate, total	mcg	3		0		4		8	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		8	9	
Folate, DFE	mcg_DFE	3		0	NC	4		8	9	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	847		1		1		2177	2643	
Vitamin A, RAE	mcg_RAE	42		0	NC	4		109	132	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.160		0		4		0.411	0.499	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.190		0		1		13.338	16.193	
4:0	g	0.260		0		1		0.668	0.811	
6:0	g	0.130		0		1		0.334	0.406	
8:0	g	0.070		0		1		0.180	0.218	
10:0	g	0.150		0		1		0.386	0.468	
12:0	g	0.130		0		1		0.334	0.406	
13:0	g									
14:0	g	0.820		0		1		2.107	2.558	
15:0	g									
16:0	g	2.410		0		1		6.194	7.519	
17:0	g									
18:0	g	0.990		0		1		2.544	3.089	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.310		0		1		5.937	7.207	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.250		0		1		0.643	0.780	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.940		0		1		4.986	6.053	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.230		0		1		0.591	0.718	
18:2 undifferentiated g	0.140		0		1		0.360	0.437	
18:3 undifferentiated g	0.090		0		1		0.231	0.281	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	23		0		1		59	72	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.056		0		1		0.144	0.175	
Threonine g	0.148		0		1		0.380	0.462	
Isoleucine g	0.251		0		1		0.645	0.783	
Leucine g	0.399		0		1		1.025	1.245	
Lysine g	0.296		0		1		0.761	0.924	
Methionine g	0.091		0		1		0.234	0.284	
Cystine g	0.035		0		1		0.090	0.109	
Phenylalanine g	0.217		0		1		0.558	0.677	
Tyrosine g	0.194		0		1		0.499	0.605	
Valine g	0.296		0		1		0.761	0.924	
Arginine g	0.126		0		1		0.324	0.393	
Histidine g	0.114		0		1		0.293	0.356	
Alanine g	0.137		0		1		0.352	0.427	
Aspartic acid g	0.296		0		1		0.761	0.924	
Glutamic acid g	1.300		0		1		3.341	4.056	
Glycine g	0.091		0		1		0.234	0.284	
Proline g	0.445		0		1		1.144	1.388	
Serine g	0.194		0		1		0.499	0.605	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 257g: 1 cup

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06211

Soup, cheese, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.44		0		1		206.92	502.06	
Energy	kcal	92		0	NC	4		231	560	
Energy	kj	385				4		966	2344	
Protein (N x 6.25)	g	3.77		0		1		9.46	22.96	
Total lipid (fat)	g	5.80		0		1		14.56	35.32	
Ash	g	1.52		0		1		3.82	9.26	
Carbohydrate, by difference	g	6.47		0	NC	4		16.24	39.40	
Fiber, total dietary	g	0.4		0		4		1.0	2.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	115		0		1		289	700	
Iron, Fe	mg	0.32		0		1		0.80	1.95	
Magnesium, Mg	mg	8		0		1		20	49	
Phosphorus, P	mg	100		0		1		251	609	
Potassium, K	mg	136		0		1		341	828	
Sodium, Na	mg	406		0		1		1019	2473	
Zinc, Zn	mg	0.27		0		1		0.69	1.67	
Copper, Cu	mg	0.056		0		1		0.141	0.341	
Manganese, Mn	mg	0.103		0		1		0.259	0.627	
Selenium, Se	mcg	2.8		0	RA	4		7.0	17.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		1.3	3.0	
Thiamin	mg	0.025		0		1		0.063	0.152	
Riboflavin	mg	0.133		0		1		0.334	0.810	
Niacin	mg	0.200		0		1		0.502	1.218	
Pantothenic acid	mg	0.190		0		4		0.477	1.157	
Vitamin B-6	mg	0.031		0		1		0.078	0.189	
Folate, total	mcg	4		0		4		10	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		10	24	
Folate, DFE	mcg_DFE	4		0	NC	4		10	24	
Vitamin B-12	mcg	0.17		0		1		0.43	1.04	
Vitamin A, IU	IU	495		0		1		1242	3015	
Vitamin A, RAE	mcg_RAE	143		0	NC	4		359	871	
Retinol	mcg	142		0	NC	4		356	865	
Vitamin E	mg_ATE	0.100		0		4		0.251	0.609	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.630		0		1		9.111	22.107	
4:0	g	0.180		0		1		0.452	1.096	
6:0	g	0.100		0		1		0.251	0.609	
8:0	g	0.050		0		1		0.126	0.305	
10:0	g	0.110		0		1		0.276	0.670	
12:0	g	0.110		0		1		0.276	0.670	
13:0	g									
14:0	g	0.580		0		1		1.456	3.532	
15:0	g									
16:0	g	1.650		0		1		4.142	10.049	
17:0	g									
18:0	g	0.690		0		1		1.732	4.202	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.630		0		1		4.091	9.927	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.160		0		1		0.402	0.974	

NDB No. 06211

Soup, cheese, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.390		0		1		3.489	8.465	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.180		0		1		0.452	1.096	
18:2 undifferentiated g	0.110		0		1		0.276	0.670	
18:3 undifferentiated g	0.070		0		1		0.176	0.426	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	19		0		1		48	116	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.051		0		1		0.128	0.311	
Threonine g	0.148		0		1		0.371	0.901	
Isoleucine g	0.226		0		1		0.567	1.376	
Leucine g	0.361		0		1		0.906	2.198	
Lysine g	0.279		0		1		0.700	1.699	
Methionine g	0.087		0		1		0.218	0.530	
Cystine g	0.033		0		1		0.083	0.201	
Phenylalanine g	0.189		0		1		0.474	1.151	
Tyrosine g	0.177		0		1		0.444	1.078	
Valine g	0.259		0		1		0.650	1.577	
Arginine g	0.123		0		1		0.309	0.749	
Histidine g	0.102		0		1		0.256	0.621	
Alanine g	0.125		0		1		0.314	0.761	
Aspartic acid g	0.274		0		1		0.688	1.669	
Glutamic acid g	1.002		0		1		2.515	6.102	
Glycine g	0.081		0		1		0.203	0.493	
Proline g	0.383		0		1		0.961	2.332	
Serine g	0.187		0		1		0.469	1.139	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 609g: 1 can (11 oz), prepared

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06411

Soup, cheese, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.12		0		1		217.66	528.72	
Energy	kcal	63		0	NC	4		156	378	
Energy	kj	264				4		651	1582	
Protein (N x 6.25)	g	2.19		0		1		5.41	13.14	
Total lipid (fat)	g	4.24		0		1		10.47	25.44	
Ash	g	1.19		0		1		2.94	7.14	
Carbohydrate, by difference	g	4.26		0	NC	4		10.52	25.56	
Fiber, total dietary	g	0.4		0		4		1.0	2.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	57		0		1		141	342	
Iron, Fe	mg	0.30		0		1		0.74	1.80	
Magnesium, Mg	mg	2		0		1		5	12	
Phosphorus, P	mg	55		0		1		136	330	
Potassium, K	mg	62		0		1		153	372	
Sodium, Na	mg	388		0		1		958	2328	
Zinc, Zn	mg	0.26		0		1		0.64	1.56	
Copper, Cu	mg	0.052		0		1		0.128	0.312	
Manganese, Mn	mg	0.104		0		1		0.257	0.624	
Selenium, Se	mcg	1.8		0	RA	4		4.4	10.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.007		0		1		0.017	0.042	
Riboflavin	mg	0.055		0		1		0.136	0.330	
Niacin	mg	0.161		0		1		0.398	0.966	
Pantothenic acid	mg	0.040		0		4		0.099	0.240	
Vitamin B-6	mg	0.010		0		1		0.025	0.060	
Folate, total	mcg	2		0		4		5	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		5	12	
Folate, DFE	mcg_DFE	2		0	NC	4		5	12	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	440		0		1		1087	2640	
Vitamin A, RAE	mcg_RAE	120		0	NC	4		295	717	
Retinol	mcg	117		0	NC	4		289	702	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.700		0		1		6.669	16.200	
4:0	g	0.130		0		1		0.321	0.780	
6:0	g	0.070		0		1		0.173	0.420	
8:0	g	0.040		0		1		0.099	0.240	
10:0	g	0.080		0		1		0.198	0.480	
12:0	g	0.070		0		1		0.173	0.420	
13:0	g									
14:0	g	0.430		0		1		1.062	2.580	
15:0	g									
16:0	g	1.250		0		1		3.088	7.500	
17:0	g									
18:0	g	0.510		0		1		1.260	3.060	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.200		0		1		2.964	7.200	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.130		0		1		0.321	0.780	

NDB No. 06411

Soup, cheese, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.010		0		1		2.495	6.060	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.120		0		1		0.296	0.720	
18:2 undifferentiated g	0.070		0		1		0.173	0.420	
18:3 undifferentiated g	0.050		0		1		0.124	0.300	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	12		0		1		30	72	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.029		0		1		0.072	0.174	
Threonine g	0.077		0		1		0.190	0.462	
Isoleucine g	0.130		0		1		0.321	0.780	
Leucine g	0.207		0		1		0.511	1.242	
Lysine g	0.154		0		1		0.380	0.924	
Methionine g	0.047		0		1		0.116	0.282	
Cystine g	0.018		0		1		0.044	0.108	
Phenylalanine g	0.113		0		1		0.279	0.678	
Tyrosine g	0.101		0		1		0.249	0.606	
Valine g	0.154		0		1		0.380	0.924	
Arginine g	0.066		0		1		0.163	0.396	
Histidine g	0.059		0		1		0.146	0.354	
Alanine g	0.071		0		1		0.175	0.426	
Aspartic acid g	0.154		0		1		0.380	0.924	
Glutamic acid g	0.676		0		1		1.670	4.056	
Glycine g	0.047		0		1		0.116	0.282	
Proline g	0.231		0		1		0.571	1.386	
Serine g	0.101		0		1		0.249	0.606	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06081
Soup, chicken broth cubes, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.50		1		1		0.16	0.12	
Energy	kcal	198		0	NC	4		13	10	
Energy	kj	828				4		53	40	
Protein (N x 6.25)	g	14.60		1		1		0.93	0.70	
Total lipid (fat)	g	4.70		1		1		0.30	0.23	
Ash	g	54.70		1		1		3.50	2.63	
Carbohydrate, by difference	g	23.50		0	NC	4		1.50	1.13	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	190		0		4		12	9	
Iron, Fe	mg	1.87		1		1		0.12	0.09	
Magnesium, Mg	mg	56		2		1		4	3	
Phosphorus, P	mg	191		1		1		12	9	
Potassium, K	mg	374		1		1		24	18	
Sodium, Na	mg	24000		1		1		1536	1152	
Zinc, Zn	mg	0.20		1		1		0.01	0.01	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.377		1		1		0.024	0.018	
Selenium, Se	mcg	27.9		0	BFSN	4		1.8	1.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.1	0.0	
Thiamin	mg	0.190		1		1		0.012	0.009	
Riboflavin	mg	0.380		1		1		0.024	0.018	
Niacin	mg	3.900		1		1		0.250	0.187	
Pantothenic acid	mg	0.600		0		4		0.038	0.029	
Vitamin B-6	mg	0.100		0		4		0.006	0.005	
Folate, total	mcg	32		0		4		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	32		0		4		2	2	
Folate, DFE	mcg_DFE	32		0	NC	4		2	2	
Vitamin B-12	mcg	0.30		0		4		0.02	0.01	
Vitamin A, IU	IU	250		0		4		16	12	
Vitamin A, RAE	mcg_RAE	53		0	NC	4		3	3	
Retinol	mcg	48		0	NC	4		3	2	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.250		0		1		0.080	0.060	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.030		0		1		0.002	0.001	
15:0	g									
16:0	g	0.930		0		1		0.060	0.045	
17:0	g									
18:0	g	0.240		0		1		0.015	0.012	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.950		0		1		0.125	0.094	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.200		0		1		0.013	0.010	

NDB No. 06081
Soup, chicken broth cubes, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	1.680		0		1		0.108	0.081	
20:1 ....g	0.040		0		1		0.003	0.002	
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	1.630		0		1		0.104	0.078	
18:2 undifferentiated ....g	1.570		0		1		0.100	0.075	
18:3 undifferentiated ....g	0.050		0		1		0.003	0.002	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000	0.000	
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	13		0		1		1	1	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 6.4g: 1 cup

Measure 2 = 4.8g: 1 cube

Calories Factors: **Protein** 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06481
Soup, chicken broth cubes, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	97.43		0		1		236.75	177.32	
Energy	kcal	5		0	NC	4		12	9	
Energy	kj	21				4		51	38	
Protein (N x 6.25)	g	0.39		0		1		0.95	0.71	
Total lipid (fat)	g	0.12		0		1		0.29	0.22	
Ash	g	1.44		0		1		3.50	2.62	
Carbohydrate, by difference	g	0.62		0	NC	4		1.51	1.13	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		4		12	9	
Iron, Fe	mg	0.05		0		1		0.12	0.09	
Magnesium, Mg	mg	1		0		1		2	2	
Phosphorus, P	mg	5		0		1		12	9	
Potassium, K	mg	10		0		1		24	18	
Sodium, Na	mg	326		0		1		792	593	
Zinc, Zn	mg	0.01		0		1		0.01	0.01	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.010		0		1		0.024	0.018	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.005		0		1		0.012	0.009	
Riboflavin	mg	0.010		0		1		0.024	0.018	
Niacin	mg	0.103		0		1		0.250	0.187	
Pantothenic acid	mg	0.020		0		4		0.049	0.036	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	1		0		4		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		2	2	
Folate, DFE	mcg_DFE	1		0	NC	4		2	2	
Vitamin B-12	mcg	0.01		0		4		0.02	0.02	
Vitamin A, IU	IU	7		0		4		17	13	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	2	
Retinol	mcg	1		0	NC	4		2	2	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.030		0		1		0.073	0.055	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.020		0		1		0.049	0.036	
17:0	g									
18:0	g	0.010		0		1		0.024	0.018	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.050		0		1		0.122	0.091	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.024	0.018	

NDB No. 06481
Soup, chicken broth cubes, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.040		0		1		0.097	0.073	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.040		0		1		0.097	0.073	
18:2 undifferentiated ... g	0.040		0		1		0.097	0.073	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 243g: 1 cup (8 fl oz)

Measure 2 = 182g: 1 cube (6 fl oz prepared)

Calories Factors: **Protein** 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06080
Soup, chicken broth or bouillon, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.27		4		1		0.18	0.05	0.09
Energy	kcal	267		0	NC	4		21	5	11
Energy	kj	1117				4		89	22	45
Protein (N x 6.25)	g	16.66		4		1		1.33	0.33	0.67
Total lipid (fat)	g	13.88		4		1		1.11	0.28	0.56
Ash	g	49.18		4		1		3.93	0.98	1.97
Carbohydrate, by difference	g	18.01		0	NC	4		1.44	0.36	0.72
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	187		1		1		15	4	7
Iron, Fe	mg	1.03		1		1		0.08	0.02	0.04
Magnesium, Mg	mg	56		2		1		4	1	2
Phosphorus, P	mg	166		2		1		13	3	7
Potassium, K	mg	309		1		1		25	6	12
Sodium, Na	mg	18586		3		1		1487	372	743
Zinc, Zn	mg	0.09		1		1		0.01	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.150		0		4		0.012	0.003	0.006
Selenium, Se	mcg	28.0		0	BFSN	4		2.2	0.6	1.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		1		1		0.1	0.0	0.0
Thiamin	mg	0.100		1		1		0.008	0.002	0.004
Riboflavin	mg	0.430		2		1		0.034	0.009	0.017
Niacin	mg	2.460		2		1		0.197	0.049	0.098
Pantothenic acid	mg	0.600		0		4		0.048	0.012	0.024
Vitamin B-6	mg	0.100		0		4		0.008	0.002	0.004
Folate, total	mcg	32		0		4		3	1	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	32		0		4		3	1	1
Folate, DFE	mcg_DFE	32		0	NC	4		3	1	1
Vitamin B-12	mcg	0.30		0		4		0.02	0.01	0.01
Vitamin A, IU	IU	500		1		1		40	10	20
Vitamin A, RAE	mcg_RAE	150		0	NC	4		12	3	6
Retinol	mcg	150		0	NC	4		12	3	6
Vitamin E	mg_ATE	0.110		0		4		0.009	0.002	0.004
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.430		0		1		0.274	0.069	0.137
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.001	0.000	0.000
13:0	g									
14:0	g	0.010		0		1		0.001	0.000	0.000
15:0	g									
16:0	g	2.560		0		1		0.205	0.051	0.102
17:0	g									
18:0	g	0.660		0		1		0.053	0.013	0.026
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.360		0		1		0.429	0.107	0.214
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.600		0		1		0.048	0.012	0.024

NDB No. 06080
Soup, chicken broth or bouillon, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.640		0		1		0.371	0.093	0.186
20:1 ... g	0.120		0		1		0.010	0.002	0.005
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.480		0		1		0.358	0.090	0.179
18:2 undifferentiated ... g	4.320		0		1		0.346	0.086	0.173
18:3 undifferentiated ... g	0.130		0		1		0.010	0.003	0.005
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.010		0		1		0.001	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0		1		1	0	1
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg	0		0	z	7		0	0	0
Theobromine ... mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 8.0g: 1 cup

Measure 2 = 2.0g: 1 tsp

Measure 3 = 4.0g: 1 cube

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	96.80		0		1		236.19	29.52	177.14
Energy	kcal	9		0	NC	4		22	3	16
Energy	kj	38				4		92	11	69
Protein (N x 6.25)	g	0.55		0		1		1.34	0.17	1.01
Total lipid (fat)	g	0.45		0		1		1.10	0.14	0.82
Ash	g	1.61		0		1		3.93	0.49	2.95
Carbohydrate, by difference	g	0.59		0	NC	4		1.44	0.18	1.08
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		15	2	11
Iron, Fe	mg	0.03		0		1		0.07	0.01	0.05
Magnesium, Mg	mg	2		0		1		5	1	4
Phosphorus, P	mg	5		0		1		12	2	9
Potassium, K	mg	10		0		1		24	3	18
Sodium, Na	mg	608		0		1		1484	185	1113
Zinc, Zn	mg	0.00		0		1		0.01	0.00	0.01
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se	mcg	0.0		1	A	1		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.003		0		1		0.007	0.001	0.005
Riboflavin	mg	0.014		0		1		0.034	0.004	0.026
Niacin	mg	0.080		0		1		0.195	0.024	0.146
Pantothenic acid	mg	0.020		0		4		0.049	0.006	0.037
Vitamin B-6	mg	0.000		0		4		0.000	0.000	0.000
Folate, total	mcg	1		0		4		2	0	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		0		4		2	0	2
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	2
Vitamin B-12	mcg	0.01		0		4		0.02	0.00	0.02
Vitamin A, IU	IU	16		0		1		39	5	29
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	0	2
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.010		0		4		0.024	0.003	0.018
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.110		0		1		0.268	0.034	0.201
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.080		0		1		0.195	0.024	0.146
17:0	g									
18:0	g	0.020		0		1		0.049	0.006	0.037
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.170		0		1		0.415	0.052	0.311
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.049	0.006	0.037

NDB No. 06480
Soup, chicken broth or bouillon, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.150		0		1		0.366	0.046	0.275
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.150		0		1		0.366	0.046	0.275
18:2 undifferentiated ... g	0.140		0		1		0.342	0.043	0.256
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 183g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.96	0.293	10		1		230.82	28.88	280.48
Energy	kcal	31		0	NC	4		78	10	95
Energy	kj	130				4		326	41	396
Protein (N x 6.25)	g	4.42	0.085	10		1		11.09	1.39	13.48
Total lipid (fat)	g	1.04	0.175	10		1		2.61	0.33	3.17
Ash	g	1.83	0.030	10		1		4.59	0.57	5.58
Carbohydrate, by difference	g	0.75		0	NC	4		1.88	0.24	2.29
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.804	10		1		15	2	18
Iron, Fe	mg	0.41	0.078	10		1		1.03	0.13	1.25
Magnesium, Mg	mg	2		1		1		5	1	6
Phosphorus, P	mg	60		1		1		151	19	183
Potassium, K	mg	170		1		1		427	53	519
Sodium, Na	mg	626	13.267	5		1		1571	197	1909
Zinc, Zn	mg	0.20		1		1		0.50	0.06	0.61
Copper, Cu	mg	0.100		1		1		0.251	0.031	0.305
Manganese, Mn	mg	0.200		1		1		0.502	0.063	0.610
Selenium, Se	mcg	2.3		0	BFSN	4		5.8	0.7	7.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	10		1		0.0	0.0	0.0
Thiamin	mg	0.006	0.001	10		1		0.015	0.002	0.018
Riboflavin	mg	0.046	0.002	10		1		0.115	0.014	0.140
Niacin	mg	2.230	0.117	10		1		5.597	0.700	6.802
Pantothenic acid	mg	0.040		0		4		0.100	0.013	0.122
Vitamin B-6	mg	0.020		1		1		0.050	0.006	0.061
Folate, total	mcg	4		0		4		10	1	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		4		10	1	12
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	12
Vitamin B-12	mcg	0.20		1		1		0.50	0.06	0.61
Vitamin A, IU	IU	0	0.000	10		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.028		0		4		0.070	0.009	0.085
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.310		0		1		0.778	0.097	0.946
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		0		1		0.025	0.003	0.031
15:0	g									
16:0	g	0.230		0		1		0.577	0.072	0.702
17:0	g									
18:0	g	0.060		0		1		0.151	0.019	0.183
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.470		0		1		1.180	0.148	1.434
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		0		1		0.151	0.019	0.183

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.390		0		1		0.979	0.122	1.190
20:1 ... g	0.010		0		1		0.025	0.003	0.031
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.220		0		1		0.552	0.069	0.671
18:2 undifferentiated ... g	0.200		0		1		0.502	0.063	0.610
18:3 undifferentiated ... g	0.010		0		1		0.025	0.003	0.031
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		3	0	3
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 31.4g: 1 fl oz

Measure 3 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	95.95		0		1		230.28	234.12	28.79
Energy	kcal	16		0	NC	4		38	39	5
Energy	kj	67				4		161	163	20
Protein (N x 6.25)	g	2.02		0		1		4.85	4.93	0.61
Total lipid (fat)	g	0.57		0		1		1.37	1.39	0.17
Ash	g	1.02		0		1		2.45	2.49	0.31
Carbohydrate, by difference	g	0.38		0	NC	4		0.91	0.93	0.11
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		10	10	1
Iron, Fe	mg	0.21		0		1		0.50	0.51	0.06
Magnesium, Mg	mg	1		0		1		2	2	0
Phosphorus, P	mg	30		0		1		72	73	9
Potassium, K	mg	86		0		1		206	210	26
Sodium, Na	mg	318		0		1		763	776	95
Zinc, Zn	mg	0.10		0		1		0.24	0.25	0.03
Copper, Cu	mg	0.051		0		1		0.122	0.124	0.015
Manganese, Mn	mg	0.102		0		1		0.245	0.249	0.031
Selenium, Se	mcg	0.0		1	A	1		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.004		0		1		0.010	0.010	0.001
Riboflavin	mg	0.029		0		1		0.070	0.071	0.009
Niacin	mg	1.372		0		1		3.293	3.348	0.412
Pantothenic acid	mg	0.020		0		4		0.048	0.049	0.006
Vitamin B-6	mg	0.010		0		1		0.024	0.024	0.003
Folate, total	mcg	2		0		4		5	5	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		4		5	5	1
Folate, DFE	mcg_DFE	2		0	NC	4		5	5	1
Vitamin B-12	mcg	0.10		0		1		0.24	0.24	0.03
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.016		0		4		0.038	0.039	0.005
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.160		0		1		0.384	0.390	0.048
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		0		1		0.024	0.024	0.003
15:0	g									
16:0	g	0.120		0		1		0.288	0.293	0.036
17:0	g									
18:0	g	0.030		0		1		0.072	0.073	0.009
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.240		0		1		0.576	0.586	0.072
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.072	0.073	0.009

NDB No. 06413

Soup, chicken broth, canned, prepared with equal volume water, commercial

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.200		0		1		0.480	0.488	0.060
20:1	g	0.010		0		1		0.024	0.024	0.003
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.110		0		1		0.264	0.268	0.033
18:2 undifferentiated	g	0.100		0		1		0.240	0.244	0.030
18:3 undifferentiated	g	0.010		0		1		0.024	0.024	0.003
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	0		0		1		0	0	0
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg									
Theobromine	mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 244g: 1 cup (8 fl oz)

Measure 3 = 30.0g: 1 fl oz

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.10		1	A	1		442.52	197.04	
Energy	kcal	99		0	NC	4		534	238	
Energy	kj	414				4		2233	994	
Protein	g	3.10		1	A	1		16.71	7.44	
Total lipid (fat)	g	6.30		1	A	1		33.96	15.12	
Ash	g	1.00		1	A	1		5.39	2.40	
Carbohydrate, by difference	g	7.50		0	NC	4		40.43	18.00	
Fiber, total dietary	g	0.9		1	A	1		4.9	2.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	299		1	A	1		1612	718	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	1.750		1	A	1		9.433	4.200	
Fatty acids, total monounsaturated	g	1.270		1	A	1		6.845	3.048	
Fatty acids, total polyunsaturated	g	1.900		1	A	1		10.241	4.560	
Fatty acids, total trans	g									
Cholesterol	mg	11		1	A	1		59	26	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.02	0.269	10		1		220.93	268.46	
Energy	kcal	45		0	NC	4		113	137	
Energy	kj	188				4		473	574	
Protein (N x 6.25)	g	2.10	0.060	10		1		5.27	6.41	
Total lipid (fat)	g	1.14	0.040	10		1		2.86	3.48	
Ash	g	2.07	0.070	10		1		5.20	6.31	
Carbohydrate, by difference	g	6.67		0	NC	4		16.74	20.34	
Fiber, total dietary	g	1.6		0		4		4.0	4.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19	1.668	10		1		48	58	
Iron, Fe	mg	0.71	0.102	10		1		1.78	2.17	
Magnesium, Mg	mg	3		1		1		8	9	
Phosphorus, P	mg	20		1		1		50	61	
Potassium, K	mg	60		1		1		151	183	
Sodium, Na	mg	761	24.259	5		1		1910	2321	
Zinc, Zn	mg	0.30		1		1		0.75	0.92	
Copper, Cu	mg	0.100		1		1		0.251	0.305	
Manganese, Mn	mg	0.200		1		1		0.502	0.610	
Selenium, Se	mcg	6.7		0	RA	4		16.8	20.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0		1		4		10.0	12.2	
Thiamin	mg	0.200		1		4		0.502	0.610	
Riboflavin	mg	0.300		1		4		0.753	0.915	
Niacin	mg	0.530	0.021	10		1		1.330	1.617	
Pantothenic acid	mg	0.160		0		4		0.402	0.488	
Vitamin B-6	mg	0.050		1		1		0.126	0.153	
Folate, total	mcg	5		0		4		13	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		13	15	
Folate, DFE	mcg_DFE	5		0	NC	4		13	15	
Vitamin B-12	mcg	0.02		0		4		0.05	0.06	
Vitamin A, IU	IU	108	4.833	10		1		271	329	
Vitamin A, RAE	mcg_RAE	5		0	NC	4		14	16	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.031		0		4		0.078	0.095	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.260		0		1		0.653	0.793	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		1		1		0.025	0.031	
15:0	g									
16:0	g	0.200		1		1		0.502	0.610	
17:0	g									
18:0	g	0.050		1		1		0.126	0.153	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.520		0		1		1.305	1.586	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		1		1		0.126	0.153	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.460		1		1		1.155	1.403	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.280		0		1		0.703	0.854	
18:2 undifferentiated ... g	0.250		1		1		0.628	0.763	
18:3 undifferentiated ... g	0.010		1		1		0.025	0.031	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		8	9	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.018		0		1		0.045	0.055	
Threonine ... g	0.066		0		1		0.166	0.201	
Isoleucine ... g	0.079		0		1		0.198	0.241	
Leucine ... g	0.134		0		1		0.336	0.409	
Lysine ... g	0.129		0		1		0.324	0.393	
Methionine ... g	0.036		0		1		0.090	0.110	
Cystine ... g	0.014		0		1		0.035	0.043	
Phenylalanine ... g	0.077		0		1		0.193	0.235	
Tyrosine ... g	0.055		0		1		0.138	0.168	
Valine ... g	0.093		0		1		0.233	0.284	
Arginine ... g	0.098		0		1		0.246	0.299	
Histidine ... g	0.046		0		1		0.115	0.140	
Alanine ... g	0.120		0		1		0.301	0.366	
Aspartic acid ... g	0.177		0		1		0.444	0.540	
Glutamic acid ... g	0.529		0		1		1.328	1.613	
Glycine ... g	0.132		0		1		0.331	0.403	
Proline ... g	0.120		0		1		0.301	0.366	
Serine ... g	0.072		0		1		0.181	0.220	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.84		0		1		228.97	28.62	556.47
Energy	kcal	23		0	NC	4		56	7	136
Energy	kj	96				4		235	29	571
Protein (N x 6.25)	g	1.08		0		1		2.64	0.33	6.40
Total lipid (fat)	g	0.59		0		1		1.44	0.18	3.50
Ash	g	1.06		0		1		2.59	0.32	6.29
Carbohydrate, by difference	g	3.43		0	NC	4		8.37	1.05	20.34
Fiber, total dietary	g	0.8		0		4		2.0	0.2	4.7
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		24	3	59
Iron, Fe	mg	0.37		0		1		0.90	0.11	2.19
Magnesium, Mg	mg	2		0		1		5	1	12
Phosphorus, P	mg	10		0		1		24	3	59
Potassium, K	mg	31		0		1		76	9	184
Sodium, Na	mg	391		0		1		954	119	2319
Zinc, Zn	mg	0.15		0		1		0.38	0.05	0.91
Copper, Cu	mg	0.051		0		1		0.124	0.016	0.302
Manganese, Mn	mg	0.103		0		1		0.251	0.031	0.611
Selenium, Se	mcg	3.3		0	RA	4		8.1	1.0	19.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		4.9	0.6	11.9
Thiamin	mg	0.010		0		4		0.024	0.003	0.059
Riboflavin	mg	0.020		0		4		0.049	0.006	0.119
Niacin	mg	0.272		0		1		0.664	0.083	1.613
Pantothenic acid	mg	0.080		0		4		0.195	0.024	0.474
Vitamin B-6	mg	0.026		0		1		0.063	0.008	0.154
Folate, total	mcg	2		0		4		5	1	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		4		5	1	12
Folate, DFE	mcg_DFE	2		0	NC	4		5	1	12
Vitamin B-12	mcg	0.01		0		4		0.02	0.00	0.06
Vitamin A, IU	IU	56		0		1		137	17	332
Vitamin A, RAE	mcg_RAE	3		0	NC	4		7	1	17
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.016		0		4		0.039	0.005	0.095
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.130		0		1		0.317	0.040	0.771
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.100		0		1		0.244	0.031	0.593
17:0	g									
18:0	g	0.030		0		1		0.073	0.009	0.178
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.270		0		1		0.659	0.082	1.601
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.073	0.009	0.178

NDB No. 06417

Soup, chicken gumbo, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.240		0		1		0.586	0.073	1.423
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.140		0		1		0.342	0.043	0.830
18:2 undifferentiated ... g	0.130		0		1		0.317	0.040	0.771
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		5	1	12
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.009		0		1		0.022	0.003	0.053
Threonine ... g	0.034		0		1		0.083	0.010	0.202
Isoleucine ... g	0.041		0		1		0.100	0.013	0.243
Leucine ... g	0.069		0		1		0.168	0.021	0.409
Lysine ... g	0.066		0		1		0.161	0.020	0.391
Methionine ... g	0.019		0		1		0.046	0.006	0.113
Cystine ... g	0.007		0		1		0.017	0.002	0.042
Phenylalanine ... g	0.040		0		1		0.098	0.012	0.237
Tyrosine ... g	0.028		0		1		0.068	0.009	0.166
Valine ... g	0.048		0		1		0.117	0.015	0.285
Arginine ... g	0.050		0		1		0.122	0.015	0.297
Histidine ... g	0.024		0		1		0.059	0.007	0.142
Alanine ... g	0.062		0		1		0.151	0.019	0.368
Aspartic acid ... g	0.091		0		1		0.222	0.028	0.540
Glutamic acid ... g	0.272		0		1		0.664	0.083	1.613
Glycine ... g	0.068		0		1		0.166	0.021	0.403
Proline ... g	0.062		0		1		0.151	0.019	0.368
Serine ... g	0.037		0		1		0.090	0.011	0.219
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.20		1	A	1		453.84	202.08	
Energy	kcal	80		0	NC	4		431	192	
Energy	kj	335				4		1804	803	
Protein	g	3.00		1	A	1		16.17	7.20	
Total lipid (fat)	g	4.40		1	A	1		23.72	10.56	
Ash	g	1.30		1	A	1		7.01	3.12	
Carbohydrate, by difference	g	7.10		0	NC	4		38.27	17.04	
Fiber, total dietary	g	1.4		1	A	1		7.5	3.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	0.48		1	A	1		2.59	1.15	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	339		1	A	1		1827	814	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		1	A	1		10.8	4.8	
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		1	A	1		0	0	
Vitamin A, RAE	mcg_RAE									
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.150		1	A	1		6.199	2.760	
Fatty acids, total monounsaturated	g	0.837		1	A	1		4.511	2.009	
Fatty acids, total polyunsaturated	g	1.740		1	A	1		9.379	4.176	
Fatty acids, total trans	g									
Cholesterol	mg	6		1	A	1		32	14	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

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

NDB No. 06726

Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.40		0		4		201.80	245.22	
Energy	kcal	109		0		4		274	332	
Energy	kj	456				4		1145	1391	
Protein (N x 6.25)	g	3.50	0.091	5		1		8.79	10.68	
Total lipid (fat)	g	7.30	0.120	5		1		18.32	22.27	
Ash	g	1.20		0		4		3.01	3.66	
Carbohydrate, by difference	g	7.60		0		4		19.08	23.18	
Fiber, total dietary	g	0.2		0		4		0.5	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23	0.537	5		1		58	70	
Iron, Fe	mg	0.70	0.129	5		1		1.76	2.14	
Magnesium, Mg	mg	7		0		4		18	21	
Phosphorus, P	mg	22		0		4		55	67	
Potassium, K	mg	126		0		4		316	384	
Sodium, Na	mg	773		0		4		1940	2358	
Zinc, Zn	mg	0.80		0		4		2.01	2.44	
Copper, Cu	mg	0.040		0		4		0.100	0.122	
Manganese, Mn	mg	0.100		0		4		0.251	0.305	
Selenium, Se	mcg	2.9		0	RA	4		7.3	8.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	5		1		0.0	0.0	
Thiamin	mg	0.020	0.005	5		1		0.050	0.061	
Riboflavin	mg	0.090	0.005	5		1		0.226	0.275	
Niacin	mg	1.300	0.048	5		1		3.263	3.965	
Pantothenic acid	mg	0.200		0		4		0.502	0.610	
Vitamin B-6	mg	0.040		0		4		0.100	0.122	
Folate, total	mcg	2		0		4		5	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		5	6	
Folate, DFE	mcg_DFE	2		0	NC	4		5	6	
Vitamin B-12	mcg	0.05		0		4		0.13	0.15	
Vitamin A, IU	IU	905	10.706	5		1		2272	2760	
Vitamin A, RAE	mcg_RAE	45		0	NC	4		114	138	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.010		0		4		0.025	0.031	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.920		0		1		4.819	5.856	
4:0	g	0.010		0		1		0.025	0.031	
6:0	g	0.010		0		1		0.025	0.031	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.010		0		1		0.025	0.031	
12:0	g	0.010		0		1		0.025	0.031	
13:0	g									
14:0	g	0.070		0		1		0.176	0.214	
15:0	g									
16:0	g	1.260		0		1		3.163	3.843	
17:0	g									
18:0	g	0.500		0		1		1.255	1.525	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.210		0		1		8.057	9.791	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.210		0		1		0.527	0.641	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.940		0		1		7.379	8.967	
20:1 ... g	0.040		0		1		0.100	0.122	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.850		0		1		4.644	5.643	
18:2 undifferentiated ... g	1.750		0		1		4.393	5.338	
18:3 undifferentiated ... g	0.090		0		1		0.226	0.275	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	8		0		1		20	24	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4.2

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.00		0		4		219.60	533.70	
Energy	kcal	54		0		4		132	320	
Energy	kj	226				4		551	1340	
Protein (N x 6.25)	g	1.80		0		1		4.39	10.67	
Total lipid (fat)	g	3.75		0		1		9.15	22.24	
Ash	g	0.60		0		4		1.46	3.56	
Carbohydrate, by difference	g	3.80		0		4		9.27	22.53	
Fiber, total dietary	g	0.1		0		4		0.2	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		29	71	
Iron, Fe	mg	0.36		0		1		0.88	2.13	
Magnesium, Mg	mg	4		0		4		10	24	
Phosphorus, P	mg	11		0		4		27	65	
Potassium, K	mg	63		0		4		154	374	
Sodium, Na	mg	386		0		4		942	2289	
Zinc, Zn	mg	0.40		0		4		0.98	2.37	
Copper, Cu	mg	0.100		0		4		0.244	0.593	
Manganese, Mn	mg	0.100		0		4		0.244	0.593	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.010		0		1		0.024	0.059	
Riboflavin	mg	0.046		0		1		0.112	0.273	
Niacin	mg	0.668		0		1		1.630	3.961	
Pantothenic acid	mg	0.100		0		4		0.244	0.593	
Vitamin B-6	mg	0.020		0		4		0.049	0.119	
Folate, total	mcg	0		0		4		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	0		0		4		0	1	
Folate, DFE	mcg_DFE	0		0	NC	4		0	1	
Vitamin B-12	mcg	0.02		0		4		0.05	0.12	
Vitamin A, IU	IU	465		0		1		1135	2757	
Vitamin A, RAE	mcg_RAE	23		0	NC	4		57	138	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.980		0		1		2.391	5.811	
4:0	g	0.010		0		1		0.024	0.059	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.024	0.059	
13:0	g									
14:0	g	0.040		0		1		0.098	0.237	
15:0	g									
16:0	g	0.640		0		1		1.562	3.795	
17:0	g									
18:0	g	0.260		0		1		0.634	1.542	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.650		0		1		4.026	9.785	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.100		0		1		0.244	0.593	

NDB No. 06549

Soup, chicken mushroom, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.510		0		1		3.684	8.954	
20:1 ... g	0.020		0		1		0.049	0.119	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.950		0		1		2.318	5.634	
18:2 undifferentiated ... g	0.900		0		1		2.196	5.337	
18:3 undifferentiated ... g	0.040		0		1		0.098	0.237	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		10	24	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4.2

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.98		0	MC	9		2.95	0.44	
Energy	kcal	385		0	NC	4		285	43	
Energy	kj	1611		0		4		1192	179	
Protein (N x 6.25)	g	13.88		0	MC	9		10.27	1.54	
Total lipid (fat)	g	9.05		0	MC	9		6.70	1.00	
Ash	g	12.91		0	MC	9		9.55	1.43	
Carbohydrate, by difference	g	60.44		0	NC	4		44.73	6.71	
Fiber, total dietary	g	2.2		0	MC	9		1.6	0.2	
Sugars, total	g	7.58		0	MC	9		5.61	0.84	
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0	MC	9		20	3	
Iron, Fe	mg	3.22		0	MC	9		2.38	0.36	
Magnesium, Mg	mg	48		0	FLM	4		36	5	
Phosphorus, P	mg	192		0	FLM	4		142	21	
Potassium, K	mg	216		0	FLM	4		160	24	
Sodium, Na	mg	3769		0	MC	9		2789	418	
Zinc, Zn	mg	1.41		0	FLM	4		1.04	0.16	
Copper, Cu	mg	0.237		0	FLM	4		0.175	0.026	
Manganese, Mn	mg	0.527		0	FLM	4		0.390	0.058	
Selenium, Se	mcg	63.2		0	BFSN	4		46.8	7.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	MC	9		0.2	0.0	
Thiamin	mg	1.333		0	MC	9		0.986	0.148	
Riboflavin	mg	0.500		0	MC	9		0.370	0.056	
Niacin	mg	7.090		0	MC	9		5.247	0.787	
Pantothenic acid	mg	0.698		0	MC	9		0.517	0.077	
Vitamin B-6	mg	0.167		0	FLM	4		0.124	0.019	
Folate, total	mcg	122		0	CASN	4		90	14	
Folic acid	mcg	113		0	NC	4		84	13	
Folate, food	mcg	9	0.215	3		1		7	1	
Folate, DFE	mcg_DFE	201		0	NC	4		149	22	
Vitamin B-12	mcg	0.36		0	FLM	4		0.27	0.04	
Vitamin A, IU	IU	100		0	FLM	4		74	11	
Vitamin A, RAE	mcg_RAE	30		0	NC	4		22	3	
Retinol	mcg	30		0	NC	4		22	3	
Vitamin E	mg_ATE	0.634		0	FLM	4		0.469	0.070	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.008		0	FLM	4		1.486	0.223	
4:0	g	0.000		0	FLM	4		0.000	0.000	
6:0	g	0.000		0	FLM	4		0.000	0.000	
8:0	g	0.000		0	FLM	4		0.000	0.000	
10:0	g	0.000		0	FLM	4		0.000	0.000	
12:0	g	0.006		0	FLM	4		0.004	0.001	
13:0	g									
14:0	g	0.039		0	FLM	4		0.029	0.004	
15:0	g									
16:0	g	1.473		0	FLM	4		1.090	0.164	
17:0	g									
18:0	g	0.454		0	FLM	4		0.336	0.050	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.380		0	FLM	4		2.501	0.375	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.265		0	FLM	4		0.196	0.029	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.060		0	FLM	4		2.264	0.340	
20:1 ... g	0.030		0	FLM	4		0.022	0.003	
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.562		0	FLM	4		1.896	0.284	
18:2 undifferentiated ... g	2.334		0	FLM	4		1.727	0.259	
18:3 undifferentiated ... g	0.142		0	FLM	4		0.105	0.016	
18:4 ... g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.041		0	FLM	4		0.030	0.005	
20:5 n-3 ... g	0.002		0	FLM	4		0.001	0.000	
22:5 n-3 ... g	0.005		0	FLM	4		0.004	0.001	
22:6 n-3 ... g	0.013		0	FLM	4		0.010	0.001	
Fatty acids, total trans ... g									
Cholesterol ... mg	74		0	MC	9		55	8	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	FLM	4		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 74g: 1 packet

Measure 2 = 11.1g: 1 packet (6 fl oz)

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	92.70		1	A	1		282.74	282.74	
Energy....kcal	31		0	NC	4		95	95	
Energy....kj	130				4		396	396	
Protein....g	2.10		1	A	1		6.41	6.41	
Total lipid (fat)....g	1.10		1	A	1		3.36	3.36	
Ash....g	1.00		1	A	1		3.05	3.05	
Carbohydrate, by difference....g	3.10		0	NC	4		9.46	9.46	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.50		1	A	1		1.53	1.53	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	323		1	A	1		985	985	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.283		1	A	1		0.863	0.863	
Fatty acids, total monounsaturated....g	0.414		1	A	1		1.263	1.263	
Fatty acids, total polyunsaturated....g	0.170		1	A	1		0.519	0.519	
Fatty acids, total trans....g									
Cholesterol....mg	7		1	A	1		21	21	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 305g: 1 package yields

Measure 2 = 305g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.00		0		4		201.60	452.76	
Energy	kcal	73		0		4		175	393	
Energy	kj	305				4		733	1646	
Protein (N x 6.25)	g	5.30	0.094	24		1		12.72	28.57	
Total lipid (fat)	g	2.50	0.042	24		1		6.00	13.48	
Ash	g	1.10		0		4		2.64	5.93	
Carbohydrate, by difference	g	7.10		0		4		17.04	38.27	
Fiber, total dietary	g	1.6		0		4		3.8	8.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.486	24		1		24	54	
Iron, Fe	mg	0.60	0.027	24		1		1.44	3.23	
Magnesium, Mg	mg	4		0		4		10	22	
Phosphorus, P	mg	30		0		4		72	162	
Potassium, K	mg	45		0		4		108	243	
Sodium, Na	mg	354		0		4		850	1908	
Zinc, Zn	mg	0.40		0		4		0.96	2.16	
Copper, Cu	mg	0.100		0		4		0.240	0.539	
Manganese, Mn	mg	0.100		0		4		0.240	0.539	
Selenium, Se	mcg	10.5		0	BFSN	4		25.2	56.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.098	24		1		0.0	0.0	
Thiamin	mg	0.030	0.001	24		1		0.072	0.162	
Riboflavin	mg	0.070	0.002	24		1		0.168	0.377	
Niacin	mg	1.800	0.038	24		1		4.320	9.702	
Pantothenic acid	mg	0.150		0		4		0.360	0.809	
Vitamin B-6	mg	0.020		0		4		0.048	0.108	
Folate, total	mcg	16		0	FLA	4		38	86	
Folic acid	mcg	14		0	NC	4		34	75	
Folate, food	mcg	2		0		4		5	11	
Folate, DFE	mcg_DFE	26		0	NC	4		62	139	
Vitamin B-12	mcg	0.13		0		4		0.31	0.70	
Vitamin A, IU	IU	509	26.822	24		1		1222	2744	
Vitamin A, RAE	mcg_RAE	25		0	NC	4		61	137	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.330		0		4		0.792	1.779	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.580		0		1		1.392	3.126	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.480		1		1		1.152	2.587	
17:0	g									
18:0	g	0.110		1		1		0.264	0.593	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.110		0		1		2.664	5.983	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.110		1		1		0.264	0.593	

NDB No. 06018
Soup, chicken noodle, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.000		1		1		2.400	5.390	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.630		0		1		1.512	3.396	
18:2 undifferentiated ... g	0.630		1		1		1.512	3.396	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	8		1		1		19	43	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.051		0		1		0.122	0.275	
Threonine ... g	0.182		0		1		0.437	0.981	
Isoleucine ... g	0.230		0		1		0.552	1.240	
Leucine ... g	0.385		0		1		0.924	2.075	
Lysine ... g	0.356		0		1		0.854	1.919	
Methionine ... g	0.102		0		1		0.245	0.550	
Cystine ... g	0.068		0		1		0.163	0.367	
Phenylalanine ... g	0.210		0		1		0.504	1.132	
Tyrosine ... g	0.136		0		1		0.326	0.733	
Valine ... g	0.262		0		1		0.629	1.412	
Arginine ... g	0.276		0		1		0.662	1.488	
Histidine ... g	0.130		0		1		0.312	0.701	
Alanine ... g	0.326		0		1		0.782	1.757	
Aspartic acid ... g	0.454		0		1		1.090	2.447	
Glutamic acid ... g	1.437		0		1		3.449	7.745	
Glycine ... g	0.389		0		1		0.934	2.097	
Proline ... g	0.349		0		1		0.838	1.881	
Serine ... g	0.179		0		1		0.430	0.965	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz), ready-to-serve

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.07	0.143	56		1		209.27	209.27	253.51
Energy	kcal	61		0	NC	4		150	150	182
Energy	kj	255				4		628	628	761
Protein (N x 6.25)	g	3.23	0.031	53		1		7.95	7.95	9.63
Total lipid (fat)	g	1.85	0.021	53		1		4.55	4.55	5.51
Ash	g	2.23	0.019	53		1		5.49	5.49	6.65
Carbohydrate, by difference	g	7.62		0	NC	4		18.75	18.75	22.71
Fiber, total dietary	g	0.6		0		1		1.5	1.5	1.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.346	51		1		27	27	33
Iron, Fe	mg	0.62	0.032	51		1		1.53	1.53	1.85
Magnesium, Mg	mg	4		5		1		10	10	12
Phosphorus, P	mg	30		3		1		74	74	89
Potassium, K	mg	45		3		1		111	111	134
Sodium, Na	mg	757		32		1		1862	1862	2256
Zinc, Zn	mg	0.23		8		1		0.57	0.57	0.69
Copper, Cu	mg	0.159		3		1		0.391	0.391	0.474
Manganese, Mn	mg	0.235		3		1		0.578	0.578	0.700
Selenium, Se	mcg	9.8		2	A	1		24.1	24.1	29.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.017	51		1		0.0	0.0	0.0
Thiamin	mg	0.052	0.001	53		1		0.128	0.128	0.155
Riboflavin	mg	0.054	0.001	53		1		0.133	0.133	0.161
Niacin	mg	1.228	0.021	53		1		3.021	3.021	3.659
Pantothenic acid	mg	0.140		0		4		0.344	0.344	0.417
Vitamin B-6	mg	0.021		3		1		0.052	0.052	0.063
Folate, total	mcg	16		0	BFSN	4		39	39	48
Folic acid	mcg	14		0	NC	4		35	35	42
Folate, food	mcg	2	0.179	4		1		4	4	5
Folate, DFE	mcg_DFE	26		0	NC	4		64	64	77
Vitamin B-12	mcg	0.13		0		4		0.32	0.32	0.39
Vitamin A, IU	IU	532	0.000	12		1		1309	1309	1585
Vitamin A, RAE	mcg_RAE	27		0	NC	4		65	65	79
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.051		0		4		0.125	0.125	0.152
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.490		0		1		1.205	1.205	1.460
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		1		1		0.025	0.025	0.030
15:0	g									
16:0	g	0.380		1		1		0.935	0.935	1.132
17:0	g									
18:0	g	0.090		1		1		0.221	0.221	0.268
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.830		0		1		2.042	2.042	2.473
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		1		1		0.123	0.123	0.149

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.770		1		1		1.894	1.894	2.295
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.410		0		1		1.009	1.009	1.222
18:2 undifferentiated g	0.360		1		1		0.886	0.886	1.073
18:3 undifferentiated g	0.020		1		1		0.049	0.049	0.060
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	5		0		1		12	12	15
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.031		0		1		0.076	0.076	0.092
Threonine g	0.103		0		1		0.253	0.253	0.307
Isoleucine g	0.125		0		1		0.308	0.308	0.373
Leucine g	0.210		0		1		0.517	0.517	0.626
Lysine g	0.175		0		1		0.431	0.431	0.522
Methionine g	0.060		0		1		0.148	0.148	0.179
Cystine g	0.038		0		1		0.093	0.093	0.113
Phenylalanine g	0.130		0		1		0.320	0.320	0.387
Tyrosine g	0.084		0		1		0.207	0.207	0.250
Valine g	0.139		0		1		0.342	0.342	0.414
Arginine g	0.132		0		1		0.325	0.325	0.393
Histidine g	0.075		0		1		0.185	0.185	0.224
Alanine g	0.149		0		1		0.367	0.367	0.444
Aspartic acid g	0.236		0		1		0.581	0.581	0.703
Glutamic acid g	0.890		0		1		2.189	2.189	2.652
Glycine g	0.151		0		1		0.371	0.371	0.450
Proline g	0.208		0		1		0.512	0.512	0.620
Serine g	0.116		0		1		0.285	0.285	0.346
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 246g: 1 cup (8 fl oz)

Measure 3 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.99		0		1		221.70	27.69	539.06
Energy	kcal	31		0	NC	4		75	9	182
Energy	kj	130				4		313	39	760
Protein (N x 6.25)	g	1.68		0		1		4.05	0.51	9.84
Total lipid (fat)	g	1.02		0		1		2.46	0.31	5.98
Ash	g	1.20		0		1		2.89	0.36	7.03
Carbohydrate, by difference	g	3.88		0	NC	4		9.35	1.17	22.74
Fiber, total dietary	g	0.3		0		4		0.7	0.1	1.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		17	2	41
Iron, Fe	mg	0.32		0		1		0.77	0.10	1.88
Magnesium, Mg	mg	2		0		1		5	1	12
Phosphorus, P	mg	15		0		1		36	5	88
Potassium, K	mg	23		0		1		55	7	135
Sodium, Na	mg	459		0		1		1106	138	2690
Zinc, Zn	mg	0.16		0		1		0.40	0.05	0.96
Copper, Cu	mg	0.080		0		1		0.193	0.024	0.469
Manganese, Mn	mg	0.120		0		1		0.289	0.036	0.703
Selenium, Se	mcg	2.6	0.583	12	A	1		6.3	0.8	15.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	0.6
Thiamin	mg	0.022		0		1		0.053	0.007	0.129
Riboflavin	mg	0.025		0		1		0.060	0.008	0.147
Niacin	mg	0.575		0		1		1.386	0.173	3.370
Pantothenic acid	mg	0.070		0		1		0.169	0.021	0.410
Vitamin B-6	mg	0.011		0		1		0.027	0.003	0.064
Folate, total	mcg	9		0	BFSN	4		22	3	53
Folic acid	mcg	8		0	NC	4		20	2	47
Folate, food	mcg	1		0		1		2	0	5
Folate, DFE	mcg_DFE	15		0	NC	4		35	4	86
Vitamin B-12	mcg	0.06		0		1		0.14	0.02	0.35
Vitamin A, IU	IU	295		0		1		711	89	1729
Vitamin A, RAE	mcg_RAE	15		0	NC	4		36	4	86
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.029		0		4		0.070	0.009	0.170
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.270		0		1		0.651	0.081	1.582
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		0		1		0.024	0.003	0.059
15:0	g									
16:0	g	0.210		0		1		0.506	0.063	1.231
17:0	g									
18:0	g	0.050		0		1		0.121	0.015	0.293
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.460		0		1		1.109	0.138	2.696
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.048	0.006	0.117

NDB No. 06419

Soup, chicken noodle, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.420		0		1		1.012	0.126	2.461
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.230		0		1		0.554	0.069	1.348
18:2 undifferentiated g	0.210		0		1		0.506	0.063	1.231
18:3 undifferentiated g	0.010		0		1		0.024	0.003	0.059
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	3		0		1		7	1	18
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.016		0		1		0.039	0.005	0.094
Threonine g	0.053		0		1		0.128	0.016	0.311
Isoleucine g	0.066		0		1		0.159	0.020	0.387
Leucine g	0.110		0		1		0.265	0.033	0.645
Lysine g	0.091		0		1		0.219	0.027	0.533
Methionine g	0.032		0		1		0.077	0.010	0.188
Cystine g	0.019		0		1		0.046	0.006	0.111
Phenylalanine g	0.068		0		1		0.164	0.020	0.398
Tyrosine g	0.044		0		1		0.106	0.013	0.258
Valine g	0.073		0		1		0.176	0.022	0.428
Arginine g	0.069		0		1		0.166	0.021	0.404
Histidine g	0.039		0		1		0.094	0.012	0.229
Alanine g	0.078		0		1		0.188	0.023	0.457
Aspartic acid g	0.123		0		1		0.296	0.037	0.721
Glutamic acid g	0.464		0		1		1.118	0.140	2.719
Glycine g	0.079		0		1		0.190	0.024	0.463
Proline g	0.109		0		1		0.263	0.033	0.639
Serine g	0.060		0		1		0.145	0.018	0.352
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Measure 3 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.70		1	A	1		478.09	215.54	
Energy....kcal	47		0	NC	4		253	114	
Energy....kj	197				4		1060	478	
Protein....g	3.20		1	A	1		17.25	7.78	
Total lipid (fat)....g	1.30		1	A	1		7.01	3.16	
Ash....g	1.10		1	A	1		5.93	2.67	
Carbohydrate, by difference....g	5.70		0	NC	4		30.72	13.85	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.49		1	A	1		2.64	1.19	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	360		1	A	1		1940	875	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.321		1	A	1		1.730	0.780	
Fatty acids, total monounsaturated....g	0.497		1	A	1		2.679	1.208	
Fatty acids, total polyunsaturated....g	0.262		1	A	1		1.412	0.637	
Fatty acids, total trans....g									
Cholesterol....mg	10		1	A	1		54	24	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 243g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06528
Soup, chicken noodle, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.16		0		1		225.98	237.28	177.96
Energy	kcal	23		0	NC	4		55	58	43
Energy	kj	96				4		231	243	182
Protein (N x 6.25)	g	0.84		0	BFSN	4		2.02	2.12	1.59
Total lipid (fat)	g	0.55		0	BFSN	4		1.32	1.39	1.04
Ash	g	0.78		0	BFSN	4		1.87	1.97	1.47
Carbohydrate, by difference	g	3.67		0	BFSN	4		8.81	9.25	6.94
Fiber, total dietary	g	0.1		0	BFSN	4		0.2	0.3	0.2
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	2		0	BFSN	4		5	5	4
Iron, Fe	mg	0.20		0	BFSN	4		0.48	0.50	0.38
Magnesium, Mg	mg	3		0	BFSN	4		7	8	6
Phosphorus, P	mg	12		0	BFSN	4		29	30	23
Potassium, K	mg	13		0	BFSN	4		31	33	25
Sodium, Na	mg	229		0	BFSN	4		550	577	433
Zinc, Zn	mg	0.08		0	BFSN	4		0.19	0.20	0.15
Copper, Cu	mg	0.014		0	BFSN	4		0.034	0.035	0.026
Manganese, Mn	mg	0.032		0	BFSN	4		0.077	0.081	0.060
Selenium, Se	mcg	3.8		0	BFSN	4		9.1	9.6	7.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	BFSN	4		0.0	0.0	0.0
Thiamin	mg	0.081		0	BFSN	4		0.194	0.204	0.153
Riboflavin	mg	0.030		0	BFSN	4		0.072	0.076	0.057
Niacin	mg	0.431		0	BFSN	4		1.034	1.086	0.815
Pantothenic acid	mg	0.042		0	BFSN	4		0.101	0.106	0.079
Vitamin B-6	mg	0.010		0	BFSN	4		0.024	0.025	0.019
Folate, total	mcg	7		0	BFSN	4		17	18	13
Folic acid	mcg	6		0	NC	4		15	16	12
Folate, food	mcg	1		0		1		1	2	1
Folate, DFE	mcg_DFE	11		0	NC	4		28	29	22
Vitamin B-12	mcg	0.02		0	BFSN	4		0.05	0.05	0.04
Vitamin A, IU	IU	6		0	BFSN	4		14	15	11
Vitamin A, RAE	mcg_RAE	2		0	NC	4		5	5	4
Retinol	mcg	2		0	NC	4		5	5	4
Vitamin E	mg_ATE	0.038		0	BFFN	4		0.091	0.096	0.072
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.122		0	BFFN	4		0.293	0.307	0.231
4:0	g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0	g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0	g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0	g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0	g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0	g									
14:0	g	0.002		0	BFFN	4		0.005	0.005	0.004
15:0	g									
16:0	g	0.090		0	BFFN	4		0.216	0.227	0.170
17:0	g									
18:0	g	0.028		0	BFFN	4		0.067	0.071	0.053
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.205		0	BFFN	4		0.492	0.517	0.387
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.016		0	BFFN	4		0.038	0.040	0.030

NDB No. 06528
Soup, chicken noodle, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.186		0	BFFN	4		0.446	0.469	0.352
20:1 ... g	0.002		0	BFFN	4		0.005	0.005	0.004
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.155		0	BFFN	4		0.372	0.391	0.293
18:2 undifferentiated ... g	0.142		0	BFFN	4		0.341	0.358	0.268
18:3 undifferentiated ... g	0.008		0	BFFN	4		0.019	0.020	0.015
18:4 ... g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.002		0	BFFN	4		0.005	0.005	0.004
20:5 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 ... g	0.001		0	BFFN	4		0.002	0.003	0.002
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0	BFSN	4		10	10	8
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 252g: 1 cup (8 fl oz)

Measure 3 = 189g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.72		1		1		224.99	514.38	
Energy	kcal	40		0	NC	4		99	227	
Energy	kj	167				4		415	949	
Protein (N x 6.25)	g	3.27		1		1		8.11	18.54	
Total lipid (fat)	g	1.44		1		1		3.57	8.16	
Ash	g	1.20		1		1		2.98	6.80	
Carbohydrate, by difference	g	3.37		0	NC	4		8.36	19.11	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		1		1		30	68	
Iron, Fe	mg	0.70		1		1		1.74	3.97	
Magnesium, Mg	mg	4		0		4		10	23	
Phosphorus, P	mg	34		0		4		84	193	
Potassium, K	mg	62		0		4		154	352	
Sodium, Na	mg	419		1		1		1039	2376	
Zinc, Zn	mg	0.20		0		4		0.50	1.13	
Copper, Cu	mg	0.100		0		4		0.248	0.567	
Manganese, Mn	mg	0.200		0		4		0.496	1.134	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1		1		1		7.7	17.6	
Thiamin	mg	0.050		1		1		0.124	0.284	
Riboflavin	mg	0.050		1		1		0.124	0.284	
Niacin	mg	1.010		1		1		2.505	5.727	
Pantothenic acid	mg	0.150		0		4		0.372	0.851	
Vitamin B-6	mg	0.020		0		4		0.050	0.113	
Folate, total	mcg	9		0	FLA	4		22	51	
Folic acid	mcg	7		0	NC	4		17	40	
Folate, food	mcg	2		0		4		5	11	
Folate, DFE	mcg_DFE	14		0	NC	4		34	79	
Vitamin B-12	mcg	0.10		0		4		0.25	0.57	
Vitamin A, IU	IU	938		1		1		2326	5318	
Vitamin A, RAE	mcg_RAE	47		0	NC	4		116	266	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.430		0		1		1.066	2.438	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.025	0.057	
15:0	g									
16:0	g	0.310		0		1		0.769	1.758	
17:0	g									
18:0	g	0.090		0		1		0.223	0.510	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.650		0		1		1.612	3.686	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.080		0		1		0.198	0.454	

NDB No. 06021
Soup, chicken noodle, with meatballs, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.540		0		1		1.339	3.062	
20:1 ....g	0.020		0		1		0.050	0.113	
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.300		0		1		0.744	1.701	
18:2 undifferentiated ....g	0.280		0		1		0.694	1.588	
18:3 undifferentiated ....g	0.010		0		1		0.025	0.057	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000	0.000	
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	4		0		1		10	23	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 567g: 1 can (20 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.89		2		1		0.62		
Energy	kcal	369		0	NC	4		59		
Energy	kj	1544				4		247		
Protein (N x 6.25)	g	15.07		2		1		2.41		
Total lipid (fat)	g	8.89		2		1		1.42		
Ash	g	15.05		2		1		2.41		
Carbohydrate, by difference	g	57.09		0	NC	4		9.13		
Fiber, total dietary	g	1.8		0		4		0.3		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	45		1		1		7		
Iron, Fe	mg	0.60		1		1		0.10		
Magnesium, Mg	mg	0		0		4		0		
Phosphorus, P	mg	69		1		1		11		
Potassium, K	mg	71		1		1		11		
Sodium, Na	mg	6048		2		1		968		
Zinc, Zn	mg	0.80		0		4		0.13		
Copper, Cu	mg	0.400		0		4		0.064		
Manganese, Mn	mg	1.200		0		4		0.192		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		4		0.1		
Thiamin	mg	0.040		1		1		0.006		
Riboflavin	mg	0.020		1		1		0.003		
Niacin	mg	2.249		1		1		0.360		
Pantothenic acid	mg	0.500		0		4		0.080		
Vitamin B-6	mg	0.100		0		4		0.016		
Folate, total	mcg	3		0		4		0		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	3		0		4		0		
Folate, DFE	mcg_DFE	3		0	NC	4		0		
Vitamin B-12	mcg	0.50		0		4		0.08		
Vitamin A, IU	IU	400		0		4		64		
Vitamin A, RAE	mcg_RAE	120		0	NC	4		19		
Retinol	mcg	120		0	NC	4		19		
Vitamin E	mg_ATE	0.248		0		4		0.040		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.990		0		1		0.318		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.010		0		1		0.002		
13:0	g									
14:0	g	0.050		0		1		0.008		
15:0	g									
16:0	g	1.400		0		1		0.224		
17:0	g									
18:0	g	0.490		0		1		0.078		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.910		0		1		0.626		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.270		0		1		0.043		

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	3.550		0		1		0.568		
20:1 ....g	0.050		0		1		0.008		
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	2.610		0		1		0.418		
18:2 undifferentiated ....g	2.420		0		1		0.387		
18:3 undifferentiated ....g	0.160		0		1		0.026		
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.010		0		1		0.002		
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	18		0		1		3		
Phytosterols ....mg									
Others:									
Alcohol, ethyl ....g	0.0		0	z	7		0.0		
Caffeine ....mg									
Theobromine ....mg									

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

Common Measures:

Measure 1 = 16g: 1 cup (8 fl oz)

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06022
Soup, chicken rice, canned, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.78	0.220	13		1		208.27	467.74	
Energy	kcal	53		0	NC	4		127	286	
Energy	kj	222				4		532	1195	
Protein (N x 6.25)	g	5.11	0.116	10		1		12.26	27.54	
Total lipid (fat)	g	1.33	0.047	10		1		3.19	7.17	
Ash	g	1.37	0.068	10		1		3.29	7.38	
Carbohydrate, by difference	g	5.41		0	NC	4		12.98	29.16	
Fiber, total dietary	g	0.4		0		4		1.0	2.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.991	10		1		34	75	
Iron, Fe	mg	0.78	0.057	10		1		1.87	4.20	
Magnesium, Mg	mg	4		0		4		10	22	
Phosphorus, P	mg	30		0		4		72	162	
Potassium, K	mg	45		0		4		108	243	
Sodium, Na	mg	370	7.341	10		1		888	1994	
Zinc, Zn	mg	0.40		0		4		0.96	2.16	
Copper, Cu	mg	0.100		0		4		0.240	0.539	
Manganese, Mn	mg	0.100		0		4		0.240	0.539	
Selenium, Se	mcg	4.5		0	RA	4		10.8	24.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6	0.267	10		1		3.8	8.6	
Thiamin	mg	0.010	0.000	10		1		0.024	0.054	
Riboflavin	mg	0.041	0.002	10		1		0.098	0.221	
Niacin	mg	1.710	0.051	10		1		4.104	9.217	
Pantothenic acid	mg	0.150		0		4		0.360	0.809	
Vitamin B-6	mg	0.020		0		4		0.048	0.108	
Folate, total	mcg	2	0.244	3		1		4	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2	0.244	3		1		4	9	
Folate, DFE	mcg_DFE	2		0	NC	4		4	9	
Vitamin B-12	mcg	0.13		0		4		0.31	0.70	
Vitamin A, IU	IU	2441	226.105	10		1		5858	13157	
Vitamin A, RAE	mcg_RAE	122		0	NC	4		293	658	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.036		0		4		0.086	0.194	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.400		0		1		0.960	2.156	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.024	0.054	
15:0	g									
16:0	g	0.290		0		1		0.696	1.563	
17:0	g									
18:0	g	0.080		0		1		0.192	0.431	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.600		0		1		1.440	3.234	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.080		0		1		0.192	0.431	

NDB No. 06022
Soup, chicken rice, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.500		0		1		1.200	2.695	
20:1 ... g	0.020		0		1		0.048	0.108	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.280		0		1		0.672	1.509	
18:2 undifferentiated ... g	0.260		0		1		0.624	1.401	
18:3 undifferentiated ... g	0.010		0		1		0.024	0.054	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	5		0		1		12	27	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz), ready-to-serve

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06485
Soup, chicken rice, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.84		0		1		225.22	28.15	178.30
Energy	kcal	24		0	NC	4		58	7	46
Energy	kj	100				4		241	30	191
Protein (N x 6.25)	g	0.97		0		1		2.33	0.29	1.84
Total lipid (fat)	g	0.57		0		1		1.37	0.17	1.08
Ash	g	0.97		0		1		2.33	0.29	1.84
Carbohydrate, by difference	g	3.66		0	NC	4		8.78	1.10	6.95
Fiber, total dietary	g	0.3		0		4		0.7	0.1	0.6
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		7	1	6
Iron, Fe	mg	0.00		0		1		0.00	0.00	0.00
Magnesium, Mg	mg	0		0		4		0	0	0
Phosphorus, P	mg	4		0		1		10	1	8
Potassium, K	mg	4		0		1		10	1	8
Sodium, Na	mg	388		0		1		931	116	737
Zinc, Zn	mg	0.05		0		4		0.12	0.02	0.10
Copper, Cu	mg	0.020		0		4		0.048	0.006	0.038
Manganese, Mn	mg	0.080		0		4		0.192	0.024	0.152
Selenium, Se	mcg	2.1		0	BFSN	4		5.0	0.6	4.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.000		0		1		0.000	0.000	0.000
Riboflavin	mg	0.000		0		1		0.000	0.000	0.000
Niacin	mg	0.144		0		1		0.346	0.043	0.274
Pantothenic acid	mg	0.030		0		4		0.072	0.009	0.057
Vitamin B-6	mg	0.010		0		4		0.024	0.003	0.019
Folate, total	mcg	0		0		4		0	0	0
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12	mcg	0.03		0		4		0.07	0.01	0.06
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.016		0		4		0.038	0.005	0.030
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.130		0		1		0.312	0.039	0.247
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.090		0		1		0.216	0.027	0.171
17:0	g									
18:0	g	0.030		0		1		0.072	0.009	0.057
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.250		0		1		0.600	0.075	0.475
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.048	0.006	0.038

NDB No. 06485
Soup, chicken rice, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.230		0		1		0.552	0.069	0.437
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.170		0		1		0.408	0.051	0.323
18:2 undifferentiated ... g	0.160		0		1		0.384	0.048	0.304
18:3 undifferentiated ... g	0.010		0		1		0.024	0.003	0.019
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	0	2
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 30.0g: 1 fl oz

Measure 3 = 190g: 1 packet, prepared

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06024
Soup, chicken vegetable, canned, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.44	0.215	7		1		200.26	449.74	
Energy	kcal	69		0	NC	4		166	372	
Energy	kj	289				4		693	1556	
Protein (N x 6.25)	g	5.13	0.123	7		1		12.31	27.65	
Total lipid (fat)	g	2.01	0.026	7		1		4.82	10.83	
Ash	g	1.54	0.092	7		1		3.70	8.30	
Carbohydrate, by difference	g	7.87		0	NC	4		18.89	42.42	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.369	7		1		26	59	
Iron, Fe	mg	0.61	0.040	7		1		1.46	3.29	
Magnesium, Mg	mg	4		0		4		10	22	
Phosphorus, P	mg	44		0		4		106	237	
Potassium, K	mg	153		0		4		367	825	
Sodium, Na	mg	445		1		1		1068	2399	
Zinc, Zn	mg	0.90		0		4		2.16	4.85	
Copper, Cu	mg	0.100		0		4		0.240	0.539	
Manganese, Mn	mg	0.100		0		4		0.240	0.539	
Selenium, Se	mcg	5.1		0	RA	4		12.2	27.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3	0.184	7		1		5.5	12.4	
Thiamin	mg	0.017	0.003	7		1		0.041	0.092	
Riboflavin	mg	0.069	0.003	7		1		0.166	0.372	
Niacin	mg	1.371	0.036	7		1		3.290	7.390	
Pantothenic acid	mg	0.140		0		4		0.336	0.755	
Vitamin B-6	mg	0.040		0		4		0.096	0.216	
Folate, total	mcg	5		0		4		12	27	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		12	27	
Folate, DFE	mcg_DFE	5		0	NC	4		12	27	
Vitamin B-12	mcg	0.10		0		4		0.24	0.54	
Vitamin A, IU	IU	2496	176.840	7		1		5990	13453	
Vitamin A, RAE	mcg_RAE	125		0	NC	4		300	673	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.600		0		1		1.440	3.234	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		0		1		0.048	0.108	
15:0	g									
16:0	g	0.440		0		1		1.056	2.372	
17:0	g									
18:0	g	0.120		0		1		0.288	0.647	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.900		0		1		2.160	4.851	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.120		0		1		0.288	0.647	

NDB No. 06024
Soup, chicken vegetable, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.750		0		1		1.800	4.043	
20:1 ....g	0.020		0		1		0.048	0.108	
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.420		0		1		1.008	2.264	
18:2 undifferentiated ....g	0.390		0		1		0.936	2.102	
18:3 undifferentiated ....g	0.020		0		1		0.048	0.108	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g	0.000		0		1		0.000	0.000	
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	7		0		1		17	38	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 539g: 1 can (19 oz), ready-to-serve

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.52	0.065	14		1		210.38	26.34	254.85
Energy	kcal	61		0	NC	4		150	19	182
Energy	kj	255				4		628	79	761
Protein (N x 6.25)	g	2.94	0.042	14		1		7.23	0.91	8.76
Total lipid (fat)	g	2.32	0.048	14		1		5.71	0.71	6.91
Ash	g	2.22	0.010	14		1		5.46	0.68	6.62
Carbohydrate, by difference	g	7.01		0	NC	4		17.24	2.16	20.89
Fiber, total dietary	g	0.7		0		4		1.7	0.2	2.1
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		11		1		34	4	42
Iron, Fe	mg	0.71	0.051	14		1		1.75	0.22	2.12
Magnesium, Mg	mg	5		1		1		12	2	15
Phosphorus, P	mg	33		2		1		81	10	98
Potassium, K	mg	126		2		1		310	39	375
Sodium, Na	mg	771		11		1		1897	237	2298
Zinc, Zn	mg	0.30		1		1		0.74	0.09	0.89
Copper, Cu	mg	0.099		5		1		0.244	0.030	0.295
Manganese, Mn	mg	0.300		1		1		0.738	0.092	0.894
Selenium, Se	mcg	4.5		0	BFSN	4		11.1	1.4	13.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8	0.286	13		1		2.0	0.2	2.4
Thiamin	mg	0.036	0.002	14		1		0.089	0.011	0.107
Riboflavin	mg	0.046	0.001	14		1		0.113	0.014	0.137
Niacin	mg	1.004	0.023	14		1		2.470	0.309	2.992
Pantothenic acid	mg	0.140		0		4		0.344	0.043	0.417
Vitamin B-6	mg	0.039	0.000	14		1		0.096	0.012	0.116
Folate, total	mcg	4		0		4		10	1	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		4		10	1	12
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	12
Vitamin B-12	mcg	0.10		0		4		0.25	0.03	0.30
Vitamin A, IU	IU	2168	183.793	14		1		5333	668	6461
Vitamin A, RAE	mcg_RAE	108		0	NC	4		267	33	323
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.063		0		4		0.155	0.019	0.188
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.690		0		1		1.697	0.213	2.056
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.020		0		1		0.049	0.006	0.060
15:0	g									
16:0	g	0.500		0		1		1.230	0.154	1.490
17:0	g									
18:0	g	0.140		0		1		0.344	0.043	0.417
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.040		0		1		2.558	0.320	3.099
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.130		0		1		0.320	0.040	0.387

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.870		0		1		2.140	0.268	2.593
20:1 ... g	0.030		0		1		0.074	0.009	0.089
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.490		0		1		1.205	0.151	1.460
18:2 undifferentiated ... g	0.450		0		1		1.107	0.139	1.341
18:3 undifferentiated ... g	0.020		0		1		0.049	0.006	0.060
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0		1		17	2	21
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.025		0		1		0.062	0.008	0.075
Threonine ... g	0.092		0		1		0.226	0.028	0.274
Isoleucine ... g	0.111		0		1		0.273	0.034	0.331
Leucine ... g	0.188		0		1		0.462	0.058	0.560
Lysine ... g	0.181		0		1		0.445	0.056	0.539
Methionine ... g	0.050		0		1		0.123	0.015	0.149
Cystine ... g	0.020		0		1		0.049	0.006	0.060
Phenylalanine ... g	0.108		0		1		0.266	0.033	0.322
Tyrosine ... g	0.077		0		1		0.189	0.024	0.229
Valine ... g	0.130		0		1		0.320	0.040	0.387
Arginine ... g	0.138		0		1		0.339	0.043	0.411
Histidine ... g	0.065		0		1		0.160	0.020	0.194
Alanine ... g	0.168		0		1		0.413	0.052	0.501
Aspartic acid ... g	0.248		0		1		0.610	0.076	0.739
Glutamic acid ... g	0.741		0		1		1.823	0.228	2.208
Glycine ... g	0.185		0		1		0.455	0.057	0.551
Proline ... g	0.169		0		1		0.416	0.052	0.504
Serine ... g	0.101		0		1		0.248	0.031	0.301
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz)

Measure 2 = 30.8g: 1 fl oz

Measure 3 = 298g: 1 can (10.5 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.64		0		1		223.26	27.88	542.87
Energy	kcal	31		0	NC	4		75	9	182
Energy	kj	130				4		313	39	760
Protein (N x 6.25)	g	1.50		0		1		3.62	0.45	8.79
Total lipid (fat)	g	1.18		0		1		2.84	0.36	6.91
Ash	g	1.13		0		1		2.72	0.34	6.62
Carbohydrate, by difference	g	3.56		0	NC	4		8.58	1.07	20.86
Fiber, total dietary	g	0.4		0		4		1.0	0.1	2.3
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		17	2	41
Iron, Fe	mg	0.36		0		1		0.87	0.11	2.11
Magnesium, Mg	mg	3		0		1		7	1	18
Phosphorus, P	mg	17		0		1		41	5	100
Potassium, K	mg	64		0		1		154	19	375
Sodium, Na	mg	392		0		1		945	118	2297
Zinc, Zn	mg	0.15		0		1		0.37	0.05	0.89
Copper, Cu	mg	0.051		0		1		0.123	0.015	0.299
Manganese, Mn	mg	0.152		0		1		0.366	0.046	0.891
Selenium, Se	mcg	2.2		0	RA	4		5.3	0.7	12.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		1.0	0.1	2.3
Thiamin	mg	0.018		0		1		0.043	0.005	0.105
Riboflavin	mg	0.023		0		1		0.055	0.007	0.135
Niacin	mg	0.510		0		1		1.229	0.154	2.989
Pantothenic acid	mg	0.070		0		4		0.169	0.021	0.410
Vitamin B-6	mg	0.020		0		1		0.048	0.006	0.117
Folate, total	mcg	2		0		4		5	1	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		4		5	1	12
Folate, DFE	mcg_DFE	2		0	NC	4		5	1	12
Vitamin B-12	mcg	0.05		0		4		0.12	0.02	0.29
Vitamin A, IU	IU	1102		0		1		2656	332	6458
Vitamin A, RAE	mcg_RAE	55		0	NC	4		133	17	323
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.032		0		4		0.077	0.010	0.188
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.350		0		1		0.844	0.105	2.051
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		0		1		0.024	0.003	0.059
15:0	g									
16:0	g	0.260		0		1		0.627	0.078	1.524
17:0	g									
18:0	g	0.070		0		1		0.169	0.021	0.410
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.530		0		1		1.277	0.160	3.106
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		0		1		0.169	0.021	0.410

NDB No. 06425

Soup, chicken vegetable, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.440		0		1		1.060	0.132	2.578
20:1 ... g	0.010		0		1		0.024	0.003	0.059
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.250		0		1		0.603	0.075	1.465
18:2 undifferentiated ... g	0.230		0		1		0.554	0.069	1.348
18:3 undifferentiated ... g	0.010		0		1		0.024	0.003	0.059
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		10	1	23
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.013		0		1		0.031	0.004	0.076
Threonine ... g	0.047		0		1		0.113	0.014	0.275
Isoleucine ... g	0.056		0		1		0.135	0.017	0.328
Leucine ... g	0.096		0		1		0.231	0.029	0.563
Lysine ... g	0.092		0		1		0.222	0.028	0.539
Methionine ... g	0.025		0		1		0.060	0.008	0.147
Cystine ... g	0.010		0		1		0.024	0.003	0.059
Phenylalanine ... g	0.055		0		1		0.133	0.017	0.322
Tyrosine ... g	0.039		0		1		0.094	0.012	0.229
Valine ... g	0.066		0		1		0.159	0.020	0.387
Arginine ... g	0.070		0		1		0.169	0.021	0.410
Histidine ... g	0.033		0		1		0.080	0.010	0.193
Alanine ... g	0.085		0		1		0.205	0.026	0.498
Aspartic acid ... g	0.126		0		1		0.304	0.038	0.738
Glutamic acid ... g	0.377		0		1		0.909	0.113	2.209
Glycine ... g	0.094		0		1		0.227	0.028	0.551
Proline ... g	0.086		0		1		0.207	0.026	0.504
Serine ... g	0.051		0		1		0.123	0.015	0.299
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Measure 3 = 586g: 1 can (10.5 oz), prepared

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06740

Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	89.50		1	A	1		406.33	214.80	
Energy....kcal	40		0	NC	4		182	96	
Energy....kj	167				4		760	402	
Protein....g	2.70		1	A	1		12.26	6.48	
Total lipid (fat)....g	0.50		1	A	1		2.27	1.20	
Ash....g	1.00		1	A	1		4.54	2.40	
Carbohydrate, by difference....g	6.30		0	NC	4		28.60	15.12	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	192		1	A	1		872	461	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.121		1	A	1		0.549	0.290	
Fatty acids, total monounsaturated....g	0.168		1	A	1		0.763	0.403	
Fatty acids, total polyunsaturated....g	0.107		1	A	1		0.486	0.257	
Fatty acids, total trans....g									
Cholesterol....mg	4		1	A	1		18	10	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 454g: 1 package yields

Measure 2 = 240g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06086
Soup, chicken vegetable, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.66		4		1		0.66	0.49	
Energy	kcal	346		0	NC	4		49	37	
Energy	kj	1448				4		204	153	
Protein (N x 6.25)	g	18.98		2		1		2.68	2.01	
Total lipid (fat)	g	5.59		2		1		0.79	0.59	
Ash	g	15.73		2		1		2.22	1.67	
Carbohydrate, by difference	g	55.04		0	NC	4		7.76	5.83	
Fiber, total dietary	g	3.0		0		4		0.4	0.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	98		0		4		14	10	
Iron, Fe	mg	4.14		2		1		0.58	0.44	
Magnesium, Mg	mg	151		1		1		21	16	
Phosphorus, P	mg	229		2		1		32	24	
Potassium, K	mg	483		1		1		68	51	
Sodium, Na	mg	5698		3		1		803	604	
Zinc, Zn	mg	1.47	0.036	3		1		0.21	0.16	
Copper, Cu	mg	0.177	0.004	3		1		0.025	0.019	
Manganese, Mn	mg	1.500		0		4		0.212	0.159	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.6		1		1		1.2	0.9	
Thiamin	mg	0.496		2		1		0.070	0.053	
Riboflavin	mg	0.336		2		1		0.047	0.036	
Niacin	mg	4.843		2		1		0.683	0.513	
Pantothenic acid	mg	1.000		0		4		0.141	0.106	
Vitamin B-6	mg	0.625		1		1		0.088	0.066	
Folate, total	mcg	28		0		4		4	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	28		0		4		4	3	
Folate, DFE	mcg_DFE	28		0	NC	4		4	3	
Vitamin B-12	mcg	0.70		0		4		0.10	0.07	
Vitamin A, IU	IU	99		1		1		14	10	
Vitamin A, RAE	mcg_RAE	5		0	NC	4		1	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.290		0		1		0.182	0.137	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	1.080		1		1		0.152	0.114	
17:0	g									
18:0	g	0.220		1		1		0.031	0.023	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.160		0		1		0.305	0.229	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.220		1		1		0.031	0.023	

NDB No. 06086
Soup, chicken vegetable, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	1.940		1		1		0.274	0.206	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	1.080		0		1		0.152	0.114	
18:2 undifferentiated ....g	1.080		1		1		0.152	0.114	
18:3 undifferentiated ....g									
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	20		1		1		3	2	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 14.1g: 1 cup

Measure 2 = 10.6g: 1 packet

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06486
Soup, chicken vegetable, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.61		0		1		237.47	177.87	
Energy	kcal	20		0	NC	4		50	38	
Energy	kj	84				4		210	157	
Protein (N x 6.25)	g	1.07		0		1		2.69	2.01	
Total lipid (fat)	g	0.32		0		1		0.80	0.60	
Ash	g	0.89		0		1		2.23	1.67	
Carbohydrate, by difference	g	3.11		0	NC	4		7.81	5.85	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		4		15	11	
Iron, Fe	mg	0.23		0		1		0.58	0.43	
Magnesium, Mg	mg	9		0		1		23	17	
Phosphorus, P	mg	13		0		1		33	24	
Potassium, K	mg	27		0		1		68	51	
Sodium, Na	mg	322		0		1		808	605	
Zinc, Zn	mg	0.08		0		1		0.21	0.16	
Copper, Cu	mg	0.010		0		1		0.025	0.019	
Manganese, Mn	mg	0.100		0		4		0.251	0.188	
Selenium, Se	mcg	1.7		0	BFSN	4		4.3	3.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		1.3	0.9	
Thiamin	mg	0.028		0		1		0.070	0.053	
Riboflavin	mg	0.019		0		1		0.048	0.036	
Niacin	mg	0.274		0		1		0.688	0.515	
Pantothenic acid	mg	0.100		0		4		0.251	0.188	
Vitamin B-6	mg	0.035		0		1		0.088	0.066	
Folate, total	mcg	1		0		4		3	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		3	2	
Folate, DFE	mcg_DFE	1		0	NC	4		3	2	
Vitamin B-12	mcg	0.04		0		4		0.10	0.08	
Vitamin A, IU	IU	6		0		1		15	11	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		1	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.070		0		1		0.176	0.132	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.060		0		1		0.151	0.113	
17:0	g									
18:0	g	0.010		0		1		0.025	0.019	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.120		0		1		0.301	0.226	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.025	0.019	

NDB No. 06486
Soup, chicken vegetable, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.110		0		1		0.276	0.207	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.060		0		1		0.151	0.113	
18:2 undifferentiated ....g	0.060		0		1		0.151	0.113	
18:3 undifferentiated ....g									
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	1		0		1		3	2	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 188g: 1 packet (6 fl oz)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.82	0.242	10		1		206.20	249.78	
Energy	kcal	79		0	NC	4		194	235	
Energy	kj	331				4		813	985	
Protein (N x 6.25)	g	4.58	0.083	10		1		11.27	13.65	
Total lipid (fat)	g	4.51	0.105	10		1		11.09	13.44	
Ash	g	2.16	0.034	10		1		5.31	6.44	
Carbohydrate, by difference	g	4.93		0	NC	4		12.13	14.69	
Fiber, total dietary	g	0.4		0		4		1.0	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	1.269	10		1		30	36	
Iron, Fe	mg	0.51	0.048	10		1		1.25	1.52	
Magnesium, Mg	mg	3		1		1		7	9	
Phosphorus, P	mg	50		1		1		123	149	
Potassium, K	mg	95		1		1		234	283	
Sodium, Na	mg	703		2		1		1729	2095	
Zinc, Zn	mg	0.30		1		1		0.74	0.89	
Copper, Cu	mg	0.100		1		1		0.246	0.298	
Manganese, Mn	mg	0.400		1		1		0.984	1.192	
Selenium, Se	mcg	9.8		0	BFSN	4		24.1	29.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	10		1		0.0	0.0	
Thiamin	mg	0.013	0.001	10		1		0.032	0.039	
Riboflavin	mg	0.059	0.002	10		1		0.145	0.176	
Niacin	mg	1.430	0.042	10		1		3.518	4.261	
Pantothenic acid	mg	0.120		0		4		0.295	0.358	
Vitamin B-6	mg	0.030		1		1		0.074	0.089	
Folate, total	mcg	2		0		4		5	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		5	6	
Folate, DFE	mcg_DFE	2		0	NC	4		5	6	
Vitamin B-12	mcg	0.13		1		1		0.32	0.39	
Vitamin A, IU	IU	423	32.090	10		1		1041	1261	
Vitamin A, RAE	mcg_RAE	21		0	NC	4		52	63	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.119		0		4		0.293	0.355	
Tocopherol, alpha	mg	0.12		0		4		0.30	0.36	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.070		0		1		2.632	3.189	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.030		1		1		0.074	0.089	
15:0	g									
16:0	g	0.800		1		1		1.968	2.384	
17:0	g									
18:0	g	0.210		1		1		0.517	0.626	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.060		0		1		5.068	6.139	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		1		1		0.492	0.596	
17:1.....g									
18:1 undifferentiated.....g	1.850		1		1		4.551	5.513	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.060		0		1		2.608	3.159	
18:2 undifferentiated.....g	1.000		1		1		2.460	2.980	
18:3 undifferentiated.....g	0.030		1		1		0.074	0.089	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	27		0		1		66	80	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		1		0.108	0.131	
Threonine.....g	0.158		0		1		0.389	0.471	
Isoleucine.....g	0.199		0		1		0.490	0.593	
Leucine.....g	0.333		0		1		0.819	0.992	
Lysine.....g	0.308		0		1		0.758	0.918	
Methionine.....g	0.088		0		1		0.216	0.262	
Cystine.....g	0.059		0		1		0.145	0.176	
Phenylalanine.....g	0.182		0		1		0.448	0.542	
Tyrosine.....g	0.117		0		1		0.288	0.349	
Valine.....g	0.226		0		1		0.556	0.673	
Arginine.....g	0.238		0		1		0.585	0.709	
Histidine.....g	0.112		0		1		0.276	0.334	
Alanine.....g	0.281		0		1		0.691	0.837	
Aspartic acid.....g	0.392		0		1		0.964	1.168	
Glutamic acid.....g	1.242		0		1		3.055	3.701	
Glycine.....g	0.336		0		1		0.827	1.001	
Proline.....g	0.301		0		1		0.740	0.897	
Serine.....g	0.155		0		1		0.381	0.462	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.78		0		1		221.19	27.63	537.83
Energy	kcal	40		0	NC	4		96	12	234
Energy	kj	167				4		403	50	981
Protein (N x 6.25)	g	2.33		0		1		5.62	0.70	13.65
Total lipid (fat)	g	2.29		0		1		5.52	0.69	13.42
Ash	g	1.10		0		1		2.65	0.33	6.45
Carbohydrate, by difference	g	2.51		0	NC	4		6.05	0.76	14.71
Fiber, total dietary	g	0.2		0		4		0.5	0.1	1.2
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		14	2	35
Iron, Fe	mg	0.26		0		1		0.63	0.08	1.52
Magnesium, Mg	mg	2		0		1		5	1	12
Phosphorus, P	mg	25		0		1		60	8	147
Potassium, K	mg	48		0		1		116	14	281
Sodium, Na	mg	357		0		1		860	107	2092
Zinc, Zn	mg	0.15		0		1		0.37	0.05	0.89
Copper, Cu	mg	0.051		0		1		0.123	0.015	0.299
Manganese, Mn	mg	0.203		0		1		0.489	0.061	1.190
Selenium, Se	mcg	4.9		0	RA	4		11.8	1.5	28.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.007		0		1		0.017	0.002	0.041
Riboflavin	mg	0.030		0		1		0.072	0.009	0.176
Niacin	mg	0.727		0		1		1.752	0.219	4.260
Pantothenic acid	mg	0.060		0		4		0.145	0.018	0.352
Vitamin B-6	mg	0.015		0		1		0.036	0.005	0.088
Folate, total	mcg	1		0		4		2	0	6
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		0		4		2	0	6
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	6
Vitamin B-12	mcg	0.07		0		1		0.17	0.02	0.41
Vitamin A, IU	IU	215		0		1		518	65	1260
Vitamin A, RAE	mcg_RAE	11		0	NC	4		26	3	63
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.060		0		4		0.145	0.018	0.352
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.540		0		1		1.301	0.163	3.164
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.020		0		1		0.048	0.006	0.117
15:0	g									
16:0	g	0.410		0		1		0.988	0.123	2.403
17:0	g									
18:0	g	0.110		0		1		0.265	0.033	0.645
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.050		0		1		2.531	0.316	6.153
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.100		0		1		0.241	0.030	0.586

NDB No. 06412

Soup, chicken with dumplings, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.940		0		1		2.265	0.283	5.508
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.540		0		1		1.301	0.163	3.164
18:2 undifferentiated ... g	0.510		0		1		1.229	0.154	2.989
18:3 undifferentiated ... g	0.010		0		1		0.024	0.003	0.059
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	14		0		1		34	4	82
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.022		0		1		0.053	0.007	0.129
Threonine ... g	0.080		0		1		0.193	0.024	0.469
Isoleucine ... g	0.101		0		1		0.243	0.030	0.592
Leucine ... g	0.169		0		1		0.407	0.051	0.990
Lysine ... g	0.157		0		1		0.378	0.047	0.920
Methionine ... g	0.045		0		1		0.108	0.014	0.264
Cystine ... g	0.030		0		1		0.072	0.009	0.176
Phenylalanine ... g	0.093		0		1		0.224	0.028	0.545
Tyrosine ... g	0.059		0		1		0.142	0.018	0.346
Valine ... g	0.115		0		1		0.277	0.035	0.674
Arginine ... g	0.121		0		1		0.292	0.036	0.709
Histidine ... g	0.057		0		1		0.137	0.017	0.334
Alanine ... g	0.143		0		1		0.345	0.043	0.838
Aspartic acid ... g	0.199		0		1		0.480	0.060	1.166
Glutamic acid ... g	0.631		0		1		1.521	0.190	3.698
Glycine ... g	0.171		0		1		0.412	0.051	1.002
Proline ... g	0.153		0		1		0.369	0.046	0.897
Serine ... g	0.079		0		1		0.190	0.024	0.463
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Measure 3 = 586g: 1 can (10.5 oz), prepared

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.84	0.309	16		1		216.09	261.76	
Energy	kcal	49		0	NC	4		121	146	
Energy	kj	205				4		504	611	
Protein (N x 6.25)	g	2.89	0.101	13		1		7.11	8.61	
Total lipid (fat)	g	1.56	0.054	13		1		3.84	4.65	
Ash	g	1.88	0.053	13		1		4.62	5.60	
Carbohydrate, by difference	g	5.84		0	NC	4		14.37	17.40	
Fiber, total dietary	g	0.5		0		1		1.2	1.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	2.737	10		1		34	42	
Iron, Fe	mg	0.61	0.064	10		1		1.50	1.82	
Magnesium, Mg	mg	0		4		1		0	0	
Phosphorus, P	mg	17		1		1		42	51	
Potassium, K	mg	82		1		1		202	244	
Sodium, Na	mg	665	24.226	10		1		1636	1982	
Zinc, Zn	mg	0.21		5		1		0.53	0.64	
Copper, Cu	mg	0.096		2		1		0.236	0.286	
Manganese, Mn	mg	0.300		1		1		0.738	0.894	
Selenium, Se	mcg	4.1		0	BFSN	4		10.1	12.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1	0.004	13		1		0.2	0.3	
Thiamin	mg	0.014	0.001	13		1		0.034	0.042	
Riboflavin	mg	0.020	0.002	13		1		0.049	0.060	
Niacin	mg	0.918	0.093	13		1		2.258	2.736	
Pantothenic acid	mg	0.140		0		4		0.344	0.417	
Vitamin B-6	mg	0.020		13		1		0.049	0.060	
Folate, total	mcg	1	0.140	13		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1	0.140	13		1		2	3	
Folate, DFE	mcg_DFE	1		0	NC	4		2	3	
Vitamin B-12	mcg	0.13		0		4		0.32	0.39	
Vitamin A, IU	IU	539	66.052	13		1		1326	1606	
Vitamin A, RAE	mcg_RAE	27		0	NC	4		66	80	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.043		0		4		0.106	0.128	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.370		0		1		0.910	1.103	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010	0.002	3		1		0.025	0.030	
15:0	g									
16:0	g	0.290	0.039	3		1		0.713	0.864	
17:0	g									
18:0	g	0.070	0.009	3		1		0.172	0.209	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.740		0		1		1.820	2.205	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060	0.012	3		1		0.148	0.179	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.680	0.086	3		1		1.673	2.026	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.340		0		1		0.836	1.013	
18:2 undifferentiated ... g	0.320	0.043	3		1		0.787	0.954	
18:3 undifferentiated ... g	0.010		1		1		0.025	0.030	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	5		0		1		12	15	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.034		0		1		0.084	0.101	
Threonine ... g	0.116		0		1		0.285	0.346	
Isoleucine ... g	0.145		0		1		0.357	0.432	
Leucine ... g	0.221		0		1		0.544	0.659	
Lysine ... g	0.204		0		1		0.502	0.608	
Methionine ... g	0.075		0		1		0.185	0.224	
Cystine ... g	0.041		0		1		0.101	0.122	
Phenylalanine ... g	0.123		0		1		0.303	0.367	
Tyrosine ... g	0.101		0		1		0.248	0.301	
Valine ... g	0.154		0		1		0.379	0.459	
Arginine ... g	0.191		0		1		0.470	0.569	
Histidine ... g	0.082		0		1		0.202	0.244	
Alanine ... g	0.158		0		1		0.389	0.471	
Aspartic acid ... g	0.259		0		1		0.637	0.772	
Glutamic acid ... g	0.456		0		1		1.122	1.359	
Glycine ... g	0.140		0		1		0.344	0.417	
Proline ... g	0.122		0		1		0.300	0.364	
Serine ... g	0.113		0		1		0.278	0.337	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 298g: 1 can (10.5 oz)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.82		0		1		226.11	28.24	549.79
Energy	kcal	25		0	NC	4		60	8	147
Energy	kj	105				4		252	31	613
Protein (N x 6.25)	g	1.47		0		1		3.54	0.44	8.61
Total lipid (fat)	g	0.79		0		1		1.90	0.24	4.63
Ash	g	0.95		0		1		2.29	0.29	5.57
Carbohydrate, by difference	g	2.97		0	NC	4		7.16	0.89	17.40
Fiber, total dietary	g	0.3		0		4		0.7	0.1	1.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		17	2	41
Iron, Fe	mg	0.31		0		1		0.75	0.09	1.82
Magnesium, Mg	mg	0		0		1		0	0	0
Phosphorus, P	mg	9		0		1		22	3	53
Potassium, K	mg	42		0		1		101	13	246
Sodium, Na	mg	338		0		1		815	102	1981
Zinc, Zn	mg	0.11		0		1		0.26	0.03	0.64
Copper, Cu	mg	0.049		0		1		0.118	0.015	0.287
Manganese, Mn	mg	0.152		0		1		0.366	0.046	0.891
Selenium, Se	mcg	2.0		0	RA	4		4.8	0.6	11.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	0.6
Thiamin	mg	0.007		0		1		0.017	0.002	0.041
Riboflavin	mg	0.010		0		1		0.024	0.003	0.059
Niacin	mg	0.467		0		1		1.125	0.141	2.737
Pantothenic acid	mg	0.070		0		4		0.169	0.021	0.410
Vitamin B-6	mg	0.010		0		1		0.024	0.003	0.059
Folate, total	mcg	0		0		1		1	0	2
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	0		0		1		1	0	2
Folate, DFE	mcg_DFE	0		0	NC	4		1	0	2
Vitamin B-12	mcg	0.06		0		4		0.14	0.02	0.35
Vitamin A, IU	IU	274		0		1		660	82	1606
Vitamin A, RAE	mcg_RAE	14		0	NC	4		33	4	80
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.022		0		4		0.053	0.007	0.129
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.190		0		1		0.458	0.057	1.113
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		0		1		0.024	0.003	0.059
15:0	g									
16:0	g	0.150		0		1		0.362	0.045	0.879
17:0	g									
18:0	g	0.040		0		1		0.096	0.012	0.234
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.380		0		1		0.916	0.114	2.227
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.072	0.009	0.176

NDB No. 06423

Soup, chicken with rice, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.340		0		1		0.819	0.102	1.992
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.170		0		1		0.410	0.051	0.996
18:2 undifferentiated g	0.160		0		1		0.386	0.048	0.938
18:3 undifferentiated g	0.010		0		1		0.024	0.003	0.059
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	3		0		1		7	1	18
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.017		0		1		0.041	0.005	0.100
Threonine g	0.059		0		1		0.142	0.018	0.346
Isoleucine g	0.074		0		1		0.178	0.022	0.434
Leucine g	0.112		0		1		0.270	0.034	0.656
Lysine g	0.104		0		1		0.251	0.031	0.609
Methionine g	0.038		0		1		0.092	0.011	0.223
Cystine g	0.021		0		1		0.051	0.006	0.123
Phenylalanine g	0.063		0		1		0.152	0.019	0.369
Tyrosine g	0.051		0		1		0.123	0.015	0.299
Valine g	0.078		0		1		0.188	0.023	0.457
Arginine g	0.097		0		1		0.234	0.029	0.568
Histidine g	0.042		0		1		0.101	0.013	0.246
Alanine g	0.080		0		1		0.193	0.024	0.469
Aspartic acid g	0.132		0		1		0.318	0.040	0.774
Glutamic acid g	0.232		0		1		0.559	0.070	1.360
Glycine g	0.071		0		1		0.171	0.021	0.416
Proline g	0.062		0		1		0.149	0.019	0.363
Serine g	0.057		0		1		0.137	0.017	0.334
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Measure 3 = 586g: 1 can (10.5 oz), prepared

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06734

Soup, chicken with star-shaped pasta, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.80		1	A	1		258.66	108.50	
Energy....kcal	50		0	NC	4		149	63	
Energy....kj	209				4		623	262	
Protein....g	2.30		1	A	1		6.85	2.88	
Total lipid (fat)....g	1.40		1	A	1		4.17	1.75	
Ash....g	2.40		1	A	1		7.15	3.00	
Carbohydrate, by difference....g	7.10		0	NC	4		21.16	8.88	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	732		1	A	1		2181	915	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.342		1	A	1		1.019	0.428	
Fatty acids, total monounsaturated....g	0.546		1	A	1		1.627	0.683	
Fatty acids, total polyunsaturated....g	0.303		1	A	1		0.903	0.379	
Fatty acids, total trans....g									
Cholesterol....mg	4		1	A	1		12	5	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 298g: 1 package yields

Measure 2 = 125g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.12	0.244	13		1		201.89	211.14	256.57
Energy	kcal	71		0	NC	4		170	178	217
Energy	kj	297				4		713	746	906
Protein (N x 6.25)	g	5.06	0.109	10		1		12.14	12.70	15.43
Total lipid (fat)	g	2.64	0.045	10		1		6.34	6.63	8.05
Ash	g	1.31	0.051	10		1		3.14	3.29	4.00
Carbohydrate, by difference	g	6.88		0	NC	4		16.51	17.27	20.98
Fiber, total dietary	g	0.6		0		4		1.4	1.5	1.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.702	10		1		24	25	31
Iron, Fe	mg	0.69	0.028	10		1		1.66	1.73	2.10
Magnesium, Mg	mg	3		0		4		7	8	9
Phosphorus, P	mg	45		1		1		108	113	137
Potassium, K	mg	70		1		1		168	176	214
Sodium, Na	mg	354	6.011	10		1		850	889	1080
Zinc, Zn	mg	0.40		1		1		0.96	1.00	1.22
Copper, Cu	mg	0.100		1		1		0.240	0.251	0.305
Manganese, Mn	mg	0.100		1		1		0.240	0.251	0.305
Selenium, Se	mcg	2.5		0	BFSN	4		6.0	6.3	7.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5	0.167	10		1		1.2	1.3	1.5
Thiamin	mg	0.034	0.002	10		1		0.082	0.085	0.104
Riboflavin	mg	0.069	0.003	10		1		0.166	0.173	0.210
Niacin	mg	1.760	0.072	10		1		4.224	4.418	5.368
Pantothenic acid	mg	0.160		0		4		0.384	0.402	0.488
Vitamin B-6	mg	0.020		1		1		0.048	0.050	0.061
Folate, total	mcg	2	0.386	3		1		4	5	5
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2	0.386	3		1		4	5	5
Folate, DFE	mcg_DFE	2		0	NC	4		4	5	5
Vitamin B-12	mcg	0.10		1		1		0.24	0.25	0.31
Vitamin A, IU	IU	518	41.555	10		1		1243	1300	1580
Vitamin A, RAE	mcg_RAE	26		0	NC	4		62	65	79
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.070		0		4		0.168	0.176	0.214
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.790		0		1		1.896	1.983	2.410
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.020		0		1		0.048	0.050	0.061
15:0	g									
16:0	g	0.570		0		1		1.368	1.431	1.739
17:0	g									
18:0	g	0.160		0		1		0.384	0.402	0.488
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.180		0		1		2.832	2.962	3.599
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.150		0		1		0.360	0.377	0.458

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.990		0		1		2.376	2.485	3.020
20:1 g	0.030		0		1		0.072	0.075	0.092
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.550		0		1		1.320	1.381	1.678
18:2 undifferentiated g	0.520		0		1		1.248	1.305	1.586
18:3 undifferentiated g	0.030		0		1		0.072	0.075	0.092
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	12		0		1		29	30	37
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.049		0		1		0.118	0.123	0.149
Threonine g	0.174		0		1		0.418	0.437	0.531
Isoleucine g	0.220		0		1		0.528	0.552	0.671
Leucine g	0.368		0		1		0.883	0.924	1.122
Lysine g	0.340		0		1		0.816	0.853	1.037
Methionine g	0.097		0		1		0.233	0.243	0.296
Cystine g	0.065		0		1		0.156	0.163	0.198
Phenylalanine g	0.201		0		1		0.482	0.505	0.613
Tyrosine g	0.130		0		1		0.312	0.326	0.397
Valine g	0.250		0		1		0.600	0.628	0.763
Arginine g	0.263		0		1		0.631	0.660	0.802
Histidine g	0.124		0		1		0.298	0.311	0.378
Alanine g	0.311		0		1		0.746	0.781	0.949
Aspartic acid g	0.433		0		1		1.039	1.087	1.321
Glutamic acid g	1.372		0		1		3.293	3.444	4.185
Glycine g	0.372		0		1		0.893	0.934	1.135
Proline g	0.333		0		1		0.799	0.836	1.016
Serine g	0.171		0		1		0.410	0.429	0.522
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 251g: 1 cup (8 fl oz)

Measure 3 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.86	0.440	14		1		186.36	226.04	
Energy	kcal	129		0	NC	4		339	412	
Energy	kj	540				4		1420	1722	
Protein (N x 6.25)	g	5.09	0.076	14		1		13.39	16.24	
Total lipid (fat)	g	5.03	0.242	14		1		13.23	16.05	
Ash	g	2.69	0.024	14		1		7.07	8.58	
Carbohydrate, by difference	g	16.33		0	NC	4		42.95	52.09	
Fiber, total dietary	g	7.3		0		4		19.2	23.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	33	1.279	14		1		87	105	
Iron, Fe	mg	1.62	0.107	14		1		4.26	5.17	
Magnesium, Mg	mg	23		4		1		60	73	
Phosphorus, P	mg	113		2		1		297	360	
Potassium, K	mg	400		2		1		1052	1276	
Sodium, Na	mg	788		6		1		2072	2514	
Zinc, Zn	mg	1.06		4		1		2.80	3.39	
Copper, Cu	mg	0.300		2		1		0.789	0.957	
Manganese, Mn	mg	0.800		1		1		2.104	2.552	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1	0.203	12		1		8.2	9.9	
Thiamin	mg	0.045	0.002	14		1		0.118	0.144	
Riboflavin	mg	0.058	0.002	14		1		0.153	0.185	
Niacin	mg	0.813	0.027	14		1		2.138	2.593	
Pantothenic acid	mg	0.500		0		4		1.315	1.595	
Vitamin B-6	mg	0.120		1		1		0.316	0.383	
Folate, total	mcg	14		0		4		37	45	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		37	45	
Folate, DFE	mcg_DFE	14		0	NC	4		37	45	
Vitamin B-12	mcg	0.24		1		1		0.63	0.77	
Vitamin A, IU	IU	1149	51.738	14		1		3022	3665	
Vitamin A, RAE	mcg_RAE	57		0	NC	4		151	183	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	0.13		0		4		0.34	0.41	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.510		0		1		6.601	8.007	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.050		0		1		0.132	0.160	
13:0	g									
14:0	g	0.190		0		1		0.500	0.606	
15:0	g									
16:0	g	1.250		0		1		3.288	3.988	
17:0	g									
18:0	g	0.950		0		1		2.499	3.031	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.100		0		1		5.523	6.699	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		0		1		0.552	0.670	
17:1.....g									
18:1 undifferentiated.....g	1.810		0		1		4.760	5.774	
20:1.....g	0.020		0		1		0.053	0.064	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.200		0		1		0.526	0.638	
18:2 undifferentiated.....g	0.160		0		1		0.421	0.510	
18:3 undifferentiated.....g	0.030		0		1		0.079	0.096	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0		1		26	32	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0		1		0.142	0.172	
Threonine.....g	0.210		0		1		0.552	0.670	
Isoleucine.....g	0.249		0		1		0.655	0.794	
Leucine.....g	0.420		0		1		1.105	1.340	
Lysine.....g	0.347		0		1		0.913	1.107	
Methionine.....g	0.064		0		1		0.168	0.204	
Cystine.....g	0.056		0		1		0.147	0.179	
Phenylalanine.....g	0.284		0		1		0.747	0.906	
Tyrosine.....g	0.152		0		1		0.400	0.485	
Valine.....g	0.280		0		1		0.736	0.893	
Arginine.....g	0.267		0		1		0.702	0.852	
Histidine.....g	0.133		0		1		0.350	0.424	
Alanine.....g	0.254		0		1		0.668	0.810	
Aspartic acid.....g	0.570		0		1		1.499	1.818	
Glutamic acid.....g	0.939		0		1		2.470	2.995	
Glycine.....g	0.246		0		1		0.647	0.785	
Proline.....g	0.230		0		1		0.605	0.734	
Serine.....g	0.252		0		1		0.663	0.804	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 263g: 1 cup (8 fl oz)

Measure 2 = 319g: 1 can (11.25 oz)

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.69		0		1		211.73	26.42	514.07
Energy	kcal	68		0	NC	4		170	21	413
Energy	kj	285				4		711	89	1727
Protein (N x 6.25)	g	2.68		0		1		6.70	0.84	16.27
Total lipid (fat)	g	2.64		0		1		6.60	0.82	16.02
Ash	g	1.42		0		1		3.55	0.44	8.62
Carbohydrate, by difference	g	8.58		0	NC	4		21.45	2.68	52.08
Fiber, total dietary	g	3.8		0		4		9.5	1.2	23.1
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		43	5	103
Iron, Fe	mg	0.85		0		1		2.13	0.27	5.16
Magnesium, Mg	mg	12		0		1		30	4	73
Phosphorus, P	mg	59		0		1		148	18	358
Potassium, K	mg	210		0		1		525	66	1275
Sodium, Na	mg	414		0		1		1035	129	2513
Zinc, Zn	mg	0.56		0		1		1.40	0.17	3.39
Copper, Cu	mg	0.158		0		1		0.395	0.049	0.959
Manganese, Mn	mg	0.420		0		1		1.050	0.131	2.549
Selenium, Se	mcg	2.4		0	RA	4		6.0	0.7	14.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		4.0	0.5	9.7
Thiamin	mg	0.024		0		1		0.060	0.007	0.146
Riboflavin	mg	0.030		0		1		0.075	0.009	0.182
Niacin	mg	0.427		0		1		1.068	0.133	2.592
Pantothenic acid	mg	0.200		0		4		0.500	0.062	1.214
Vitamin B-6	mg	0.063		0		1		0.158	0.020	0.382
Folate, total	mcg	7		0		4		18	2	42
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		0		4		18	2	42
Folate, DFE	mcg_DFE	7		0	NC	4		18	2	42
Vitamin B-12	mcg	0.13		0		1		0.33	0.04	0.79
Vitamin A, IU	IU	604		0		1		1510	188	3666
Vitamin A, RAE	mcg_RAE	30		0	NC	4		76	9	183
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.070		0		4		0.175	0.022	0.425
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.340		0		1		3.350	0.418	8.134
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.020		0		1		0.050	0.006	0.121
13:0	g									
14:0	g	0.100		0		1		0.250	0.031	0.607
15:0	g									
16:0	g	0.670		0		1		1.675	0.209	4.067
17:0	g									
18:0	g	0.510		0		1		1.275	0.159	3.096
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.120		0		1		2.800	0.349	6.798
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.110		0		1		0.275	0.034	0.668

NDB No. 06426

Soup, chili beef, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.960		0		1		2.400	0.300	5.827
20:1 g	0.010		0		1		0.025	0.003	0.061
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.110		0		1		0.275	0.034	0.668
18:2 undifferentiated g	0.080		0		1		0.200	0.025	0.486
18:3 undifferentiated g	0.020		0		1		0.050	0.006	0.121
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	5		0		1		13	2	30
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.028		0		1		0.070	0.009	0.170
Threonine g	0.110		0		1		0.275	0.034	0.668
Isoleucine g	0.131		0		1		0.328	0.041	0.795
Leucine g	0.221		0		1		0.553	0.069	1.341
Lysine g	0.182		0		1		0.455	0.057	1.105
Methionine g	0.034		0		1		0.085	0.011	0.206
Cystine g	0.029		0		1		0.073	0.009	0.176
Phenylalanine g	0.149		0		1		0.373	0.046	0.904
Tyrosine g	0.080		0		1		0.200	0.025	0.486
Valine g	0.147		0		1		0.368	0.046	0.892
Arginine g	0.140		0		1		0.350	0.044	0.850
Histidine g	0.070		0		1		0.175	0.022	0.425
Alanine g	0.133		0		1		0.333	0.041	0.807
Aspartic acid g	0.300		0		1		0.750	0.094	1.821
Glutamic acid g	0.493		0		1		1.233	0.154	2.993
Glycine g	0.129		0		1		0.323	0.040	0.783
Proline g	0.121		0		1		0.303	0.038	0.734
Serine g	0.132		0		1		0.330	0.041	0.801
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 31.2g: 1 fl oz

Measure 3 = 607g: 1 can (11.25 oz), prepared

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.04	0.308	13		1		206.50	25.81	463.76
Energy	kcal	56		0	NC	4		134	17	302
Energy	kj	234				4		562	70	1263
Protein (N x 6.25)	g	3.02	0.047	10		1		7.25	0.91	16.28
Total lipid (fat)	g	1.41	0.031	10		1		3.38	0.42	7.60
Ash	g	1.69	0.031	10		1		4.06	0.51	9.11
Carbohydrate, by difference	g	7.84		0	NC	4		18.82	2.35	42.26
Fiber, total dietary	g	1.2		0		4		2.9	0.4	6.5
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28	1.329	10		1		67	8	151
Iron, Fe	mg	1.10	0.060	10		1		2.64	0.33	5.93
Magnesium, Mg	mg	8		0		4		19	2	43
Phosphorus, P	mg	35		1		1		84	11	189
Potassium, K	mg	160		1		1		384	48	862
Sodium, Na	mg	417	14.005	10		1		1001	125	2248
Zinc, Zn	mg	0.70		1		1		1.68	0.21	3.77
Copper, Cu	mg	0.100		1		1		0.240	0.030	0.539
Manganese, Mn	mg	0.100		1		1		0.240	0.030	0.539
Selenium, Se	mcg	6.7		0	BFSN	4		16.1	2.0	36.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.1	0.458	10		1		12.2	1.5	27.5
Thiamin	mg	0.024	0.001	10		1		0.058	0.007	0.129
Riboflavin	mg	0.026	0.001	10		1		0.062	0.008	0.140
Niacin	mg	0.770	0.015	10		1		1.848	0.231	4.150
Pantothenic acid	mg	0.100		0		4		0.240	0.030	0.539
Vitamin B-6	mg	0.110		1		1		0.264	0.033	0.593
Folate, total	mcg	4	0.841	3		1		9	1	21
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4	0.841	3		1		9	1	21
Folate, DFE	mcg_DFE	4		0	NC	4		9	1	21
Vitamin B-12	mcg	3.30		1		1		7.92	0.99	17.79
Vitamin A, IU	IU	1372	81.728	10		1		3293	412	7395
Vitamin A, RAE	mcg_RAE	71		0	NC	4		170	21	383
Retinol	mcg	3		0	NC	4		7	1	16
Vitamin E	mg_ATE	0.040		0		4		0.096	0.012	0.216
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.880		0		1		2.112	0.264	4.743
4:0	g	0.050		0		1		0.120	0.015	0.270
6:0	g	0.030		0		1		0.072	0.009	0.162
8:0	g	0.020		0		1		0.048	0.006	0.108
10:0	g	0.040		0		1		0.096	0.012	0.216
12:0	g	0.040		0		1		0.096	0.012	0.216
13:0	g									
14:0	g	0.140		0		1		0.336	0.042	0.755
15:0	g									
16:0	g	0.370		0		1		0.888	0.111	1.994
17:0	g									
18:0	g	0.170		0		1		0.408	0.051	0.916
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.410		0		1		0.984	0.123	2.210
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.072	0.009	0.162

NDB No. 06027

Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.350		0		1		0.840	0.105	1.887
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.050		0		1		0.120	0.015	0.270
18:2 undifferentiated ... g	0.030		0		1		0.072	0.009	0.162
18:3 undifferentiated ... g	0.020		0		1		0.048	0.006	0.108
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0		1		14	2	32
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 240g: 1 cup (8 fl oz)

Measure 2 = 30.0g: 1 fl oz

Measure 3 = 539g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06087
Soup, clam chowder, manhattan style, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.10		0		1		0.78		
Energy	kcal	345		0	NC	4		66		
Energy	kj	1443				4		274		
Protein (N x 6.25)	g	10.94		0		1		2.08		
Total lipid (fat)	g	8.20		0		1		1.56		
Ash	g	19.30		0		1		3.67		
Carbohydrate, by difference	g	57.46		0	NC	4		10.92		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	133		0		4		25		
Iron, Fe	mg	9.10		0		4		1.73		
Magnesium, Mg	mg	56		0		4		11		
Phosphorus, P	mg	231		0		4		44		
Potassium, K	mg	1050		0		4		200		
Sodium, Na	mg	7070		0		1		1343		
Zinc, Zn	mg	5.20		0		4		0.99		
Copper, Cu	mg	0.700		0		4		0.133		
Manganese, Mn	mg	2.100		0		4		0.399		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	22.0		0		4		4.2		
Thiamin	mg	0.170		0		4		0.032		
Riboflavin	mg	0.220		0		4		0.042		
Niacin	mg	4.550		0		4		0.865		
Pantothenic acid	mg	0.700		0		4		0.133		
Vitamin B-6	mg	0.600		0		4		0.114		
Folate, total	mcg	53		0		4		10		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	53		0		4		10		
Folate, DFE	mcg_DFE	53		0	NC	4		10		
Vitamin B-12	mcg	23.00		0		4		4.37		
Vitamin A, IU	IU	5369		0		4		1020		
Vitamin A, RAE	mcg_RAE	268		0	NC	4		51		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.390		0		1		0.264		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		0		1		0.002		
15:0	g									
16:0	g	0.780		0		1		0.148		
17:0	g									
18:0	g	0.180		0		1		0.034		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.790		0		1		0.720		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.002		

NDB No. 06087
Soup, clam chowder, manhattan style, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.670		0		1		0.697		
20:1 ... g	0.110		0		1		0.021		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.620		0		1		0.498		
18:2 undifferentiated ... g	2.620		0		1		0.498		
18:3 undifferentiated ... g									
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0		
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 19g: 1 cup (8 fl oz)

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.30	0.274	13		1		211.59	257.12	
Energy	kcal	61		0	NC	4		153	186	
Energy	kj	255				4		641	778	
Protein (N x 6.25)	g	1.74	0.040	10		1		4.37	5.31	
Total lipid (fat)	g	1.76	0.034	10		1		4.42	5.37	
Ash	g	2.46	0.045	10		1		6.17	7.50	
Carbohydrate, by difference	g	9.74		0	NC	4		24.45	29.71	
Fiber, total dietary	g	1.2		0		4		3.0	3.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19	0.637	10		1		48	58	
Iron, Fe	mg	1.30	0.137	10		1		3.26	3.97	
Magnesium, Mg	mg	8		1		1		20	24	
Phosphorus, P	mg	33		1		1		83	101	
Potassium, K	mg	150		1		1		377	458	
Sodium, Na	mg	457	10.400	3		1		1147	1394	
Zinc, Zn	mg	0.74		2		1		1.86	2.26	
Copper, Cu	mg	0.100		1		1		0.251	0.305	
Manganese, Mn	mg	0.300		1		1		0.753	0.915	
Selenium, Se	mcg	7.5		0	BFSN	4		18.8	22.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.2	0.291	10		1		8.0	9.8	
Thiamin	mg	0.024	0.002	10		1		0.060	0.073	
Riboflavin	mg	0.032	0.002	10		1		0.080	0.098	
Niacin	mg	0.650	0.031	10		1		1.632	1.983	
Pantothenic acid	mg	0.150		0		1		0.377	0.458	
Vitamin B-6	mg	0.080		1		1		0.201	0.244	
Folate, total	mcg	8	0.736	3		1		20	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8	0.736	3		1		20	24	
Folate, DFE	mcg_DFE	8		0	NC	4		20	24	
Vitamin B-12	mcg	3.23		1		1		8.11	9.85	
Vitamin A, IU	IU	767	27.161	10		1		1925	2339	
Vitamin A, RAE	mcg_RAE	38		0	NC	4		96	117	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.581		0		4		1.458	1.772	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.305		0		1		0.766	0.930	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		1		1		0.025	0.031	
15:0	g									
16:0	g	0.244		1		1		0.612	0.744	
17:0	g									
18:0	g	0.051		1		1		0.128	0.156	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.305		0		1		0.766	0.930	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		1		1		0.025	0.031	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.295		1		1		0.740	0.900	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.027		0		1		2.578	3.132	
18:2 undifferentiated g	0.956		1		1		2.400	2.916	
18:3 undifferentiated g	0.071		1		1		0.178	0.217	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	2		0		1		5	6	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.87		0		1		224.16	28.02	544.79
Energy	kcal	32		0	NC	4		78	10	190
Energy	kj	134				4		327	41	794
Protein (N x 6.25)	g	0.90		0		1		2.20	0.27	5.34
Total lipid (fat)	g	0.91		0		1		2.22	0.28	5.40
Ash	g	1.31		0		1		3.20	0.40	7.77
Carbohydrate, by difference	g	5.01		0	NC	4		12.22	1.53	29.71
Fiber, total dietary	g	0.6		0		4		1.5	0.2	3.6
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		27	3	65
Iron, Fe	mg	0.67		0		1		1.63	0.20	3.97
Magnesium, Mg	mg	5		0		1		12	2	30
Phosphorus, P	mg	17		0		1		41	5	101
Potassium, K	mg	77		0		1		188	23	457
Sodium, Na	mg	237		0		1		578	72	1405
Zinc, Zn	mg	0.40		0		1		0.98	0.12	2.37
Copper, Cu	mg	0.054		0		1		0.132	0.016	0.320
Manganese, Mn	mg	0.155		0		1		0.378	0.047	0.919
Selenium, Se	mcg	3.8		0	RA	4		9.3	1.2	22.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		3.9	0.5	9.5
Thiamin	mg	0.012		0		1		0.029	0.004	0.071
Riboflavin	mg	0.016		0		1		0.039	0.005	0.095
Niacin	mg	0.335		0		1		0.817	0.102	1.987
Pantothenic acid	mg	0.000		0		1		0.000	0.000	0.000
Vitamin B-6	mg	0.041		0		1		0.100	0.013	0.243
Folate, total	mcg	4		0		1		10	1	24
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		1		10	1	24
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	24
Vitamin B-12	mcg	1.66		0		1		4.05	0.51	9.84
Vitamin A, IU	IU	395		0		1		964	120	2342
Vitamin A, RAE	mcg_RAE	21		0	NC	4		51	6	125
Retinol	mcg	2		0	NC	4		5	1	12
Vitamin E	mg_ATE	0.300		0		4		0.732	0.092	1.779
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.157		0		1		0.383	0.048	0.931
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.005		0		1		0.012	0.002	0.030
15:0	g									
16:0	g	0.126		0		1		0.307	0.038	0.747
17:0	g									
18:0	g	0.026		0		1		0.063	0.008	0.154
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.157		0		1		0.383	0.048	0.931
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.005		0		1		0.012	0.002	0.030

NDB No. 06428

Soup, clam chowder, manhattan, canned, prepared with equal volume water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.152		0		1		0.371	0.046	0.901
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.529		0		1		1.291	0.161	3.137
18:2 undifferentiated ... g	0.492		0		1		1.200	0.150	2.918
18:3 undifferentiated ... g	0.037		0		1		0.090	0.011	0.219
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	0	6
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.53	0.288	13		1		207.15	251.72	
Energy	kcal	70		0	NC	4		176	214	
Energy	kj	293				4		735	893	
Protein (N x 6.25)	g	4.33	0.167	10		1		10.87	13.21	
Total lipid (fat)	g	2.00	0.052	10		1		5.02	6.10	
Ash	g	2.45	0.045	10		1		6.15	7.47	
Carbohydrate, by difference	g	8.69		0	NC	4		21.81	26.50	
Fiber, total dietary	g	0.6		0		4		1.5	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	33	2.012	10		1		83	101	
Iron, Fe	mg	1.13	0.087	10		1		2.84	3.45	
Magnesium, Mg	mg	6		1		1		15	18	
Phosphorus, P	mg	34		1		1		85	104	
Potassium, K	mg	91		1		1		228	278	
Sodium, Na	mg	743	10.677	5		1		1865	2266	
Zinc, Zn	mg	0.60		1		1		1.51	1.83	
Copper, Cu	mg	0.100		1		1		0.251	0.305	
Manganese, Mn	mg	0.200		1		1		0.502	0.610	
Selenium, Se	mcg	8.4		2	A	1		21.1	25.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9	0.100	10		1		4.8	5.8	
Thiamin	mg	0.016	0.002	10		1		0.040	0.049	
Riboflavin	mg	0.030	0.001	10		1		0.075	0.092	
Niacin	mg	0.740	0.043	10		1		1.857	2.257	
Pantothenic acid	mg	0.260		0		4		0.653	0.793	
Vitamin B-6	mg	0.060		1		1		0.151	0.183	
Folate, total	mcg	3	0.640	3		1		7	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3	0.640	3		1		7	9	
Folate, DFE	mcg_DFE	3		0	NC	4		7	9	
Vitamin B-12	mcg	7.82		1		1		19.63	23.85	
Vitamin A, IU	IU	8	5.338	10		1		20	24	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		3	3	
Retinol	mcg	1		0	NC	4		3	3	
Vitamin E	mg_ATE	0.066		0		4		0.166	0.201	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.300		0		1		0.753	0.915	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.200		0		1		0.502	0.610	
17:0	g									
18:0	g	0.100		0		1		0.251	0.305	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.860		0		1		2.159	2.623	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.025	0.031	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.850		0		1		2.134	2.593	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.750		0		1		1.883	2.288	
18:2 undifferentiated ... g	0.700		0		1		1.757	2.135	
18:3 undifferentiated ... g	0.050		0		1		0.126	0.153	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		10	12	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.048		0		1		0.120	0.146	
Threonine ... g	0.134		0		1		0.336	0.409	
Isoleucine ... g	0.165		0		1		0.414	0.503	
Leucine ... g	0.258		0		1		0.648	0.787	
Lysine ... g	0.227		0		1		0.570	0.692	
Methionine ... g	0.082		0		1		0.206	0.250	
Cystine ... g	0.051		0		1		0.128	0.156	
Phenylalanine ... g	0.144		0		1		0.361	0.439	
Tyrosine ... g	0.114		0		1		0.286	0.348	
Valine ... g	0.175		0		1		0.439	0.534	
Arginine ... g	0.207		0		1		0.520	0.631	
Histidine ... g	0.124		0		1		0.311	0.378	
Alanine ... g	0.227		0		1		0.570	0.692	
Aspartic acid ... g	0.402		0		1		1.009	1.226	
Glutamic acid ... g	1.258		0		1		3.158	3.837	
Glycine ... g	0.207		0		1		0.520	0.631	
Proline ... g	0.165		0		1		0.414	0.503	
Serine ... g	0.124		0		1		0.311	0.378	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.23		0		1		211.37	211.37	26.42
Energy	kcal	66		0	NC	4		164	164	20
Energy	kj	276				4		685	685	86
Protein (N x 6.25)	g	3.82		0		1		9.47	9.47	1.18
Total lipid (fat)	g	2.66		0		1		6.60	6.60	0.82
Ash	g	1.60		0		1		3.97	3.97	0.50
Carbohydrate, by difference	g	6.70		0	NC	4		16.62	16.62	2.08
Fiber, total dietary	g	0.6		0		4		1.5	1.5	0.2
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	75		0		1		186	186	23
Iron, Fe	mg	0.60		0		1		1.49	1.49	0.19
Magnesium, Mg	mg	9		0		1		22	22	3
Phosphorus, P	mg	63		0		1		156	156	20
Potassium, K	mg	121		0		1		300	300	38
Sodium, Na	mg	400		0		1		992	992	124
Zinc, Zn	mg	0.32		0		1		0.80	0.80	0.10
Copper, Cu	mg	0.056		0		1		0.139	0.139	0.017
Manganese, Mn	mg	0.102		0		1		0.253	0.253	0.032
Selenium, Se	mcg	5.2		0	RA	4		12.9	12.9	1.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.4		0		1		3.5	3.5	0.4
Thiamin	mg	0.027		0		1		0.067	0.067	0.008
Riboflavin	mg	0.095		0		1		0.236	0.236	0.029
Niacin	mg	0.416		0		1		1.032	1.032	0.129
Pantothenic acid	mg	0.280		0		4		0.694	0.694	0.087
Vitamin B-6	mg	0.051		0		1		0.126	0.126	0.016
Folate, total	mcg	4		0		1		10	10	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		1		10	10	1
Folate, DFE	mcg_DFE	4		0	NC	4		10	10	1
Vitamin B-12	mcg	4.13		0		1		10.24	10.24	1.28
Vitamin A, IU	IU	66		0		1		164	164	20
Vitamin A, RAE	mcg_RAE	20		0	NC	4		50	50	6
Retinol	mcg	20		0	NC	4		50	50	6
Vitamin E	mg_ATE	0.060		0		4		0.149	0.149	0.019
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.190		0		1		2.951	2.951	0.369
4:0	g	0.060		0		1		0.149	0.149	0.019
6:0	g	0.030		0		1		0.074	0.074	0.009
8:0	g	0.020		0		1		0.050	0.050	0.006
10:0	g	0.040		0		1		0.099	0.099	0.012
12:0	g	0.050		0		1		0.124	0.124	0.016
13:0	g									
14:0	g	0.170		0		1		0.422	0.422	0.053
15:0	g									
16:0	g	0.540		0		1		1.339	1.339	0.167
17:0	g									
18:0	g	0.250		0		1		0.620	0.620	0.078
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.910		0		1		2.257	2.257	0.282
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.099	0.099	0.012

NDB No. 06230

Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.850		0		1		2.108	2.108	0.264
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.440		0		1		1.091	1.091	0.136
18:2 undifferentiated ... g	0.390		0		1		0.967	0.967	0.121
18:3 undifferentiated ... g	0.050		0		1		0.124	0.124	0.016
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	9		0		1		22	22	3
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.047		0		1		0.117	0.117	0.015
Threonine ... g	0.141		0		1		0.350	0.350	0.044
Isoleucine ... g	0.182		0		1		0.451	0.451	0.056
Leucine ... g	0.290		0		1		0.719	0.719	0.090
Lysine ... g	0.244		0		1		0.605	0.605	0.076
Methionine ... g	0.082		0		1		0.203	0.203	0.025
Cystine ... g	0.041		0		1		0.102	0.102	0.013
Phenylalanine ... g	0.151		0		1		0.374	0.374	0.047
Tyrosine ... g	0.136		0		1		0.337	0.337	0.042
Valine ... g	0.197		0		1		0.489	0.489	0.061
Arginine ... g	0.164		0		1		0.407	0.407	0.051
Histidine ... g	0.107		0		1		0.265	0.265	0.033
Alanine ... g	0.171		0		1		0.424	0.424	0.053
Aspartic acid ... g	0.327		0		1		0.811	0.811	0.101
Glutamic acid ... g	0.977		0		1		2.423	2.423	0.303
Glycine ... g	0.139		0		1		0.345	0.345	0.043
Proline ... g	0.241		0		1		0.598	0.598	0.075
Serine ... g	0.151		0		1		0.374	0.374	0.047
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 248g: 1 cup (8 fl oz)

Measure 3 = 31.0g: 1 fl oz

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.54		0		1		220.92	27.61	536.90
Energy	kcal	39		0	NC	4		95	12	231
Energy	kj	163				4		398	50	968
Protein (N x 6.25)	g	1.97		0		1		4.81	0.60	11.68
Total lipid (fat)	g	1.18		0		1		2.88	0.36	7.00
Ash	g	1.22		0		1		2.98	0.37	7.23
Carbohydrate, by difference	g	5.09		0	NC	4		12.42	1.55	30.18
Fiber, total dietary	g	0.6		0		4		1.5	0.2	3.6
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		44	5	107
Iron, Fe	mg	0.61		0		1		1.49	0.19	3.62
Magnesium, Mg	mg	3		0		1		7	1	18
Phosphorus, P	mg	22		0		1		54	7	130
Potassium, K	mg	60		0		1		146	18	356
Sodium, Na	mg	375		0		1		915	114	2224
Zinc, Zn	mg	0.31		0		1		0.75	0.09	1.83
Copper, Cu	mg	0.051		0		1		0.124	0.016	0.302
Manganese, Mn	mg	0.103		0		1		0.251	0.031	0.611
Selenium, Se	mcg	4.2		0	RA	4		10.2	1.3	24.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		2.0	0.2	4.7
Thiamin	mg	0.008		0		1		0.020	0.002	0.047
Riboflavin	mg	0.018		0		1		0.044	0.005	0.107
Niacin	mg	0.394		0		1		0.961	0.120	2.336
Pantothenic acid	mg	0.130		0		1		0.317	0.040	0.771
Vitamin B-6	mg	0.034		0		1		0.083	0.010	0.202
Folate, total	mcg	2		0		1		4	0	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		1		4	0	9
Folate, DFE	mcg_DFE	2		0	NC	4		4	0	9
Vitamin B-12	mcg	3.28		0		1		8.00	1.00	19.45
Vitamin A, IU	IU	3		0		1		7	1	18
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	1
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.033		0		4		0.081	0.010	0.196
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.170		0		1		0.415	0.052	1.008
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	0.000
15:0	g									
16:0	g	0.110		0		1		0.268	0.034	0.652
17:0	g									
18:0	g	0.060		0		1		0.146	0.018	0.356
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.500		0		1		1.220	0.153	2.965
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 06430

Soup, clam chowder, new england, canned, prepared with equal volume water, commercial

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1	g									
18:1 undifferentiated	g	0.500		0		1		1.220	0.153	2.965
20:1	g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.450		0		1		1.098	0.137	2.669
18:2 undifferentiated	g	0.410		0		1		1.000	0.125	2.431
18:3 undifferentiated	g	0.030		0		1		0.073	0.009	0.178
18:4	g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0		1		0.000	0.000	0.000
20:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:5 n-3	g	0.000		0		1		0.000	0.000	0.000
22:6 n-3	g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	2		0		1		5	1	12
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.022		0		1		0.054	0.007	0.130
Threonine	g	0.061		0		1		0.149	0.019	0.362
Isoleucine	g	0.075		0		1		0.183	0.023	0.445
Leucine	g	0.118		0		1		0.288	0.036	0.700
Lysine	g	0.103		0		1		0.251	0.031	0.611
Methionine	g	0.037		0		1		0.090	0.011	0.219
Cystine	g	0.023		0		1		0.056	0.007	0.136
Phenylalanine	g	0.065		0		1		0.159	0.020	0.385
Tyrosine	g	0.052		0		1		0.127	0.016	0.308
Valine	g	0.080		0		1		0.195	0.024	0.474
Arginine	g	0.094		0		1		0.229	0.029	0.557
Histidine	g	0.056		0		1		0.137	0.017	0.332
Alanine	g	0.103		0		1		0.251	0.031	0.611
Aspartic acid	g	0.183		0		1		0.447	0.056	1.085
Glutamic acid	g	0.572		0		1		1.396	0.174	3.392
Glycine	g	0.094		0		1		0.229	0.029	0.557
Proline	g	0.075		0		1		0.183	0.023	0.445
Serine	g	0.056		0		1		0.137	0.017	0.332
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	0.0
Caffeine	mg									
Theobromine	mg									

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06088
Soup, clam chowder, new england, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.54		0		1		0.81		
Energy	kcal	418		0	NC	4		96		
Energy	kj	1749				4		402		
Protein (N x 6.25)	g	12.29		0		1		2.83		
Total lipid (fat)	g	16.17		0		1		3.72		
Ash	g	11.26		0		1		2.59		
Carbohydrate, by difference	g	56.74		0	NC	4		13.05		
Fiber, total dietary	g	5.4		0		4		1.2		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	337		0		1		78		
Iron, Fe	mg	5.60		0		4		1.29		
Magnesium, Mg	mg	30		0		4		7		
Phosphorus, P	mg	440		0		1		101		
Potassium, K	mg	902		0		1		207		
Sodium, Na	mg	3283		0		1		755		
Zinc, Zn	mg	3.00		0		4		0.69		
Copper, Cu	mg	0.500		0		4		0.115		
Manganese, Mn	mg	1.000		0		4		0.230		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.0		0		4		2.1		
Thiamin	mg	0.080		0		4		0.018		
Riboflavin	mg	0.715		0		1		0.164		
Niacin	mg	3.700		0		1		0.851		
Pantothenic acid	mg	1.300		0		4		0.299		
Vitamin B-6	mg	0.300		0		4		0.069		
Folate, total	mcg	15		0		4		3		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	15		0		4		3		
Folate, DFE	mcg_DFE	15		0	NC	4		3		
Vitamin B-12	mcg	39.00		0		4		8.97		
Vitamin A, IU	IU	40		0		4		9		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.730		0		1		0.628		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.020		0		1		0.005		
15:0	g									
16:0	g	1.540		0		1		0.354		
17:0	g									
18:0	g	0.360		0		1		0.083		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	7.470		0		1		1.718		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.005		

NDB No. 06088
Soup, clam chowder, new england, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	7.240		0		1		1.665		
20:1 ... g	0.210		0		1		0.048		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.170		0		1		1.189		
18:2 undifferentiated ... g	5.170		0		1		1.189		
18:3 undifferentiated ... g									
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		1		
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 23g: 1 cup (8 fl oz)

Calories Factors: **Protein** 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06089
Soup, consomme with gelatin, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	0.60		1		1		0.08	0.34	
Energy	kcal	137		0	NC	4		17	78	
Energy	kj	573				4		72	327	
Protein (N x 6.25)	g	17.19		1		1		2.17	9.80	
Total lipid (fat)	g	0.10		1		1		0.01	0.06	
Ash	g	65.80		1		1		8.29	37.51	
Carbohydrate, by difference	g	16.30		0	NC	4		2.05	9.29	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60		0		4		8	34	
Iron, Fe	mg	1.00		0		4		0.13	0.57	
Magnesium, Mg	mg	51		0		4		6	29	
Phosphorus, P	mg	320		0		4		40	182	
Potassium, K	mg	446		0		4		56	254	
Sodium, Na	mg	26200		1		1		3301	14934	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.460		0		4		0.058	0.262	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.070		0		4		0.009	0.040	
Riboflavin	mg	0.240		0		4		0.030	0.137	
Niacin	mg	4.500		0		4		0.567	2.565	
Pantothenic acid	mg	0.300		0		4		0.038	0.171	
Vitamin B-6	mg	0.200		0		4		0.025	0.114	
Folate, total	mcg	32		0		4		4	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	32		0		4		4	18	
Folate, DFE	mcg_DFE	32		0	NC	4		4	18	
Vitamin B-12	mcg	1.00		0		4		0.13	0.57	
Vitamin A, IU	IU	50		0		4		6	29	
Vitamin A, RAE	mcg_RAE	15		0	NC	4		2	9	
Retinol	mcg	15		0	NC	4		2	9	
Vitamin E	mg_ATE	0.101		0	NC	4		0.013	0.058	
Tocopherol, alpha	mg	0.10		0		4		0.01	0.06	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.020		0		1		0.003	0.011	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.010		0		1		0.001	0.006	
17:0	g									
18:0	g	0.000		0		1		0.000	0.000	
20:0	g									
22:0	g									
24:0	g									

NDB No. 06089
Soup, consomme with gelatin, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.050		0		1		0.006	0.029	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.006	0.029	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.004	0.017	
18:2 undifferentiated.....g	0.030		0		1		0.004	0.017	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 12.6g: 1 cup

Measure 2 = 57g: 1 packet

Calories Factors: Protein 4.1 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.97		0		1		236.48	29.54	1064.61
Energy	kcal	7		0	NC	4		17	2	78
Energy	kj	29				4		73	9	328
Protein (N x 6.25)	g	0.87		0		1		2.17	0.27	9.75
Total lipid (fat)	g	0.01		0		1		0.02	0.00	0.11
Ash	g	3.33		0		1		8.29	1.04	37.33
Carbohydrate, by difference	g	0.83		0	NC	4		2.07	0.26	9.30
Fiber, total dietary	g	0.0		0		4		0.0	0.0	0.0
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		4		7	1	34
Iron, Fe	mg	0.05		0		1		0.12	0.02	0.56
Magnesium, Mg	mg	3		0		4		7	1	34
Phosphorus, P	mg	16		0		4		40	5	179
Potassium, K	mg	23		0		4		57	7	258
Sodium, Na	mg	1325		0		1		3299	412	14853
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.020		0		4		0.050	0.006	0.224
Selenium, Se	mcg	0.7		0	BFSN	4		1.7	0.2	7.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.000		0		4		0.000	0.000	0.000
Riboflavin	mg	0.010		0		4		0.025	0.003	0.112
Niacin	mg	0.230		0		4		0.573	0.072	2.578
Pantothenic acid	mg	0.020		0		4		0.050	0.006	0.224
Vitamin B-6	mg	0.010		0		4		0.025	0.003	0.112
Folate, total	mcg	2		0		4		4	0	18
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		4		4	0	18
Folate, DFE	mcg_DFE	2		0	NC	4		4	0	18
Vitamin B-12	mcg	0.05		0		4		0.12	0.02	0.56
Vitamin A, IU	IU	3		0		4		7	1	34
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	2
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.000		0		4		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.000		0		4		0.000	0.000	0.000
4:0	g	0.000		0		7		0.000	0.000	0.000
6:0	g	0.000		0		7		0.000	0.000	0.000
8:0	g	0.000		0		7		0.000	0.000	0.000
10:0	g	0.000		0		7		0.000	0.000	0.000
12:0	g	0.000		0		7		0.000	0.000	0.000
13:0	g									
14:0	g	0.000		0		7		0.000	0.000	0.000
15:0	g									
16:0	g	0.000		0		7		0.000	0.000	0.000
17:0	g									
18:0	g	0.000		0		7		0.000	0.000	0.000
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.000		0		1		0.000	0.000	0.000
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		7		0.000	0.000	0.000

NDB No. 06489

Soup, consomme with gelatin, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.000		0		7		0.000	0.000	0.000
20:1 ... g	0.000		0		7		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		7		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated ... g	0.000		0		7		0.000	0.000	0.000
18:3 undifferentiated ... g	0.000		0		7		0.000	0.000	0.000
18:4 ... g	0.000		0		7		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		7		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		7		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		7		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		7		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		4		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 249g: 1 cup (8 fl oz)

Measure 2 = 31.1g: 1 fl oz

Measure 3 = 1121g: 1 packet (36 fl oz prepared)

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.50		1		1		223.26	337.64	
Energy	kcal	31		0	NC	4		76	114	
Energy	kj	130				4		316	479	
Protein (N x 6.25)	g	2.25		1		1		5.49	8.30	
Total lipid (fat)	g	0.62		1		1		1.51	2.29	
Ash	g	1.41		1		1		3.44	5.20	
Carbohydrate, by difference	g	4.22		0	NC	4		10.30	15.57	
Fiber, total dietary	g	0.3		0		4		0.7	1.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		1		1		66	100	
Iron, Fe	mg	0.50		1		1		1.22	1.85	
Magnesium, Mg	mg	6		0		4		15	22	
Phosphorus, P	mg	36		1		1		88	133	
Potassium, K	mg	134		1		1		327	494	
Sodium, Na	mg	506		1		1		1235	1867	
Zinc, Zn	mg	0.60		0		4		1.46	2.21	
Copper, Cu	mg	0.200		0		4		0.488	0.738	
Manganese, Mn	mg	0.200		0		4		0.488	0.738	
Selenium, Se	mcg	2.6		0	RA	4		6.3	9.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.080		1		1		0.195	0.295	
Riboflavin	mg	0.030		1		1		0.073	0.111	
Niacin	mg	0.550		1		1		1.342	2.030	
Pantothenic acid	mg	0.120		1		1		0.293	0.443	
Vitamin B-6	mg	0.050		1		1		0.122	0.185	
Folate, total	mcg	6		0		4		15	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		15	22	
Folate, DFE	mcg_DFE	6		0	NC	4		15	22	
Vitamin B-12	mcg	0.08		1		1		0.20	0.30	
Vitamin A, IU	IU	207		1		1		505	764	
Vitamin A, RAE	mcg_RAE	10		0	NC	4		25	38	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.160		0		1		0.390	0.590	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.090		0		1		0.220	0.332	
17:0	g									
18:0	g	0.070		0		1		0.171	0.258	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.280		0		1		0.683	1.033	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.280		0		1		0.683	1.033	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.160		0		1		0.390	0.590	
18:2 undifferentiated ....g	0.150		0		1		0.366	0.554	
18:3 undifferentiated ....g	0.010		0		1		0.024	0.037	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	4		0		1		10	15	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 369g: 1 can (13 oz)

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.05	0.168	10		1		210.97	256.35	
Energy	kcal	69		0	NC	4		173	210	
Energy	kj	289				4		725	881	
Protein (N x 6.25)	g	1.82	0.053	10		1		4.57	5.55	
Total lipid (fat)	g	3.26	0.052	10		1		8.18	9.94	
Ash	g	2.35	0.022	10		1		5.90	7.17	
Carbohydrate, by difference	g	8.52		0	NC	4		21.39	25.99	
Fiber, total dietary	g	0.4		0		4		1.0	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23	1.333	10		1		58	70	
Iron, Fe	mg	0.64	0.037	10		1		1.61	1.95	
Magnesium, Mg	mg	3		1		1		8	9	
Phosphorus, P	mg	31		1		1		78	95	
Potassium, K	mg	138		1		1		346	421	
Sodium, Na	mg	782	14.370	5		1		1963	2385	
Zinc, Zn	mg	0.70		1		1		1.76	2.14	
Copper, Cu	mg	0.100		1		1		0.251	0.305	
Manganese, Mn	mg	0.300		1		1		0.753	0.915	
Selenium, Se	mcg	1.9		0	RA	4		4.8	5.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.2	0.133	10		1		5.5	6.7	
Thiamin	mg	0.043	0.001	10		1		0.108	0.131	
Riboflavin	mg	0.062	0.003	10		1		0.156	0.189	
Niacin	mg	0.620	0.033	10		1		1.556	1.891	
Pantothenic acid	mg	0.110		0		4		0.276	0.336	
Vitamin B-6	mg	0.010		1		1		0.025	0.031	
Folate, total	mcg	19		0		4		48	58	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	19		0		4		48	58	
Folate, DFE	mcg_DFE	19		0	NC	4		48	58	
Vitamin B-12	mcg	0.04		0		4		0.10	0.12	
Vitamin A, IU	IU	355	42.195	10		1		891	1083	
Vitamin A, RAE	mcg_RAE	57		0	NC	4		143	174	
Retinol	mcg	47		0	NC	4		118	143	
Vitamin E	mg_ATE	0.500		0		4		1.255	1.525	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.820		0		1		2.058	2.501	
4:0	g	0.040		0		1		0.100	0.122	
6:0	g	0.030		0		1		0.075	0.092	
8:0	g	0.020		0		1		0.050	0.061	
10:0	g	0.040		0		1		0.100	0.122	
12:0	g	0.030		0		1		0.075	0.092	
13:0	g									
14:0	g	0.120		0		1		0.301	0.366	
15:0	g									
16:0	g	0.340		0		1		0.853	1.037	
17:0	g									
18:0	g	0.170		0		1		0.427	0.519	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.750		0		1		1.883	2.288	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.100	0.122	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.690		0		1		1.732	2.105	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.460		0		1		3.665	4.453	
18:2 undifferentiated ... g	1.420		0		1		3.564	4.331	
18:3 undifferentiated ... g	0.040		0		1		0.100	0.122	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		10	12	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.023		0		1		0.058	0.070	
Threonine ... g	0.062		0		1		0.156	0.189	
Isoleucine ... g	0.077		0		1		0.193	0.235	
Leucine ... g	0.130		0		1		0.326	0.397	
Lysine ... g	0.089		0		1		0.223	0.271	
Methionine ... g	0.033		0		1		0.083	0.101	
Cystine ... g	0.024		0		1		0.060	0.073	
Phenylalanine ... g	0.076		0		1		0.191	0.232	
Tyrosine ... g	0.060		0		1		0.151	0.183	
Valine ... g	0.091		0		1		0.228	0.278	
Arginine ... g	0.068		0		1		0.171	0.207	
Histidine ... g	0.039		0		1		0.098	0.119	
Alanine ... g	0.074		0		1		0.186	0.226	
Aspartic acid ... g	0.137		0		1		0.344	0.418	
Glutamic acid ... g	0.466		0		1		1.170	1.421	
Glycine ... g	0.054		0		1		0.136	0.165	
Proline ... g	0.164		0		1		0.412	0.500	
Serine ... g	0.084		0		1		0.211	0.256	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.00		0		1		213.28	517.72	
Energy	kcal	65		0	NC	4		161	391	
Energy	kj	272				4		674	1637	
Protein (N x 6.25)	g	2.55		0		1		6.32	15.35	
Total lipid (fat)	g	3.30		0		1		8.18	19.87	
Ash	g	1.55		0		1		3.84	9.33	
Carbohydrate, by difference	g	6.61		0	NC	4		16.39	39.79	
Fiber, total dietary	g	0.3		0		4		0.7	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	70		0		1		174	421	
Iron, Fe	mg	0.35		0		1		0.87	2.11	
Magnesium, Mg	mg	8		0		1		20	48	
Phosphorus, P	mg	62		0		1		154	373	
Potassium, K	mg	145		0		1		360	873	
Sodium, Na	mg	420		0		1		1042	2528	
Zinc, Zn	mg	0.37		0		1		0.93	2.25	
Copper, Cu	mg	0.056		0		1		0.139	0.337	
Manganese, Mn	mg	0.153		0		1		0.379	0.921	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		4.0	9.6	
Thiamin	mg	0.041		0		1		0.102	0.247	
Riboflavin	mg	0.111		0		1		0.275	0.668	
Niacin	mg	0.355		0		1		0.880	2.137	
Pantothenic acid	mg	0.210		0		4		0.521	1.264	
Vitamin B-6	mg	0.026		0		1		0.064	0.157	
Folate, total	mcg	12		0		4		30	72	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		0		4		30	72	
Folate, DFE	mcg_DFE	12		0	NC	4		30	72	
Vitamin B-12	mcg	0.20		0		4		0.50	1.20	
Vitamin A, IU	IU	242		0		1		600	1457	
Vitamin A, RAE	mcg_RAE	25		0	NC	4		62	151	
Retinol	mcg	16		0	NC	4		40	96	
Vitamin E	mg_ATE	0.340		0		4		0.843	2.047	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.340		0		1		3.323	8.067	
4:0	g	0.070		0		1		0.174	0.421	
6:0	g	0.040		0		1		0.099	0.241	
8:0	g	0.030		0		1		0.074	0.181	
10:0	g	0.050		0		1		0.124	0.301	
12:0	g	0.060		0		1		0.149	0.361	
13:0	g									
14:0	g	0.210		0		1		0.521	1.264	
15:0	g									
16:0	g	0.570		0		1		1.414	3.431	
17:0	g									
18:0	g	0.260		0		1		0.645	1.565	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.840		0		1		2.083	5.057	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		0		1		0.124	0.301	

NDB No. 06201

Soup, cream of asparagus, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.760		0		1		1.885	4.575	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.900		0		1		2.232	5.418	
18:2 undifferentiated ... g	0.860		0		1		2.133	5.177	
18:3 undifferentiated ... g	0.040		0		1		0.099	0.241	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	9		0		1		22	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.034		0		1		0.084	0.205	
Threonine ... g	0.105		0		1		0.260	0.632	
Isoleucine ... g	0.137		0		1		0.340	0.825	
Leucine ... g	0.225		0		1		0.558	1.355	
Lysine ... g	0.174		0		1		0.432	1.047	
Methionine ... g	0.058		0		1		0.144	0.349	
Cystine ... g	0.027		0		1		0.067	0.163	
Phenylalanine ... g	0.117		0		1		0.290	0.704	
Tyrosine ... g	0.109		0		1		0.270	0.656	
Valine ... g	0.155		0		1		0.384	0.933	
Arginine ... g	0.093		0		1		0.231	0.560	
Histidine ... g	0.064		0		1		0.159	0.385	
Alanine ... g	0.093		0		1		0.231	0.560	
Aspartic acid ... g	0.193		0		1		0.479	1.162	
Glutamic acid ... g	0.576		0		1		1.428	3.468	
Glycine ... g	0.062		0		1		0.154	0.373	
Proline ... g	0.241		0		1		0.598	1.451	
Serine ... g	0.131		0		1		0.325	0.789	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.80		0		1		223.99	544.37	
Energy	kcal	35		0	NC	4		85	208	
Energy	kj	146				4		357	868	
Protein (N x 6.25)	g	0.94		0		1		2.29	5.57	
Total lipid (fat)	g	1.68		0		1		4.10	9.96	
Ash	g	1.21		0		1		2.95	7.18	
Carbohydrate, by difference	g	4.38		0	NC	4		10.69	25.97	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		29	71	
Iron, Fe	mg	0.33		0		1		0.81	1.96	
Magnesium, Mg	mg	2		0		1		5	12	
Phosphorus, P	mg	16		0		1		39	95	
Potassium, K	mg	71		0		1		173	421	
Sodium, Na	mg	402		0		1		981	2384	
Zinc, Zn	mg	0.36		0		1		0.88	2.13	
Copper, Cu	mg	0.051		0		1		0.124	0.302	
Manganese, Mn	mg	0.154		0		1		0.376	0.913	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		1		2.7	6.5	
Thiamin	mg	0.022		0		1		0.054	0.130	
Riboflavin	mg	0.032		0		1		0.078	0.190	
Niacin	mg	0.319		0		1		0.778	1.892	
Pantothenic acid	mg	0.050		0		4		0.122	0.297	
Vitamin B-6	mg	0.005		0		1		0.012	0.030	
Folate, total	mcg	9		0		4		22	53	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		22	53	
Folate, DFE	mcg_DFE	9		0	NC	4		22	53	
Vitamin B-12	mcg	0.02		0		4		0.05	0.12	
Vitamin A, IU	IU	182		0		1		444	1079	
Vitamin A, RAE	mcg_RAE	15		0	NC	4		37	89	
Retinol	mcg	7		0	NC	4		17	42	
Vitamin E	mg_ATE	0.270		0		4		0.659	1.601	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.430		0		1		1.049	2.550	
4:0	g	0.020		0		1		0.049	0.119	
6:0	g	0.020		0		1		0.049	0.119	
8:0	g	0.010		0		1		0.024	0.059	
10:0	g	0.020		0		1		0.049	0.119	
12:0	g	0.020		0		1		0.049	0.119	
13:0	g									
14:0	g	0.060		0		1		0.146	0.356	
15:0	g									
16:0	g	0.170		0		1		0.415	1.008	
17:0	g									
18:0	g	0.090		0		1		0.220	0.534	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.390		0		1		0.952	2.313	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.049	0.119	

NDB No. 06401

Soup, cream of asparagus, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.360		0		1		0.878	2.135	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.760		0		1		1.854	4.507	
18:2 undifferentiated ... g	0.730		0		1		1.781	4.329	
18:3 undifferentiated ... g	0.020		0		1		0.049	0.119	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		5	12	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.012		0		1		0.029	0.071	
Threonine ... g	0.032		0		1		0.078	0.190	
Isoleucine ... g	0.040		0		1		0.098	0.237	
Leucine ... g	0.067		0		1		0.163	0.397	
Lysine ... g	0.046		0		1		0.112	0.273	
Methionine ... g	0.017		0		1		0.041	0.101	
Cystine ... g	0.012		0		1		0.029	0.071	
Phenylalanine ... g	0.039		0		1		0.095	0.231	
Tyrosine ... g	0.031		0		1		0.076	0.184	
Valine ... g	0.047		0		1		0.115	0.279	
Arginine ... g	0.035		0		1		0.085	0.208	
Histidine ... g	0.020		0		1		0.049	0.119	
Alanine ... g	0.038		0		1		0.093	0.225	
Aspartic acid ... g	0.070		0		1		0.171	0.415	
Glutamic acid ... g	0.240		0		1		0.586	1.423	
Glycine ... g	0.028		0		1		0.068	0.166	
Proline ... g	0.084		0		1		0.205	0.498	
Serine ... g	0.043		0		1		0.105	0.255	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		4		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06073
Soup, cream of asparagus, dehydrated, dry mix

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.80		1		1		0.68	3.07	
Energy	kcal	366		0	NC	4		52	234	
Energy	kj	1531				4		217	980	
Protein (N x 6.25)	g	13.75		1		1		1.95	8.80	
Total lipid (fat)	g	10.80		1		1		1.53	6.91	
Ash	g	14.90		1		1		2.12	9.54	
Carbohydrate, by difference	g	55.75		0	NC	4		7.92	35.68	
Fiber, total dietary	g	2.4		0		4		0.3	1.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	137		0		4		19	88	
Iron, Fe	mg	3.80		0		4		0.54	2.43	
Magnesium, Mg	mg	18		0		4		3	12	
Phosphorus, P	mg	185		0		4		26	118	
Potassium, K	mg	824		0		4		117	527	
Sodium, Na	mg	4980		1		1		707	3187	
Zinc, Zn	mg	4.20		0		4		0.60	2.69	
Copper, Cu	mg	0.600		0		4		0.085	0.384	
Manganese, Mn	mg	1.800		0		4		0.256	1.152	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.2		0		4		0.7	3.3	
Thiamin	mg	0.200		0		4		0.028	0.128	
Riboflavin	mg	0.300		0		4		0.043	0.192	
Niacin	mg	3.000		0		4		0.426	1.920	
Pantothenic acid	mg	0.500		0		4		0.071	0.320	
Vitamin B-6	mg	0.050		0		4		0.007	0.032	
Folate, total	mcg	46		0		4		7	29	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	46		0		4		7	29	
Folate, DFE	mcg_DFE	46		0	NC	4		7	29	
Vitamin B-12	mcg	0.20		0		4		0.03	0.13	
Vitamin A, IU	IU	1688		0		4		240	1080	
Vitamin A, RAE	mcg_RAE	503		0	NC	4		71	322	
Retinol	mcg	502		0	NC	4		71	321	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.610		0		1		0.229	1.030	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		0		1		0.001	0.006	
15:0	g									
16:0	g	1.060		0		1		0.151	0.678	
17:0	g									
18:0	g	0.540		0		1		0.077	0.346	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.640		0		1		0.659	2.970	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.006	0.026	

NDB No. 06073
Soup, cream of asparagus, dehydrated, dry mix

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	4.590		0		1		0.652	2.938	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	4.060		0		1		0.577	2.598	
18:2 undifferentiated ....g	3.770		0		1		0.535	2.413	
18:3 undifferentiated ....g	0.280		0		1		0.040	0.179	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	1		0		1		0	1	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 14.2g: 1 cup

Measure 2 = 64g: 1 packet

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06473
Soup, cream of asparagus, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.90		0		1		235.69	1060.13	
Energy	kcal	23		0	NC	4		58	260	
Energy	kj	96				4		242	1086	
Protein (N x 6.25)	g	0.88		0		1		2.21	9.94	
Total lipid (fat)	g	0.69		0		1		1.73	7.79	
Ash	g	0.96		0		1		2.41	10.84	
Carbohydrate, by difference	g	3.57		0	NC	4		8.96	40.31	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		4		23	102	
Iron, Fe	mg	0.20		0		4		0.50	2.26	
Magnesium, Mg	mg	1		0		4		3	11	
Phosphorus, P	mg	12		0		4		30	135	
Potassium, K	mg	53		0		4		133	598	
Sodium, Na	mg	319		0		1		801	3602	
Zinc, Zn	mg	0.27		0		4		0.68	3.05	
Copper, Cu	mg	0.051		0		1		0.128	0.576	
Manganese, Mn	mg	0.102		0		1		0.256	1.152	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0		4		0.8	3.4	
Thiamin	mg	0.020		0		4		0.050	0.226	
Riboflavin	mg	0.020		0		4		0.050	0.226	
Niacin	mg	0.200		0		4		0.502	2.258	
Pantothenic acid	mg	0.030		0		4		0.075	0.339	
Vitamin B-6	mg	0.003		0		4		0.008	0.034	
Folate, total	mcg	3		0		4		8	34	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		8	34	
Folate, DFE	mcg_DFE	3		0	NC	4		8	34	
Vitamin B-12	mcg	0.01		0		4		0.03	0.11	
Vitamin A, IU	IU	108		0		4		271	1219	
Vitamin A, RAE	mcg_RAE	5		0	NC	4		14	61	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.020		0		1		0.050	0.226	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.070		0		1		0.176	0.790	
17:0	g									
18:0	g	0.040		0		1		0.100	0.452	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.300		0		1		0.753	3.387	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 06473
Soup, cream of asparagus, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.290		0		1		0.728	3.274	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.260		0		1		0.653	2.935	
18:2 undifferentiated ....g	0.240		0		1		0.602	2.710	
18:3 undifferentiated ....g	0.020		0		1		0.050	0.226	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		1		0	0	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 1129g: 1 packet

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.96	0.296	17		1		213.25	259.13	
Energy	kcal	72		0	NC	4		181	220	
Energy	kj	301				4		756	919	
Protein (N x 6.25)	g	1.32	0.035	14		1		3.31	4.03	
Total lipid (fat)	g	4.46	0.182	14		1		11.19	13.60	
Ash	g	2.23	0.025	14		1		5.60	6.80	
Carbohydrate, by difference	g	7.03		0	NC	4		17.65	21.44	
Fiber, total dietary	g	0.6		0		4		1.5	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32	2.102	14		1		80	98	
Iron, Fe	mg	0.50		11		1		1.26	1.53	
Magnesium, Mg	mg	5		5		1		13	15	
Phosphorus, P	mg	30		2		1		75	92	
Potassium, K	mg	98		2		1		246	299	
Sodium, Na	mg	757		6		1		1900	2309	
Zinc, Zn	mg	0.12		4		1		0.30	0.37	
Copper, Cu	mg	0.113		2		1		0.284	0.345	
Manganese, Mn	mg	0.200		1		1		0.502	0.610	
Selenium, Se	mcg	1.8		0	FLA	4		4.5	5.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2	0.018	13		1		0.5	0.6	
Thiamin	mg	0.023	0.002	14		1		0.058	0.070	
Riboflavin	mg	0.039	0.002	14		1		0.098	0.119	
Niacin	mg	0.265	0.012	14		1		0.665	0.808	
Pantothenic acid	mg	0.920		0		4		2.309	2.806	
Vitamin B-6	mg	0.010		1		1		0.025	0.031	
Folate, total	mcg	2	0.131	4		1		5	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2	0.131	4		1		5	6	
Folate, DFE	mcg_DFE	2		0	NC	4		5	6	
Vitamin B-12	mcg	0.04		0		4		0.10	0.12	
Vitamin A, IU	IU	244	115.868	4		1		612	744	
Vitamin A, RAE	mcg_RAE	58		0	NC	4		146	177	
Retinol	mcg	55		0	NC	4		138	168	
Vitamin E	mg_ATE	0.150		0		4		0.377	0.458	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.120		0		1		2.811	3.416	
4:0	g	0.050		1		1		0.126	0.153	
6:0	g	0.040		1		1		0.100	0.122	
8:0	g	0.020		1		1		0.050	0.061	
10:0	g	0.050		1		1		0.126	0.153	
12:0	g	0.040		1		1		0.100	0.122	
13:0	g									
14:0	g	0.160		1		1		0.402	0.488	
15:0	g									
16:0	g	0.460		1		1		1.155	1.403	
17:0	g									
18:0	g	0.230		0		1		0.577	0.702	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.030		0		1		2.585	3.142	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		1		1		0.126	0.153	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.950		1		1		2.385	2.898	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.000		0		1		5.020	6.100	
18:2 undifferentiated ... g	1.940		1		1		4.869	5.917	
18:3 undifferentiated ... g	0.060		1		1		0.151	0.183	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0		1		28	34	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.015		0		1		0.038	0.046	
Threonine ... g	0.047		0		1		0.118	0.143	
Isoleucine ... g	0.062		0		1		0.156	0.189	
Leucine ... g	0.099		0		1		0.248	0.302	
Lysine ... g	0.059		0		1		0.148	0.180	
Methionine ... g	0.024		0		1		0.060	0.073	
Cystine ... g	0.015		0		1		0.038	0.046	
Phenylalanine ... g	0.062		0		1		0.156	0.189	
Tyrosine ... g	0.043		0		1		0.108	0.131	
Valine ... g	0.071		0		1		0.178	0.217	
Arginine ... g	0.047		0		1		0.118	0.143	
Histidine ... g	0.031		0		1		0.078	0.095	
Alanine ... g	0.048		0		1		0.120	0.146	
Aspartic acid ... g	0.092		0		1		0.231	0.281	
Glutamic acid ... g	0.306		0		1		0.768	0.933	
Glycine ... g	0.041		0		1		0.103	0.125	
Proline ... g	0.110		0		1		0.276	0.336	
Serine ... g	0.060		0		1		0.151	0.183	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.46		0		1		214.42	520.49	
Energy	kcal	66		0	NC	4		164	397	
Energy	kj	276				4		685	1662	
Protein (N x 6.25)	g	2.29		0		1		5.68	13.79	
Total lipid (fat)	g	3.91		0		1		9.70	23.54	
Ash	g	1.49		0		1		3.70	8.97	
Carbohydrate, by difference	g	5.86		0	NC	4		14.53	35.28	
Fiber, total dietary	g	0.3		0		4		0.7	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	75		0		1		186	452	
Iron, Fe	mg	0.28		0		1		0.69	1.69	
Magnesium, Mg	mg	9		0		1		22	54	
Phosphorus, P	mg	61		0		1		151	367	
Potassium, K	mg	125		0		1		310	753	
Sodium, Na	mg	407		0		1		1009	2450	
Zinc, Zn	mg	0.08		0		1		0.20	0.48	
Copper, Cu	mg	0.062		0		1		0.154	0.373	
Manganese, Mn	mg	0.102		0		1		0.253	0.614	
Selenium, Se	mcg	1.9		0	RA	4		4.7	11.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.5	3.6	
Thiamin	mg	0.030		0		1		0.074	0.181	
Riboflavin	mg	0.100		0		1		0.248	0.602	
Niacin	mg	0.176		0		1		0.436	1.060	
Pantothenic acid	mg	0.610		0		4		1.513	3.672	
Vitamin B-6	mg	0.026		0		1		0.064	0.157	
Folate, total	mcg	3		0		1		8	20	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		8	20	
Folate, DFE	mcg_DFE	3		0	NC	4		8	20	
Vitamin B-12	mcg	0.20		0		4		0.50	1.20	
Vitamin A, IU	IU	186		0		1		461	1120	
Vitamin A, RAE	mcg_RAE	46		0	NC	4		113	274	
Retinol	mcg	44		0	NC	4		109	265	
Vitamin E	mg_ATE	0.390		0		4		0.967	2.348	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.590		0		1		3.943	9.572	
4:0	g	0.080		0		1		0.198	0.482	
6:0	g	0.050		0		1		0.124	0.301	
8:0	g	0.030		0		1		0.074	0.181	
10:0	g	0.060		0		1		0.149	0.361	
12:0	g	0.070		0		1		0.174	0.421	
13:0	g									
14:0	g	0.250		0		1		0.620	1.505	
15:0	g									
16:0	g	0.670		0		1		1.662	4.033	
17:0	g									
18:0	g	0.310		0		1		0.769	1.866	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.990		0		1		2.455	5.960	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		0		1		0.149	0.361	

NDB No. 06210

Soup, cream of celery, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.900		0		1		2.232	5.418	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.070		0		1		2.654	6.441	
18:2 undifferentiated ... g	1.020		0		1		2.530	6.140	
18:3 undifferentiated ... g	0.050		0		1		0.124	0.301	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0		1		32	78	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.030		0		1		0.074	0.181	
Threonine ... g	0.097		0		1		0.241	0.584	
Isoleucine ... g	0.130		0		1		0.322	0.783	
Leucine ... g	0.209		0		1		0.518	1.258	
Lysine ... g	0.159		0		1		0.394	0.957	
Methionine ... g	0.053		0		1		0.131	0.319	
Cystine ... g	0.022		0		1		0.055	0.132	
Phenylalanine ... g	0.110		0		1		0.273	0.662	
Tyrosine ... g	0.100		0		1		0.248	0.602	
Valine ... g	0.145		0		1		0.360	0.873	
Arginine ... g	0.083		0		1		0.206	0.500	
Histidine ... g	0.060		0		1		0.149	0.361	
Alanine ... g	0.080		0		1		0.198	0.482	
Aspartic acid ... g	0.170		0		1		0.422	1.023	
Glutamic acid ... g	0.495		0		1		1.228	2.980	
Glycine ... g	0.055		0		1		0.136	0.331	
Proline ... g	0.213		0		1		0.528	1.282	
Serine ... g	0.119		0		1		0.295	0.716	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.27		0		1		225.14	547.16	
Energy	kcal	37		0	NC	4		90	219	
Energy	kj	155				4		378	918	
Protein (N x 6.25)	g	0.68		0		1		1.66	4.03	
Total lipid (fat)	g	2.29		0		1		5.59	13.58	
Ash	g	1.15		0		1		2.81	6.82	
Carbohydrate, by difference	g	3.62		0	NC	4		8.83	21.47	
Fiber, total dietary	g	0.3		0		4		0.7	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		39	95	
Iron, Fe	mg	0.26		0		1		0.63	1.54	
Magnesium, Mg	mg	3		0		1		7	18	
Phosphorus, P	mg	15		0		1		37	89	
Potassium, K	mg	50		0		1		122	297	
Sodium, Na	mg	389		0		1		949	2307	
Zinc, Zn	mg	0.06		0		1		0.15	0.37	
Copper, Cu	mg	0.058		0		1		0.142	0.344	
Manganese, Mn	mg	0.103		0		1		0.251	0.611	
Selenium, Se	mcg	0.9		0	RA	4		2.2	5.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.6	
Thiamin	mg	0.012		0		1		0.029	0.071	
Riboflavin	mg	0.020		0		1		0.049	0.119	
Niacin	mg	0.136		0		1		0.332	0.806	
Pantothenic acid	mg	0.460		0		4		1.122	2.728	
Vitamin B-6	mg	0.005		0		1		0.012	0.030	
Folate, total	mcg	1		0		1		2	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	6	
Folate, DFE	mcg_DFE	1		0	NC	4		2	6	
Vitamin B-12	mcg	0.10		0		4		0.24	0.59	
Vitamin A, IU	IU	126		0		1		307	747	
Vitamin A, RAE	mcg_RAE	23		0	NC	4		56	136	
Retinol	mcg	20		0	NC	4		49	119	
Vitamin E	mg_ATE	0.370		0		4		0.903	2.194	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.580		0		1		1.415	3.439	
4:0	g	0.030		0		1		0.073	0.178	
6:0	g	0.020		0		1		0.049	0.119	
8:0	g	0.010		0		1		0.024	0.059	
10:0	g	0.020		0		1		0.049	0.119	
12:0	g	0.020		0		1		0.049	0.119	
13:0	g									
14:0	g	0.080		0		1		0.195	0.474	
15:0	g									
16:0	g	0.230		0		1		0.561	1.364	
17:0	g									
18:0	g	0.120		0		1		0.293	0.712	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.530		0		1		1.293	3.143	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.049	0.119	

NDB No. 06410

Soup, cream of celery, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.490		0		1		1.196	2.906	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.030		0		1		2.513	6.108	
18:2 undifferentiated ... g	1.000		0		1		2.440	5.930	
18:3 undifferentiated ... g	0.030		0		1		0.073	0.178	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0		1		15	36	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.008		0		1		0.020	0.047	
Threonine ... g	0.024		0		1		0.059	0.142	
Isoleucine ... g	0.032		0		1		0.078	0.190	
Leucine ... g	0.051		0		1		0.124	0.302	
Lysine ... g	0.030		0		1		0.073	0.178	
Methionine ... g	0.012		0		1		0.029	0.071	
Cystine ... g	0.008		0		1		0.020	0.047	
Phenylalanine ... g	0.032		0		1		0.078	0.190	
Tyrosine ... g	0.022		0		1		0.054	0.130	
Valine ... g	0.037		0		1		0.090	0.219	
Arginine ... g	0.024		0		1		0.059	0.142	
Histidine ... g	0.016		0		1		0.039	0.095	
Alanine ... g	0.025		0		1		0.061	0.148	
Aspartic acid ... g	0.047		0		1		0.115	0.279	
Glutamic acid ... g	0.157		0		1		0.383	0.931	
Glycine ... g	0.021		0		1		0.051	0.125	
Proline ... g	0.057		0		1		0.139	0.338	
Serine ... g	0.031		0		1		0.076	0.184	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06079
Soup, cream of celery, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.60		1		1		0.78		
Energy	kcal	358		0	NC	4		61		
Energy	kj	1498				4		255		
Protein (N x 6.25)	g	15.00		1		1		2.55		
Total lipid (fat)	g	9.30		1		1		1.58		
Ash	g	15.20		1		1		2.58		
Carbohydrate, by difference	g	55.90		0	NC	4		9.50		
Fiber, total dietary	g	2.7		0		4		0.5		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	203		0		4		35		
Iron, Fe	mg	3.20		0		4		0.54		
Magnesium, Mg	mg	32		0		4		5		
Phosphorus, P	mg	190		0		4		32		
Potassium, K	mg	621		0		4		106		
Sodium, Na	mg	4810		1		1		818		
Zinc, Zn	mg	0.80		0		4		0.14		
Copper, Cu	mg	0.700		0		4		0.119		
Manganese, Mn	mg	1.300		0		4		0.221		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		0.2		
Thiamin	mg	0.140		0		4		0.024		
Riboflavin	mg	0.250		0		4		0.043		
Niacin	mg	1.700		0		4		0.289		
Pantothenic acid	mg	5.800		0		4		0.986		
Vitamin B-6	mg	0.060		0		4		0.010		
Folate, total	mcg	12		0		4		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	12		0		4		2		
Folate, DFE	mcg_DFE	12		0	NC	4		2		
Vitamin B-12	mcg	0.25		0		4		0.04		
Vitamin A, IU	IU	1545		0		4		263		
Vitamin A, RAE	mcg_RAE	77		0	NC	4		13		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.390		0		1		0.236		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		0		1		0.002		
15:0	g									
16:0	g	0.910		0		1		0.155		
17:0	g									
18:0	g	0.470		0		1		0.080		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.000		0		1		0.680		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.007		

NDB No. 06079
Soup, cream of celery, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.950		0		1		0.672		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.500		0		1		0.595		
18:2 undifferentiated ... g	3.250		0		1		0.553		
18:3 undifferentiated ... g	0.240		0		1		0.041		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		1		
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06479
Soup, cream of celery, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.45		0		1		237.36		
Energy	kcal	25		0	NC	4		64		
Energy	kj	105				4		266		
Protein (N x 6.25)	g	1.03		0		1		2.62		
Total lipid (fat)	g	0.64		0		1		1.63		
Ash	g	1.04		0		1		2.64		
Carbohydrate, by difference	g	3.84		0	NC	4		9.75		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		4		36		
Iron, Fe	mg	0.20		0		4		0.51		
Magnesium, Mg	mg	2		0		4		5		
Phosphorus, P	mg	13		0		4		33		
Potassium, K	mg	43		0		4		109		
Sodium, Na	mg	330		0		1		838		
Zinc, Zn	mg	0.05		0		4		0.13		
Copper, Cu	mg	0.050		0		4		0.127		
Manganese, Mn	mg	0.090		0		4		0.229		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		4		0.3		
Thiamin	mg	0.010		0		4		0.025		
Riboflavin	mg	0.020		0		4		0.051		
Niacin	mg	0.120		0		4		0.305		
Pantothenic acid	mg	0.400		0		4		1.016		
Vitamin B-6	mg	0.000		0		4		0.000		
Folate, total	mcg	1		0		4		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	1		0		4		2		
Folate, DFE	mcg_DFE	1		0	NC	4		2		
Vitamin B-12	mcg	0.02		0		4		0.05		
Vitamin A, IU	IU	106		0		4		269		
Vitamin A, RAE	mcg_RAE	5		0	NC	4		13		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.100		0		1		0.254		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000		
15:0	g									
16:0	g	0.060		0		1		0.152		
17:0	g									
18:0	g	0.030		0		1		0.076		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.280		0		1		0.711		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000		

NDB No. 06479
Soup, cream of celery, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.270		0		1		0.686		
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.240		0		1		0.610		
18:2 undifferentiated ....g	0.220		0		1		0.559		
18:3 undifferentiated ....g	0.020		0		1		0.051		
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		1		0		
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 254g: 1 cup (8 fl oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.75	0.304	17		1		205.19	249.34	
Energy	kcal	93		0	NC	4		233	284	
Energy	kj	389				4		977	1187	
Protein (N x 6.25)	g	2.73	0.084	14		1		6.85	8.33	
Total lipid (fat)	g	5.86	0.177	14		1		14.71	17.87	
Ash	g	2.27	0.025	14		1		5.70	6.92	
Carbohydrate, by difference	g	7.38		0	NC	4		18.52	22.51	
Fiber, total dietary	g	0.2		0		4		0.5	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		11		1		68	82	
Iron, Fe	mg	0.48	0.048	14		1		1.20	1.46	
Magnesium, Mg	mg	2		1		1		5	6	
Phosphorus, P	mg	30		2		1		75	92	
Potassium, K	mg	70		2		1		176	214	
Sodium, Na	mg	786		2		1		1973	2397	
Zinc, Zn	mg	0.50		1		1		1.26	1.53	
Copper, Cu	mg	0.100		1		1		0.251	0.305	
Manganese, Mn	mg	0.300		1		1		0.753	0.915	
Selenium, Se	mcg	6.3		0	FLA	4		15.8	19.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1	0.014	13		1		0.3	0.3	
Thiamin	mg	0.023	0.002	13		1		0.058	0.070	
Riboflavin	mg	0.048	0.003	13		1		0.120	0.146	
Niacin	mg	0.653	0.027	13		1		1.639	1.992	
Pantothenic acid	mg	0.170		0		4		0.427	0.519	
Vitamin B-6	mg	0.013		2		1		0.033	0.040	
Folate, total	mcg	1	0.197	3		1		3	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1	0.197	3		1		3	4	
Folate, DFE	mcg_DFE	1		0	NC	4		3	4	
Vitamin B-12	mcg	0.07		0		4		0.18	0.21	
Vitamin A, IU	IU	446	31.912	13		1		1119	1360	
Vitamin A, RAE	mcg_RAE	129		0	NC	4		324	393	
Retinol	mcg	128		0	NC	4		321	390	
Vitamin E	mg_ATE	0.130		0		4		0.326	0.397	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.660		0		1		4.167	5.063	
4:0	g	0.030		1		1		0.075	0.092	
6:0	g	0.040		1		1		0.100	0.122	
8:0	g	0.010		1		1		0.025	0.031	
10:0	g	0.020		1		1		0.050	0.061	
12:0	g	0.020		1		1		0.050	0.061	
13:0	g									
14:0	g	0.110		1		1		0.276	0.336	
15:0	g									
16:0	g	1.040		1		1		2.610	3.172	
17:0	g									
18:0	g	0.330		1		1		0.828	1.007	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.610		0		1		6.551	7.961	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.230		1		1		0.577	0.702	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.350		1		1		5.899	7.168	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.190		0		1		2.987	3.630	
18:2 undifferentiated ... g	1.120		1		1		2.811	3.416	
18:3 undifferentiated ... g	0.050		1		1		0.126	0.153	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	8		0		1		20	24	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.034		0		1		0.085	0.104	
Threonine ... g	0.104		0		1		0.261	0.317	
Isoleucine ... g	0.136		0		1		0.341	0.415	
Leucine ... g	0.210		0		1		0.527	0.641	
Lysine ... g	0.171		0		1		0.429	0.522	
Methionine ... g	0.064		0		1		0.161	0.195	
Cystine ... g	0.040		0		1		0.100	0.122	
Phenylalanine ... g	0.122		0		1		0.306	0.372	
Tyrosine ... g	0.094		0		1		0.236	0.287	
Valine ... g	0.138		0		1		0.346	0.421	
Arginine ... g	0.133		0		1		0.334	0.406	
Histidine ... g	0.073		0		1		0.183	0.223	
Alanine ... g	0.118		0		1		0.296	0.360	
Aspartic acid ... g	0.193		0		1		0.484	0.589	
Glutamic acid ... g	0.621		0		1		1.559	1.894	
Glycine ... g	0.108		0		1		0.271	0.329	
Proline ... g	0.205		0		1		0.515	0.625	
Serine ... g	0.120		0		1		0.301	0.366	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06736
Soup, cream of chicken, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	81.40		1	A	1		248.27	102.56	
Energy....kcal	99		0	NC	4		302	125	
Energy....kj	414				4		1263	522	
Protein....g	2.40		1	A	1		7.32	3.02	
Total lipid (fat)....g	6.50		1	A	1		19.83	8.19	
Ash....g	2.00		1	A	1		6.10	2.52	
Carbohydrate, by difference....g	7.70		0	NC	4		23.49	9.70	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	788		1	A	1		2403	993	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	1.610		1	A	1		4.911	2.029	
Fatty acids, total monounsaturated....g	1.640		1	A	1		5.002	2.066	
Fatty acids, total polyunsaturated....g	2.050		1	A	1		6.253	2.583	
Fatty acids, total trans....g									
Cholesterol....mg	7		1	A	1		21	9	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 305g: 1 package yields

Measure 2 = 126g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.62		0		1		221.11	27.64	537.38
Energy	kcal	48		0	NC	4		117	15	285
Energy	kj	201				4		490	61	1191
Protein (N x 6.25)	g	1.41		0		1		3.44	0.43	8.36
Total lipid (fat)	g	3.02		0		1		7.37	0.92	17.91
Ash	g	1.17		0		1		2.85	0.36	6.94
Carbohydrate, by difference	g	3.80		0	NC	4		9.27	1.16	22.53
Fiber, total dietary	g	0.1		0		4		0.2	0.0	0.6
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		34	4	83
Iron, Fe	mg	0.25		0		1		0.61	0.08	1.48
Magnesium, Mg	mg	1		0		1		2	0	6
Phosphorus, P	mg	15		0		1		37	5	89
Potassium, K	mg	36		0		1		88	11	213
Sodium, Na	mg	404		0		1		986	123	2396
Zinc, Zn	mg	0.26		0		1		0.63	0.08	1.52
Copper, Cu	mg	0.051		0		1		0.124	0.016	0.302
Manganese, Mn	mg	0.154		0		1		0.376	0.047	0.913
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	0.6
Thiamin	mg	0.012		0		1		0.029	0.004	0.071
Riboflavin	mg	0.025		0		1		0.061	0.008	0.148
Niacin	mg	0.336		0		1		0.820	0.102	1.992
Pantothenic acid	mg	0.080		0		4		0.195	0.024	0.474
Vitamin B-6	mg	0.007		0		1		0.017	0.002	0.042
Folate, total	mcg	1		0		1		2	0	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		0		1		2	0	4
Folate, DFE	mcg_DFE	1		0	NC	4		2	0	4
Vitamin B-12	mcg	0.04		0		4		0.10	0.01	0.24
Vitamin A, IU	IU	230		0		1		561	70	1364
Vitamin A, RAE	mcg_RAE	67		0	NC	4		162	20	394
Retinol	mcg	66		0	NC	4		161	20	391
Vitamin E	mg_ATE	0.082		0		4		0.200	0.025	0.486
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.850		0		1		2.074	0.259	5.041
4:0	g	0.020		0		1		0.049	0.006	0.119
6:0	g	0.020		0		1		0.049	0.006	0.119
8:0	g	0.010		0		1		0.024	0.003	0.059
10:0	g	0.010		0		1		0.024	0.003	0.059
12:0	g	0.010		0		1		0.024	0.003	0.059
13:0	g									
14:0	g	0.060		0		1		0.146	0.018	0.356
15:0	g									
16:0	g	0.540		0		1		1.318	0.165	3.202
17:0	g									
18:0	g	0.170		0		1		0.415	0.052	1.008
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.340		0		1		3.270	0.409	7.946
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.120		0		1		0.293	0.037	0.712

NDB No. 06416

Soup, cream of chicken, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.210		0		1		2.952	0.369	7.175
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.610		0		1		1.488	0.186	3.617
18:2 undifferentiated g	0.580		0		1		1.415	0.177	3.439
18:3 undifferentiated g	0.030		0		1		0.073	0.009	0.178
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	4		0		1		10	1	24
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.017		0		1		0.041	0.005	0.101
Threonine g	0.053		0		1		0.129	0.016	0.314
Isoleucine g	0.070		0		1		0.171	0.021	0.415
Leucine g	0.108		0		1		0.264	0.033	0.640
Lysine g	0.088		0		1		0.215	0.027	0.522
Methionine g	0.033		0		1		0.081	0.010	0.196
Cystine g	0.021		0		1		0.051	0.006	0.125
Phenylalanine g	0.063		0		1		0.154	0.019	0.374
Tyrosine g	0.048		0		1		0.117	0.015	0.285
Valine g	0.071		0		1		0.173	0.022	0.421
Arginine g	0.068		0		1		0.166	0.021	0.403
Histidine g	0.038		0		1		0.093	0.012	0.225
Alanine g	0.061		0		1		0.149	0.019	0.362
Aspartic acid g	0.099		0		1		0.242	0.030	0.587
Glutamic acid g	0.319		0		1		0.778	0.097	1.892
Glycine g	0.056		0		1		0.137	0.017	0.332
Proline g	0.105		0		1		0.256	0.032	0.623
Serine g	0.062		0		1		0.151	0.019	0.368
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06083
Soup, cream of chicken, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.75		1		1		0.90	0.68	
Energy	kcal	436		0	NC	4		105	78	
Energy	kj	1824				4		438	328	
Protein (N x 6.25)	g	7.25		1		1		1.74	1.31	
Total lipid (fat)	g	21.68		1		1		5.20	3.90	
Ash	g	12.98		1		1		3.12	2.34	
Carbohydrate, by difference	g	54.34		0	NC	4		13.04	9.78	
Fiber, total dietary	g	1.8		0		4		0.4	0.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	310		1		1		74	56	
Iron, Fe	mg	1.40		0		4		0.34	0.25	
Magnesium, Mg	mg	24		0		4		6	4	
Phosphorus, P	mg	390		1		1		94	70	
Potassium, K	mg	876		1		1		210	158	
Sodium, Na	mg	4820		1		1		1157	868	
Zinc, Zn	mg	6.00		0		4		1.44	1.08	
Copper, Cu	mg	1.000		0		4		0.240	0.180	
Manganese, Mn	mg	3.000		0		4		0.720	0.540	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		0.5	0.4	
Thiamin	mg	0.400		0		4		0.096	0.072	
Riboflavin	mg	0.830		1		1		0.199	0.149	
Niacin	mg	11.000		0		4		2.640	1.980	
Pantothenic acid	mg	2.900		0		4		0.696	0.522	
Vitamin B-6	mg	0.220		0		4		0.053	0.040	
Folate, total	mcg	22		0		4		5	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	22		0		4		5	4	
Folate, DFE	mcg_DFE	22		0	NC	4		5	4	
Vitamin B-12	mcg	1.00		0		4		0.24	0.18	
Vitamin A, IU	IU	1650		0		4		396	297	
Vitamin A, RAE	mcg_RAE	495		0	NC	4		119	89	
Retinol	mcg	495		0	NC	4		119	89	
Vitamin E	mg_ATE	0.592		0		4		0.142	0.107	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	13.780		0		1		3.307	2.480	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.820		1		1		0.197	0.148	
12:0	g	5.550		1		1		1.332	0.999	
13:0	g									
14:0	g	2.260		1		1		0.542	0.407	
15:0	g									
16:0	g	3.090		1		1		0.742	0.556	
17:0	g									
18:0	g	2.060		1		1		0.494	0.371	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.730		0		1		1.135	0.851	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.410		1		1		0.098	0.074	

NDB No. 06083
Soup, cream of chicken, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.320		1		1		1.037	0.778	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.650		0		1		0.396	0.297	
18:2 undifferentiated ... g	1.650		1		1		0.396	0.297	
18:3 undifferentiated ... g									
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	12		1		1		3	2	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 24g: 1 cup (8 fl oz)

Measure 2 = 18g: 1 packet

Calories Factors: **Protein** 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06483
Soup, cream of chicken, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.94		0		1		237.35	29.65	178.24
Energy	kcal	41		0	NC	4		107	13	80
Energy	kj	172				4		448	56	336
Protein (N x 6.25)	g	0.68		0		1		1.77	0.22	1.33
Total lipid (fat)	g	2.04		0		1		5.32	0.67	4.00
Ash	g	1.22		0		1		3.18	0.40	2.39
Carbohydrate, by difference	g	5.11		0	NC	4		13.34	1.67	10.02
Fiber, total dietary	g	0.1		0		4		0.3	0.0	0.2
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29		0		1		76	9	57
Iron, Fe	mg	0.10		0		4		0.26	0.03	0.20
Magnesium, Mg	mg	2		0		4		5	1	4
Phosphorus, P	mg	37		0		1		97	12	73
Potassium, K	mg	82		0		1		214	27	161
Sodium, Na	mg	454		0		1		1185	148	890
Zinc, Zn	mg	0.60		0		4		1.57	0.20	1.18
Copper, Cu	mg	0.100		0		4		0.261	0.033	0.196
Manganese, Mn	mg	0.300		0		4		0.783	0.098	0.588
Selenium, Se	mcg	3.1		0	BFSN	4		8.1	1.0	6.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		4		0.5	0.1	0.4
Thiamin	mg	0.040		0		4		0.104	0.013	0.078
Riboflavin	mg	0.078		0		1		0.204	0.025	0.153
Niacin	mg	1.000		0		4		2.610	0.326	1.960
Pantothenic acid	mg	0.300		0		4		0.783	0.098	0.588
Vitamin B-6	mg	0.020		0		4		0.052	0.007	0.039
Folate, total	mcg	2		0		4		5	1	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		4		5	1	4
Folate, DFE	mcg_DFE	2		0	NC	4		5	1	4
Vitamin B-12	mcg	0.10		0		4		0.26	0.03	0.20
Vitamin A, IU	IU	156		0		4		407	51	306
Vitamin A, RAE	mcg_RAE	47		0	NC	4		123	15	92
Retinol	mcg	47		0	NC	4		123	15	92
Vitamin E	mg_ATE	0.056		0		4		0.146	0.018	0.110
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.300		0		1		3.393	0.424	2.548
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.080		0		1		0.209	0.026	0.157
12:0	g	0.520		0		1		1.357	0.170	1.019
13:0	g									
14:0	g	0.210		0		1		0.548	0.068	0.412
15:0	g									
16:0	g	0.290		0		1		0.757	0.095	0.568
17:0	g									
18:0	g	0.190		0		1		0.496	0.062	0.372
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.450		0		1		1.175	0.147	0.882
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.104	0.013	0.078

NDB No. 06483
Soup, cream of chicken, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.410		0		1		1.070	0.134	0.804
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.160		0		1		0.418	0.052	0.314
18:2 undifferentiated ... g	0.160		0		1		0.418	0.052	0.314
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		3	0	2
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 261g: 1 cup (8 fl oz)

Measure 2 = 32.6g: 1 fl oz

Measure 3 = 196g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.83		0		1		210.38	26.30	510.68
Energy	kcal	77		0	NC	4		191	24	464
Energy	kj	322				4		799	100	1939
Protein (N x 6.25)	g	3.01		0		1		7.46	0.93	18.12
Total lipid (fat)	g	4.62		0		1		11.46	1.43	27.81
Ash	g	1.51		0		1		3.74	0.47	9.09
Carbohydrate, by difference	g	6.04		0	NC	4		14.98	1.87	36.36
Fiber, total dietary	g	0.1		0		4		0.2	0.0	0.6
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	73		0		1		181	23	439
Iron, Fe	mg	0.27		0		1		0.67	0.08	1.63
Magnesium, Mg	mg	7		0		1		17	2	42
Phosphorus, P	mg	61		0		1		151	19	367
Potassium, K	mg	110		0		1		273	34	662
Sodium, Na	mg	422		0		1		1047	131	2540
Zinc, Zn	mg	0.27		0		1		0.67	0.08	1.64
Copper, Cu	mg	0.056		0		1		0.139	0.017	0.337
Manganese, Mn	mg	0.153		0		1		0.379	0.047	0.921
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		1.2	0.2	3.0
Thiamin	mg	0.030		0		1		0.074	0.009	0.181
Riboflavin	mg	0.104		0		1		0.258	0.032	0.626
Niacin	mg	0.372		0		1		0.923	0.115	2.239
Pantothenic acid	mg	0.230		0		4		0.570	0.071	1.385
Vitamin B-6	mg	0.027		0		1		0.067	0.008	0.163
Folate, total	mcg	3		0		1		8	1	19
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0		1		8	1	19
Folate, DFE	mcg_DFE	3		0	NC	4		8	1	19
Vitamin B-12	mcg	0.22		0		4		0.55	0.07	1.32
Vitamin A, IU	IU	288		0		1		714	89	1734
Vitamin A, RAE	mcg_RAE	72		0	NC	4		179	22	433
Retinol	mcg	69		0	NC	4		171	21	415
Vitamin E	mg_ATE	0.095		0		4		0.236	0.029	0.572
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.870		0		1		4.638	0.580	11.257
4:0	g	0.070		0		1		0.174	0.022	0.421
6:0	g	0.050		0		1		0.124	0.016	0.301
8:0	g	0.030		0		1		0.074	0.009	0.181
10:0	g	0.050		0		1		0.124	0.016	0.301
12:0	g	0.060		0		1		0.149	0.019	0.361
13:0	g									
14:0	g	0.230		0		1		0.570	0.071	1.385
15:0	g									
16:0	g	0.960		0		1		2.381	0.298	5.779
17:0	g									
18:0	g	0.360		0		1		0.893	0.112	2.167
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.800		0		1		4.464	0.558	10.836
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.160		0		1		0.397	0.050	0.963

NDB No. 06216

Soup, cream of chicken, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.600		0		1		3.968	0.496	9.632
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.660		0		1		1.637	0.205	3.973
18:2 undifferentiated ... g	0.610		0		1		1.513	0.189	3.672
18:3 undifferentiated ... g	0.050		0		1		0.124	0.016	0.301
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	11		0		1		27	3	66
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.040		0		1		0.099	0.012	0.241
Threonine ... g	0.126		0		1		0.312	0.039	0.759
Isoleucine ... g	0.167		0		1		0.414	0.052	1.005
Leucine ... g	0.265		0		1		0.657	0.082	1.595
Lysine ... g	0.215		0		1		0.533	0.067	1.294
Methionine ... g	0.073		0		1		0.181	0.023	0.439
Cystine ... g	0.035		0		1		0.087	0.011	0.211
Phenylalanine ... g	0.140		0		1		0.347	0.043	0.843
Tyrosine ... g	0.126		0		1		0.312	0.039	0.759
Valine ... g	0.179		0		1		0.444	0.055	1.078
Arginine ... g	0.126		0		1		0.312	0.039	0.759
Histidine ... g	0.081		0		1		0.201	0.025	0.488
Alanine ... g	0.116		0		1		0.288	0.036	0.698
Aspartic acid ... g	0.221		0		1		0.548	0.069	1.330
Glutamic acid ... g	0.655		0		1		1.624	0.203	3.943
Glycine ... g	0.089		0		1		0.221	0.028	0.536
Proline ... g	0.261		0		1		0.647	0.081	1.571
Serine ... g	0.149		0		1		0.370	0.046	0.897
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Measure 3 = 602g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.22	0.107	14		1		203.86	203.86	247.72
Energy	kcal	103		0	NC	4		259	259	314
Energy	kj	431				4		1082	1082	1314
Protein (N x 6.25)	g	1.61	0.039	14		1		4.04	4.04	4.91
Total lipid (fat)	g	7.57	0.111	14		1		19.00	19.00	23.09
Ash	g	2.20	0.036	14		1		5.52	5.52	6.71
Carbohydrate, by difference	g	7.40		0	NC	4		18.57	18.57	22.57
Fiber, total dietary	g	0.3		0		4		0.8	0.8	0.9
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26	1.334	14		1		65	65	79
Iron, Fe	mg	0.42		11		1		1.05	1.05	1.28
Magnesium, Mg	mg	4		5		1		10	10	12
Phosphorus, P	mg	34		2		1		85	85	104
Potassium, K	mg	67		2		1		168	168	204
Sodium, Na	mg	692		0		4		1737	1737	2111
Zinc, Zn	mg	0.47		6		1		1.19	1.19	1.44
Copper, Cu	mg	0.100		2		1		0.251	0.251	0.305
Manganese, Mn	mg	0.200		1		1		0.502	0.502	0.610
Selenium, Se	mcg	1.2	0.115	3	A	1		3.0	3.0	3.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		4		1		2.3	2.3	2.7
Thiamin	mg	0.024	0.001	10		1		0.060	0.060	0.073
Riboflavin	mg	0.066	0.003	13		1		0.166	0.166	0.201
Niacin	mg	0.645	0.027	13		1		1.619	1.619	1.967
Pantothenic acid	mg	0.200		0		4		0.502	0.502	0.610
Vitamin B-6	mg	0.010		1		1		0.025	0.025	0.031
Folate, total	mcg	3		0		4		8	8	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0		4		8	8	9
Folate, DFE	mcg_DFE	3		0	NC	4		8	8	9
Vitamin B-12	mcg	0.10		0		4		0.25	0.25	0.31
Vitamin A, IU	IU	0	0.000	10		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	1.040		0		4		2.610	2.610	3.172
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.050		0		1		5.146	5.146	6.253
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.020		1		1		0.050	0.050	0.061
8:0	g	0.010		1		1		0.025	0.025	0.031
10:0	g	0.040		1		1		0.100	0.100	0.122
12:0	g	0.020		1		1		0.050	0.050	0.061
13:0	g									
14:0	g	0.140		1		1		0.351	0.351	0.427
15:0	g									
16:0	g	1.470		1		1		3.690	3.690	4.484
17:0	g									
18:0	g	0.280		1		1		0.703	0.703	0.854
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.440		0		1		3.614	3.614	4.392
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		1		1		0.151	0.151	0.183

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.360		1		1		3.414	3.414	4.148
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.550		0		1		8.911	8.911	10.828
18:2 undifferentiated g	3.520		1		1		8.835	8.835	10.736
18:3 undifferentiated g	0.030		1		1		0.075	0.075	0.092
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	1		0		1		3	3	3
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.023		0		1		0.058	0.058	0.070
Threonine g	0.062		0		1		0.156	0.156	0.189
Isoleucine g	0.077		0		1		0.193	0.193	0.235
Leucine g	0.126		0		1		0.316	0.316	0.384
Lysine g	0.087		0		1		0.218	0.218	0.265
Methionine g	0.031		0		1		0.078	0.078	0.095
Cystine g	0.020		0		1		0.050	0.050	0.061
Phenylalanine g	0.074		0		1		0.186	0.186	0.226
Tyrosine g	0.060		0		1		0.151	0.151	0.183
Valine g	0.086		0		1		0.216	0.216	0.262
Arginine g	0.067		0		1		0.168	0.168	0.204
Histidine g	0.037		0		1		0.093	0.093	0.113
Alanine g	0.064		0		1		0.161	0.161	0.195
Aspartic acid g	0.113		0		1		0.284	0.284	0.345
Glutamic acid g	0.368		0		1		0.924	0.924	1.122
Glycine g	0.052		0		1		0.131	0.131	0.159
Proline g	0.136		0		1		0.341	0.341	0.415
Serine g	0.081		0		1		0.203	0.203	0.247
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 251g: 1 cup (8 fl oz)

Measure 3 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.56		0		1		209.71	509.05	
Energy	kcal	82		0	NC	4		203	494	
Energy	kj	343				4		851	2065	
Protein (N x 6.25)	g	2.44		0		1		6.05	14.69	
Total lipid (fat)	g	5.48		0		1		13.59	32.99	
Ash	g	1.47		0		1		3.65	8.85	
Carbohydrate, by difference	g	6.05		0	NC	4		15.00	36.42	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	72		0		1		179	433	
Iron, Fe	mg	0.24		0		1		0.60	1.44	
Magnesium, Mg	mg	8		0		1		20	48	
Phosphorus, P	mg	63		0		1		156	379	
Potassium, K	mg	109		0		1		270	656	
Sodium, Na	mg	370		0		4		918	2227	
Zinc, Zn	mg	0.26		0		1		0.64	1.55	
Copper, Cu	mg	0.056		0		1		0.139	0.337	
Manganese, Mn	mg	0.102		0		1		0.253	0.614	
Selenium, Se	mcg	1.6		0	RA	4		4.0	9.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9		0		1		2.2	5.4	
Thiamin	mg	0.031		0		1		0.077	0.187	
Riboflavin	mg	0.113		0		1		0.280	0.680	
Niacin	mg	0.368		0		1		0.913	2.215	
Pantothenic acid	mg	0.250		0		4		0.620	1.505	
Vitamin B-6	mg	0.026		0		1		0.064	0.157	
Folate, total	mcg	4		0		4		10	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		10	24	
Folate, DFE	mcg_DFE	4		0	NC	4		10	24	
Vitamin B-12	mcg	0.20		0		4		0.50	1.20	
Vitamin A, IU	IU	62		0		1		154	373	
Vitamin A, RAE	mcg_RAE	18		0	NC	4		45	108	
Retinol	mcg	18		0	NC	4		45	108	
Vitamin E	mg_ATE	0.540		0		4		1.339	3.251	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.070		0		1		5.134	12.461	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.040		0		1		0.099	0.241	
8:0	g	0.030		0		1		0.074	0.181	
10:0	g	0.060		0		1		0.149	0.361	
12:0	g	0.060		0		1		0.149	0.361	
13:0	g									
14:0	g	0.240		0		1		0.595	1.445	
15:0	g									
16:0	g	1.180		0		1		2.926	7.104	
17:0	g									
18:0	g	0.340		0		1		0.843	2.047	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.200		0		1		2.976	7.224	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		0		1		0.174	0.421	

NDB No. 06243

Soup, cream of mushroom, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.100		0		1		2.728	6.622	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.860		0		1		4.613	11.197	
18:2 undifferentiated ... g	1.820		0		1		4.514	10.956	
18:3 undifferentiated ... g	0.040		0		1		0.099	0.241	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	8		0		1		20	48	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.034		0		1		0.084	0.205	
Threonine ... g	0.105		0		1		0.260	0.632	
Isoleucine ... g	0.137		0		1		0.340	0.825	
Leucine ... g	0.223		0		1		0.553	1.342	
Lysine ... g	0.173		0		1		0.429	1.041	
Methionine ... g	0.057		0		1		0.141	0.343	
Cystine ... g	0.025		0		1		0.062	0.151	
Phenylalanine ... g	0.116		0		1		0.288	0.698	
Tyrosine ... g	0.109		0		1		0.270	0.656	
Valine ... g	0.152		0		1		0.377	0.915	
Arginine ... g	0.093		0		1		0.231	0.560	
Histidine ... g	0.063		0		1		0.156	0.379	
Alanine ... g	0.088		0		1		0.218	0.530	
Aspartic acid ... g	0.181		0		1		0.449	1.090	
Glutamic acid ... g	0.527		0		1		1.307	3.173	
Glycine ... g	0.061		0		1		0.151	0.367	
Proline ... g	0.226		0		1		0.560	1.361	
Serine ... g	0.129		0		1		0.320	0.777	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.33		0		1		220.41	535.66	
Energy	kcal	53		0	NC	4		129	314	
Energy	kj	222				4		541	1315	
Protein (N x 6.25)	g	0.95		0		1		2.32	5.63	
Total lipid (fat)	g	3.68		0		1		8.98	21.82	
Ash	g	1.16		0		1		2.83	6.88	
Carbohydrate, by difference	g	3.81		0	NC	4		9.30	22.59	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		46	113	
Iron, Fe	mg	0.21		0		1		0.51	1.25	
Magnesium, Mg	mg	2		0		1		5	12	
Phosphorus, P	mg	20		0		1		49	119	
Potassium, K	mg	41		0		1		100	243	
Sodium, Na	mg	361		0		4		881	2141	
Zinc, Zn	mg	0.24		0		1		0.59	1.44	
Copper, Cu	mg	0.051		0		1		0.124	0.302	
Manganese, Mn	mg	0.103		0		1		0.251	0.611	
Selenium, Se	mcg	0.6		0	RA	4		1.5	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		1.0	2.4	
Thiamin	mg	0.019		0		1		0.046	0.113	
Riboflavin	mg	0.037		0		1		0.090	0.219	
Niacin	mg	0.297		0		1		0.725	1.761	
Pantothenic acid	mg	0.120		0		1		0.293	0.712	
Vitamin B-6	mg	0.006		0		1		0.015	0.036	
Folate, total	mcg	2		0		4		5	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		5	12	
Folate, DFE	mcg_DFE	2		0	NC	4		5	12	
Vitamin B-12	mcg	0.02		0		1		0.05	0.12	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.510		0		4		1.244	3.024	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.000		0		1		2.440	5.930	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.010		0		1		0.024	0.059	
8:0	g	0.010		0		1		0.024	0.059	
10:0	g	0.020		0		1		0.049	0.119	
12:0	g	0.010		0		1		0.024	0.059	
13:0	g									
14:0	g	0.070		0		1		0.171	0.415	
15:0	g									
16:0	g	0.720		0		1		1.757	4.270	
17:0	g									
18:0	g	0.130		0		1		0.317	0.771	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.700		0		1		1.708	4.151	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.073	0.178	

NDB No. 06443

Soup, cream of mushroom, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.660		0		1		1.610	3.914	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.730		0		1		4.221	10.259	
18:2 undifferentiated ... g	1.710		0		1		4.172	10.140	
18:3 undifferentiated ... g	0.010		0		1		0.024	0.059	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	6	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.014		0		1		0.034	0.083	
Threonine ... g	0.037		0		1		0.090	0.219	
Isoleucine ... g	0.046		0		1		0.112	0.273	
Leucine ... g	0.074		0		1		0.181	0.439	
Lysine ... g	0.052		0		1		0.127	0.308	
Methionine ... g	0.018		0		1		0.044	0.107	
Cystine ... g	0.011		0		1		0.027	0.065	
Phenylalanine ... g	0.044		0		1		0.107	0.261	
Tyrosine ... g	0.036		0		1		0.088	0.213	
Valine ... g	0.050		0		1		0.122	0.297	
Arginine ... g	0.039		0		1		0.095	0.231	
Histidine ... g	0.022		0		1		0.054	0.130	
Alanine ... g	0.038		0		1		0.093	0.225	
Aspartic acid ... g	0.066		0		1		0.161	0.391	
Glutamic acid ... g	0.216		0		1		0.527	1.281	
Glycine ... g	0.031		0		1		0.076	0.184	
Proline ... g	0.080		0		1		0.195	0.474	
Serine ... g	0.048		0		1		0.117	0.285	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.00		0		4		203.31	247.05	
Energy	kcal	88		0		4		221	268	
Energy	kj	368				4		924	1123	
Protein (N x 6.25)	g	2.20		1		1		5.52	6.71	
Total lipid (fat)	g	4.20		1		1		10.54	12.81	
Ash	g	2.20		0		4		5.52	6.71	
Carbohydrate, by difference	g	10.40		0		4		26.10	31.72	
Fiber, total dietary	g	0.4		0		4		1.0	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27		1		1		68	82	
Iron, Fe	mg	0.50		1		1		1.26	1.53	
Magnesium, Mg	mg	5		0		4		13	15	
Phosphorus, P	mg	30		0		4		75	92	
Potassium, K	mg	98		0		4		246	299	
Sodium, Na	mg	760		0		4		1908	2318	
Zinc, Zn	mg	0.12		0		4		0.30	0.37	
Copper, Cu	mg	0.110		0		4		0.276	0.336	
Manganese, Mn	mg	0.200		0		4		0.502	0.610	
Selenium, Se	mcg	2.3		0	BFSN	4		5.8	7.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		1		1		2.5	3.1	
Thiamin	mg	0.040		1		1		0.100	0.122	
Riboflavin	mg	0.060		1		1		0.151	0.183	
Niacin	mg	0.400		1		1		1.004	1.220	
Pantothenic acid	mg	0.240		0		4		0.602	0.732	
Vitamin B-6	mg	0.020		0		4		0.050	0.061	
Folate, total	mcg	6		0		4		14	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		14	17	
Folate, DFE	mcg_DFE	6		0	NC	4		14	17	
Vitamin B-12	mcg	0.04		0		4		0.10	0.12	
Vitamin A, IU	IU	236		1		1		592	720	
Vitamin A, RAE	mcg_RAE	31		0	NC	4		78	95	
Retinol	mcg	23		0	NC	4		58	70	
Vitamin E	mg_ATE	0.680		0		4		1.707	2.074	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.170		0		1		2.937	3.569	
4:0	g	0.030		0		1		0.075	0.092	
6:0	g	0.020		0		1		0.050	0.061	
8:0	g	0.010		0		1		0.025	0.031	
10:0	g	0.030		0		1		0.075	0.092	
12:0	g	0.030		0		1		0.075	0.092	
13:0	g									
14:0	g	0.110		0		1		0.276	0.336	
15:0	g									
16:0	g	0.610		0		1		1.531	1.861	
17:0	g									
18:0	g	0.310		0		1		0.778	0.946	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.670		0		1		4.192	5.094	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.620		0		1		4.066	4.941	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.160		0		1		2.912	3.538	
18:2 undifferentiated g	1.070		0		1		2.686	3.264	
18:3 undifferentiated g	0.080		0		1		0.201	0.244	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	12		0		1		30	37	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.50		0		4		209.56	508.69	
Energy	kcal	75		0		4		186	452	
Energy	kj	314				4		778	1889	
Protein (N x 6.25)	g	2.74		0		1		6.80	16.49	
Total lipid (fat)	g	3.78		0		1		9.37	22.76	
Ash	g	1.50		0		4		3.72	9.03	
Carbohydrate, by difference	g	7.40		0		4		18.35	44.55	
Fiber, total dietary	g	0.3		0		4		0.7	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	72		0		1		179	433	
Iron, Fe	mg	0.28		0		1		0.69	1.69	
Magnesium, Mg	mg	9		0		4		22	54	
Phosphorus, P	mg	62		0		4		154	373	
Potassium, K	mg	125		0		4		310	753	
Sodium, Na	mg	405		0		4		1004	2438	
Zinc, Zn	mg	0.25		0		4		0.62	1.51	
Copper, Cu	mg	0.060		0		4		0.149	0.361	
Manganese, Mn	mg	0.100		0		4		0.248	0.602	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		2.5	6.0	
Thiamin	mg	0.039		0		1		0.097	0.235	
Riboflavin	mg	0.110		0		1		0.273	0.662	
Niacin	mg	0.244		0		1		0.605	1.469	
Pantothenic acid	mg	0.280		0		4		0.694	1.686	
Vitamin B-6	mg	0.030		0		4		0.074	0.181	
Folate, total	mcg	9		0		4		22	54	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		22	54	
Folate, DFE	mcg_DFE	9		0	NC	4		22	54	
Vitamin B-12	mcg	0.20		0		4		0.50	1.20	
Vitamin A, IU	IU	182		0		1		451	1096	
Vitamin A, RAE	mcg_RAE	21		0	NC	4		52	126	
Retinol	mcg	14		0	NC	4		35	84	
Vitamin E	mg_ATE	0.030		0		4		0.074	0.181	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.630		0		1		4.042	9.813	
4:0	g	0.070		0		1		0.174	0.421	
6:0	g	0.040		0		1		0.099	0.241	
8:0	g	0.030		0		1		0.074	0.181	
10:0	g	0.050		0		1		0.124	0.301	
12:0	g	0.060		0		1		0.149	0.361	
13:0	g									
14:0	g	0.230		0		1		0.570	1.385	
15:0	g									
16:0	g	0.740		0		1		1.835	4.455	
17:0	g									
18:0	g	0.360		0		1		0.893	2.167	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.320		0		1		3.274	7.946	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		0		1		0.149	0.361	

NDB No. 06246

Soup, cream of onion, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.230		0		1		3.050	7.405	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.640		0		1		1.587	3.853	
18:2 undifferentiated ... g	0.580		0		1		1.438	3.492	
18:3 undifferentiated ... g	0.070		0		1		0.174	0.421	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	13		0		1		32	78	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		4		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.50		0		4		220.82	536.67	
Energy	kcal	44		0		4		107	261	
Energy	kj	184				4		449	1092	
Protein (N x 6.25)	g	1.13		0		1		2.76	6.70	
Total lipid (fat)	g	2.16		0		1		5.27	12.81	
Ash	g	1.10		0		4		2.68	6.52	
Carbohydrate, by difference	g	5.20		0		4		12.69	30.84	
Fiber, total dietary	g	0.4		0		4		1.0	2.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		34	83	
Iron, Fe	mg	0.26		0		1		0.63	1.54	
Magnesium, Mg	mg	2		0		4		5	12	
Phosphorus, P	mg	15		0		4		37	89	
Potassium, K	mg	49		0		4		120	291	
Sodium, Na	mg	380		0		4		927	2253	
Zinc, Zn	mg	0.06		0		4		0.15	0.36	
Copper, Cu	mg	0.060		0		4		0.146	0.356	
Manganese, Mn	mg	0.100		0		4		0.244	0.593	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		1.2	3.0	
Thiamin	mg	0.021		0		1		0.051	0.125	
Riboflavin	mg	0.031		0		1		0.076	0.184	
Niacin	mg	0.206		0		1		0.503	1.222	
Pantothenic acid	mg	0.120		0		4		0.293	0.712	
Vitamin B-6	mg	0.010		0		4		0.024	0.059	
Folate, total	mcg	3		0		4		7	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		7	17	
Folate, DFE	mcg_DFE	3		0	NC	4		7	17	
Vitamin B-12	mcg	0.02		0		4		0.05	0.12	
Vitamin A, IU	IU	121		0		1		295	718	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		15	36	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.600		0		1		1.464	3.558	
4:0	g	0.020		0		1		0.049	0.119	
6:0	g	0.010		0		1		0.024	0.059	
8:0	g	0.010		0		1		0.024	0.059	
10:0	g	0.010		0		1		0.024	0.059	
12:0	g	0.020		0		1		0.049	0.119	
13:0	g									
14:0	g	0.060		0		1		0.146	0.356	
15:0	g									
16:0	g	0.310		0		1		0.756	1.838	
17:0	g									
18:0	g	0.160		0		1		0.390	0.949	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.860		0		1		2.098	5.100	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.049	0.119	

NDB No. 06446

Soup, cream of onion, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.840		0		1		2.050	4.981	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.600		0		1		1.464	3.558	
18:2 undifferentiated ... g	0.550		0		1		1.342	3.262	
18:3 undifferentiated ... g	0.040		0		1		0.098	0.237	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0		1		15	36	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.39	0.243	13		1		214.33	260.44	
Energy	kcal	59		0	NC	4		148	180	
Energy	kj	247				4		620	753	
Protein (N x 6.25)	g	1.39	0.018	10		1		3.49	4.24	
Total lipid (fat)	g	1.88	0.135	10		1		4.72	5.73	
Ash	g	2.21	0.028	10		1		5.55	6.74	
Carbohydrate, by difference	g	9.14		0	NC	4		22.94	27.88	
Fiber, total dietary	g	0.4		0		4		1.0	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16	1.986	10		1		40	49	
Iron, Fe	mg	0.38	0.039	10		1		0.95	1.16	
Magnesium, Mg	mg	1		1		1		3	3	
Phosphorus, P	mg	37		1		1		93	113	
Potassium, K	mg	109		1		1		274	332	
Sodium, Na	mg	797	52.716	5		1		2000	2431	
Zinc, Zn	mg	0.50		1		1		1.26	1.53	
Copper, Cu	mg	0.200		1		1		0.502	0.610	
Manganese, Mn	mg	0.300		1		1		0.753	0.915	
Selenium, Se	mcg	1.9		0	BFSN	4		4.8	5.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.028	0.001	10		1		0.070	0.085	
Riboflavin	mg	0.029	0.002	10		1		0.073	0.088	
Niacin	mg	0.430	0.015	10		1		1.079	1.312	
Pantothenic acid	mg	0.700		0		4		1.757	2.135	
Vitamin B-6	mg	0.030		1		1		0.075	0.092	
Folate, total	mcg	2	0.629	3		1		6	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2	0.629	3		1		6	7	
Folate, DFE	mcg_DFE	2		0	NC	4		6	7	
Vitamin B-12	mcg	0.04		0		4		0.10	0.12	
Vitamin A, IU	IU	230	20.392	10		1		577	702	
Vitamin A, RAE	mcg_RAE	54		0	NC	4		136	165	
Retinol	mcg	51		0	NC	4		128	156	
Vitamin E	mg_ATE	0.060		0		4		0.151	0.183	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.970		0		1		2.435	2.959	
4:0	g	0.090		1		1		0.226	0.275	
6:0	g	0.040		1		1		0.100	0.122	
8:0	g	0.020		1		1		0.050	0.061	
10:0	g	0.040		1		1		0.100	0.122	
12:0	g	0.040		1		1		0.100	0.122	
13:0	g									
14:0	g	0.140		1		1		0.351	0.427	
15:0	g									
16:0	g	0.420		1		1		1.054	1.281	
17:0	g									
18:0	g	0.150		1		1		0.377	0.458	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.440		0		1		1.104	1.342	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		1		1		0.050	0.061	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.390		1		1		0.979	1.190	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.330		0		1		0.828	1.007	
18:2 undifferentiated g	0.300		1		1		0.753	0.915	
18:3 undifferentiated g	0.030		1		1		0.075	0.092	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	5		0		1		13	15	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.020		0		1		0.050	0.061	
Threonine g	0.049		0		1		0.123	0.149	
Isoleucine g	0.061		0		1		0.153	0.186	
Leucine g	0.094		0		1		0.236	0.287	
Lysine g	0.066		0		1		0.166	0.201	
Methionine g	0.024		0		1		0.060	0.073	
Cystine g	0.022		0		1		0.055	0.067	
Phenylalanine g	0.066		0		1		0.166	0.201	
Tyrosine g	0.049		0		1		0.123	0.149	
Valine g	0.074		0		1		0.186	0.226	
Arginine g	0.060		0		1		0.151	0.183	
Histidine g	0.031		0		1		0.078	0.095	
Alanine g	0.043		0		1		0.108	0.131	
Aspartic acid g	0.203		0		1		0.510	0.619	
Glutamic acid g	0.330		0		1		0.828	1.007	
Glycine g	0.043		0		1		0.108	0.131	
Proline g	0.103		0		1		0.259	0.314	
Serine g	0.067		0		1		0.168	0.204	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.67		0		1		214.94	521.75	
Energy	kcal	60		0	NC	4		149	361	
Energy	kj	251				4		623	1511	
Protein (N x 6.25)	g	2.33		0		1		5.78	14.03	
Total lipid (fat)	g	2.60		0		1		6.45	15.65	
Ash	g	1.47		0		1		3.65	8.85	
Carbohydrate, by difference	g	6.92		0	NC	4		17.16	41.66	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	67		0		1		166	403	
Iron, Fe	mg	0.22		0		1		0.55	1.32	
Magnesium, Mg	mg	7		0		1		17	42	
Phosphorus, P	mg	65		0		1		161	391	
Potassium, K	mg	130		0		1		322	783	
Sodium, Na	mg	428		0		1		1061	2577	
Zinc, Zn	mg	0.27		0		1		0.67	1.64	
Copper, Cu	mg	0.106		0		1		0.263	0.638	
Manganese, Mn	mg	0.153		0		1		0.379	0.921	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		1.2	3.0	
Thiamin	mg	0.033		0		1		0.082	0.199	
Riboflavin	mg	0.095		0		1		0.236	0.572	
Niacin	mg	0.259		0		1		0.642	1.559	
Pantothenic acid	mg	0.680		0		4		1.686	4.094	
Vitamin B-6	mg	0.036		0		1		0.089	0.217	
Folate, total	mcg	4		0		1		9	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		9	22	
Folate, DFE	mcg_DFE	4		0	NC	4		9	22	
Vitamin B-12	mcg	0.20		0		4		0.50	1.20	
Vitamin A, IU	IU	179		0		1		444	1078	
Vitamin A, RAE	mcg_RAE	21		0	NC	4		52	126	
Retinol	mcg	15		0	NC	4		37	90	
Vitamin E	mg_ATE	0.040		0		4		0.099	0.241	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.520		0		1		3.770	9.150	
4:0	g	0.100		0		1		0.248	0.602	
6:0	g	0.050		0		1		0.124	0.301	
8:0	g	0.030		0		1		0.074	0.181	
10:0	g	0.060		0		1		0.149	0.361	
12:0	g	0.070		0		1		0.174	0.421	
13:0	g									
14:0	g	0.240		0		1		0.595	1.445	
15:0	g									
16:0	g	0.650		0		1		1.612	3.913	
17:0	g									
18:0	g	0.280		0		1		0.694	1.686	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.700		0		1		1.736	4.214	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		0		1		0.124	0.301	

NDB No. 06253

Soup, cream of potato, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.610		0		1		1.513	3.672	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.230		0		1		0.570	1.385	
18:2 undifferentiated ... g	0.190		0		1		0.471	1.144	
18:3 undifferentiated ... g	0.040		0		1		0.099	0.241	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	9		0		1		22	54	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.033		0		1		0.082	0.199	
Threonine ... g	0.098		0		1		0.243	0.590	
Isoleucine ... g	0.129		0		1		0.320	0.777	
Leucine ... g	0.207		0		1		0.513	1.246	
Lysine ... g	0.162		0		1		0.402	0.975	
Methionine ... g	0.053		0		1		0.131	0.319	
Cystine ... g	0.026		0		1		0.064	0.157	
Phenylalanine ... g	0.112		0		1		0.278	0.674	
Tyrosine ... g	0.103		0		1		0.255	0.620	
Valine ... g	0.146		0		1		0.362	0.879	
Arginine ... g	0.089		0		1		0.221	0.536	
Histidine ... g	0.060		0		1		0.149	0.361	
Alanine ... g	0.078		0		1		0.193	0.470	
Aspartic acid ... g	0.226		0		1		0.560	1.361	
Glutamic acid ... g	0.507		0		1		1.257	3.052	
Glycine ... g	0.056		0		1		0.139	0.337	
Proline ... g	0.210		0		1		0.521	1.264	
Serine ... g	0.122		0		1		0.303	0.734	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.49		0		1		225.68	548.47	
Energy	kcal	30		0	NC	4		73	178	
Energy	kj	126				4		306	744	
Protein (N x 6.25)	g	0.72		0		1		1.76	4.27	
Total lipid (fat)	g	0.97		0		1		2.37	5.75	
Ash	g	1.14		0		1		2.78	6.76	
Carbohydrate, by difference	g	4.70		0	NC	4		11.47	27.87	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1		20	47	
Iron, Fe	mg	0.20		0		1		0.49	1.19	
Magnesium, Mg	mg	1		0		1		2	6	
Phosphorus, P	mg	19		0		1		46	113	
Potassium, K	mg	56		0		1		137	332	
Sodium, Na	mg	410		0		1		1000	2431	
Zinc, Zn	mg	0.26		0		1		0.63	1.52	
Copper, Cu	mg	0.103		0		1		0.251	0.611	
Manganese, Mn	mg	0.154		0		1		0.376	0.913	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.014		0		1		0.034	0.083	
Riboflavin	mg	0.015		0		1		0.037	0.089	
Niacin	mg	0.221		0		1		0.539	1.311	
Pantothenic acid	mg	0.340		0		4		0.830	2.016	
Vitamin B-6	mg	0.015		0		1		0.037	0.089	
Folate, total	mcg	1		0		1		3	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		3	7	
Folate, DFE	mcg_DFE	1		0	NC	4		3	7	
Vitamin B-12	mcg	0.02		0		4		0.05	0.12	
Vitamin A, IU	IU	118		0		1		288	700	
Vitamin A, RAE	mcg_RAE	29		0	NC	4		70	169	
Retinol	mcg	27		0	NC	4		66	160	
Vitamin E	mg_ATE	0.010		0		4		0.024	0.059	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.500		0		1		1.220	2.965	
4:0	g	0.050		0		1		0.122	0.297	
6:0	g	0.020		0		1		0.049	0.119	
8:0	g	0.010		0		1		0.024	0.059	
10:0	g	0.020		0		1		0.049	0.119	
12:0	g	0.020		0		1		0.049	0.119	
13:0	g									
14:0	g	0.070		0		1		0.171	0.415	
15:0	g									
16:0	g	0.210		0		1		0.512	1.245	
17:0	g									
18:0	g	0.080		0		1		0.195	0.474	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.230		0		1		0.561	1.364	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.024	0.059	

NDB No. 06453

Soup, cream of potato, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.200		0		1		0.488	1.186	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.170		0		1		0.415	1.008	
18:2 undifferentiated ... g	0.160		0		1		0.390	0.949	
18:3 undifferentiated ... g	0.010		0		1		0.024	0.059	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		5	12	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.010		0		1		0.024	0.059	
Threonine ... g	0.025		0		1		0.061	0.148	
Isoleucine ... g	0.031		0		1		0.076	0.184	
Leucine ... g	0.048		0		1		0.117	0.285	
Lysine ... g	0.034		0		1		0.083	0.202	
Methionine ... g	0.012		0		1		0.029	0.071	
Cystine ... g	0.011		0		1		0.027	0.065	
Phenylalanine ... g	0.034		0		1		0.083	0.202	
Tyrosine ... g	0.025		0		1		0.061	0.148	
Valine ... g	0.038		0		1		0.093	0.225	
Arginine ... g	0.031		0		1		0.076	0.184	
Histidine ... g	0.016		0		1		0.039	0.095	
Alanine ... g	0.022		0		1		0.054	0.130	
Aspartic acid ... g	0.104		0		1		0.254	0.617	
Glutamic acid ... g	0.170		0		1		0.415	1.008	
Glycine ... g	0.022		0		1		0.054	0.130	
Proline ... g	0.053		0		1		0.129	0.314	
Serine ... g	0.034		0		1		0.083	0.202	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06056
Soup, cream of shrimp, canned, condensed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.85	0.396	10		1		212.97	258.79	
Energy	kcal	72		0	NC	4		181	220	
Energy	kj	301				4		756	919	
Protein (N x 6.25)	g	2.22	0.042	10		1		5.57	6.77	
Total lipid (fat)	g	4.14	0.441	10		1		10.39	12.63	
Ash	g	2.26	0.016	10		1		5.67	6.89	
Carbohydrate, by difference	g	6.53		0	NC	4		16.39	19.92	
Fiber, total dietary	g	0.2		0		4		0.5	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.998	10		1		35	43	
Iron, Fe	mg	0.42	0.033	10		1		1.05	1.28	
Magnesium, Mg	mg	7		0		4		18	21	
Phosphorus, P	mg	26		0		4		65	79	
Potassium, K	mg	47		0		4		118	143	
Sodium, Na	mg	778	34.154	5		1		1953	2373	
Zinc, Zn	mg	0.60		1		1		1.51	1.83	
Copper, Cu	mg	0.100		0		4		0.251	0.305	
Manganese, Mn	mg	0.300		0		4		0.753	0.915	
Selenium, Se	mcg	4.5		0	RA	4		11.3	13.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.015	0.001	10		1		0.038	0.046	
Riboflavin	mg	0.022	0.002	10		1		0.055	0.067	
Niacin	mg	0.340	0.022	10		1		0.853	1.037	
Pantothenic acid	mg	0.110		0		4		0.276	0.336	
Vitamin B-6	mg	0.030		0		4		0.075	0.092	
Folate, total	mcg	3		0		4		8	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		8	9	
Folate, DFE	mcg_DFE	3		0	NC	4		8	9	
Vitamin B-12	mcg	0.47		0		4		1.18	1.43	
Vitamin A, IU	IU	126	9.807	10		1		316	384	
Vitamin A, RAE	mcg_RAE	32		0	NC	4		79	96	
Retinol	mcg	30		0	NC	4		75	92	
Vitamin E	mg_ATE	0.658		0		4		1.652	2.007	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.580		0		1		6.476	7.869	
4:0	g	0.130		0		1		0.326	0.397	
6:0	g	0.080		0		1		0.201	0.244	
8:0	g	0.050		0		1		0.126	0.153	
10:0	g	0.100		0		1		0.251	0.305	
12:0	g	0.120		0		1		0.301	0.366	
13:0	g									
14:0	g	0.420		0		1		1.054	1.281	
15:0	g									
16:0	g	1.090		0		1		2.736	3.325	
17:0	g									
18:0	g	0.500		0		1		1.255	1.525	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.190		0		1		2.987	3.630	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.090		0		1		0.226	0.275	

NDB No. 06056
Soup, cream of shrimp, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	1.040		0		1		2.610	3.172	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.150		0		1		0.377	0.458	
18:2 undifferentiated g	0.100		0		1		0.251	0.305	
18:3 undifferentiated g	0.060		0		1		0.151	0.183	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	13		0		1		33	40	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.40		0		1		214.27	26.78	520.13
Energy	kcal	66		0	NC	4		164	20	397
Energy	kj	276				4		685	86	1662
Protein (N x 6.25)	g	2.75		0		1		6.82	0.85	16.56
Total lipid (fat)	g	3.75		0		1		9.30	1.16	22.58
Ash	g	1.50		0		1		3.72	0.47	9.03
Carbohydrate, by difference	g	5.61		0	NC	4		13.91	1.74	33.77
Fiber, total dietary	g	0.1		0		4		0.2	0.0	0.6
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	66		0		1		164	20	397
Iron, Fe	mg	0.24		0		1		0.60	0.07	1.44
Magnesium, Mg	mg	9		0		4		22	3	54
Phosphorus, P	mg	59		0		4		146	18	355
Potassium, K	mg	100		0		4		248	31	602
Sodium, Na	mg	418		0		1		1037	130	2516
Zinc, Zn	mg	0.32		0		1		0.80	0.10	1.94
Copper, Cu	mg	0.055		0		4		0.136	0.017	0.331
Manganese, Mn	mg	0.160		0		4		0.397	0.050	0.963
Selenium, Se	mcg	3.2		0	RA	4		7.9	1.0	19.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		1.2	0.2	3.0
Thiamin	mg	0.026		0		1		0.064	0.008	0.157
Riboflavin	mg	0.091		0		1		0.226	0.028	0.548
Niacin	mg	0.214		0		1		0.531	0.066	1.288
Pantothenic acid	mg	0.220		0		4		0.546	0.068	1.324
Vitamin B-6	mg	0.180		0		4		0.446	0.056	1.084
Folate, total	mcg	4		0		4		10	1	24
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		4		10	1	24
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	24
Vitamin B-12	mcg	0.42		0		4		1.04	0.13	2.53
Vitamin A, IU	IU	126		0		1		312	39	759
Vitamin A, RAE	mcg_RAE	32		0	NC	4		78	10	190
Retinol	mcg	30		0	NC	4		74	9	181
Vitamin E	mg_ATE	0.350		0		4		0.868	0.109	2.107
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.330		0		1		5.778	0.722	14.027
4:0	g	0.120		0		1		0.298	0.037	0.722
6:0	g	0.070		0		1		0.174	0.022	0.421
8:0	g	0.040		0		1		0.099	0.012	0.241
10:0	g	0.090		0		1		0.223	0.028	0.542
12:0	g	0.110		0		1		0.273	0.034	0.662
13:0	g									
14:0	g	0.380		0		1		0.942	0.118	2.288
15:0	g									
16:0	g	0.990		0		1		2.455	0.307	5.960
17:0	g									
18:0	g	0.460		0		1		1.141	0.143	2.769
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.080		0		1		2.678	0.335	6.502
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.080		0		1		0.198	0.025	0.482

NDB No. 06256

Soup, cream of shrimp, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.940		0		1		2.331	0.291	5.659
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.140		0		1		0.347	0.043	0.843
18:2 undifferentiated ... g	0.090		0		1		0.223	0.028	0.542
18:3 undifferentiated ... g	0.060		0		1		0.149	0.019	0.361
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	14		0		1		35	4	84
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Measure 3 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.21		0		1		224.99	546.81	
Energy	kcal	37		0	NC	4		90	219	
Energy	kj	155				4		378	918	
Protein (N x 6.25)	g	1.14		0		1		2.78	6.76	
Total lipid (fat)	g	2.13		0		1		5.20	12.63	
Ash	g	1.16		0		1		2.83	6.88	
Carbohydrate, by difference	g	3.36		0	NC	4		8.20	19.92	
Fiber, total dietary	g	0.1		0		4		0.2	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		17	42	
Iron, Fe	mg	0.22		0		1		0.54	1.30	
Magnesium, Mg	mg	4		0		4		10	24	
Phosphorus, P	mg	13		0		4		32	77	
Potassium, K	mg	24		0		4		59	142	
Sodium, Na	mg	400		0		1		976	2372	
Zinc, Zn	mg	0.31		0		1		0.75	1.83	
Copper, Cu	mg	0.050		0		4		0.122	0.297	
Manganese, Mn	mg	0.150		0		4		0.366	0.890	
Selenium, Se	mcg	2.3		0	RA	4		5.6	13.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.008		0		1		0.020	0.047	
Riboflavin	mg	0.011		0		1		0.027	0.065	
Niacin	mg	0.175		0		1		0.427	1.038	
Pantothenic acid	mg	0.060		0		4		0.146	0.356	
Vitamin B-6	mg	0.020		0		4		0.049	0.119	
Folate, total	mcg	2		0		4		4	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		4	9	
Folate, DFE	mcg_DFE	2		0	NC	4		4	9	
Vitamin B-12	mcg	0.24		0		4		0.59	1.42	
Vitamin A, IU	IU	65		0		1		159	385	
Vitamin A, RAE	mcg_RAE	15		0	NC	4		37	89	
Retinol	mcg	14		0	NC	4		34	83	
Vitamin E	mg_ATE	0.340		0		4		0.830	2.016	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.330		0		1		3.245	7.887	
4:0	g	0.070		0		1		0.171	0.415	
6:0	g	0.040		0		1		0.098	0.237	
8:0	g	0.020		0		1		0.049	0.119	
10:0	g	0.050		0		1		0.122	0.297	
12:0	g	0.060		0		1		0.146	0.356	
13:0	g									
14:0	g	0.210		0		1		0.512	1.245	
15:0	g									
16:0	g	0.560		0		1		1.366	3.321	
17:0	g									
18:0	g	0.260		0		1		0.634	1.542	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.610		0		1		1.488	3.617	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		0		1		0.122	0.297	

NDB No. 06456

Soup, cream of shrimp, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.540		0		1		1.318	3.202	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.080		0		1		0.195	0.474	
18:2 undifferentiated ... g	0.050		0		1		0.122	0.297	
18:3 undifferentiated ... g	0.030		0		1		0.073	0.178	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0		1		17	42	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06101
Soup, cream of vegetable, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.90		1		1		0.70	0.52	0.70
Energy	kcal	446		0	NC	4		107	80	107
Energy	kj	1866				4		448	336	448
Protein (N x 6.25)	g	8.00		1		1		1.92	1.44	1.92
Total lipid (fat)	g	24.10		1		1		5.78	4.34	5.78
Ash	g	12.90		1		1		3.10	2.32	3.10
Carbohydrate, by difference	g	52.10		0	NC	4		12.50	9.38	12.50
Fiber, total dietary	g	3.0		0		4		0.7	0.5	0.7
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	134		0		4		32	24	32
Iron, Fe	mg	2.60		0		4		0.62	0.47	0.62
Magnesium, Mg	mg	48		0		4		12	9	12
Phosphorus, P	mg	228		1		1		55	41	55
Potassium, K	mg	408		1		1		98	73	98
Sodium, Na	mg	4957		1		1		1190	892	1190
Zinc, Zn	mg	1.60		0		4		0.38	0.29	0.38
Copper, Cu	mg	0.400		0		4		0.096	0.072	0.096
Manganese, Mn	mg	0.800		0		4		0.192	0.144	0.192
Selenium, Se	mcg	20.7		0	RA	4		5.0	3.7	5.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.6		1		1		4.0	3.0	4.0
Thiamin	mg	5.180		1		1		1.243	0.932	1.243
Riboflavin	mg	0.450		1		1		0.108	0.081	0.108
Niacin	mg	2.200		1		1		0.528	0.396	0.528
Pantothenic acid	mg	0.700		0		4		0.168	0.126	0.168
Vitamin B-6	mg	0.100		0		4		0.024	0.018	0.024
Folate, total	mcg	30		0		4		7	5	7
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	30		0		4		7	5	7
Folate, DFE	mcg_DFE	30		0	NC	4		7	5	7
Vitamin B-12	mcg	0.50		0		4		0.12	0.09	0.12
Vitamin A, IU	IU	150		1		1		36	27	36
Vitamin A, RAE	mcg_RAE	8		0	NC	4		2	1	2
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	5.200		0		4		1.248	0.936	1.248
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.030		0		1		1.447	1.085	1.447
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.100		0		1		0.024	0.018	0.024
15:0	g									
16:0	g	3.400		0		1		0.816	0.612	0.816
17:0	g									
18:0	g	2.560		0		1		0.614	0.461	0.614
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	10.730		0		1		2.575	1.931	2.575
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	0.000

NDB No. 06101
Soup, cream of vegetable, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	10.730		0		1		2.575	1.931	2.575
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	6.290		0		1		1.510	1.132	1.510
18:2 undifferentiated g	5.910		0		1		1.418	1.064	1.418
18:3 undifferentiated g	0.390		0		1		0.094	0.070	0.094
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	2		1		1		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 24g: 1 cup (8 fl oz)

Measure 2 = 18g: 1 packet (6 fl oz prepared)

Measure 3 = 24g: 1 portion, amount of dry mix to make 8 fl oz prepared

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06501
Soup, cream of vegetable, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.18		0		1		237.07	177.80	
Energy	kcal	41		0	NC	4		107	80	
Energy	kj	172				4		446	335	
Protein (N x 6.25)	g	0.73		0		1		1.90	1.42	
Total lipid (fat)	g	2.19		0		1		5.69	4.27	
Ash	g	1.17		0		1		3.04	2.28	
Carbohydrate, by difference	g	4.73		0	NC	4		12.30	9.22	
Fiber, total dietary	g	0.2		0		4		0.5	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		4		31	23	
Iron, Fe	mg	0.20		0		4		0.52	0.39	
Magnesium, Mg	mg	4		0		4		10	8	
Phosphorus, P	mg	21		0		1		55	41	
Potassium, K	mg	37		0		1		96	72	
Sodium, Na	mg	450		0		1		1170	878	
Zinc, Zn	mg	0.10		0		4		0.26	0.20	
Copper, Cu	mg	0.040		0		4		0.104	0.078	
Manganese, Mn	mg	0.070		0		4		0.182	0.137	
Selenium, Se	mcg	1.9		0	RA	4		4.9	3.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		1		3.9	2.9	
Thiamin	mg	0.470		0		1		1.222	0.917	
Riboflavin	mg	0.041		0		1		0.107	0.080	
Niacin	mg	0.200		0		1		0.520	0.390	
Pantothenic acid	mg	0.060		0		4		0.156	0.117	
Vitamin B-6	mg	0.010		0		4		0.026	0.020	
Folate, total	mcg	3		0		4		8	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		8	6	
Folate, DFE	mcg_DFE	3		0	NC	4		8	6	
Vitamin B-12	mcg	0.05		0		4		0.13	0.10	
Vitamin A, IU	IU	14		0		1		36	27	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.477		0		4		1.240	0.930	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.550		0		1		1.430	1.073	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.026	0.020	
15:0	g									
16:0	g	0.310		0		1		0.806	0.605	
17:0	g									
18:0	g	0.230		0		1		0.598	0.449	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.980		0		1		2.548	1.911	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 06501
Soup, cream of vegetable, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.980		0		1		2.548	1.911	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.570		0		1		1.482	1.112	
18:2 undifferentiated g	0.540		0		1		1.404	1.053	
18:3 undifferentiated g	0.040		0		1		0.104	0.078	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 260g: 1 cup (8 fl oz)

Measure 2 = 195g: 1 packet (6 fl oz prepared)

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	96.89		1		1		240.29	535.80	
Energy	kcal	11		0	NC	4		27	61	
Energy	kj	46				4		114	255	
Protein (N x 6.25)	g	0.62		1		1		1.54	3.43	
Total lipid (fat)	g	0.73		1		1		1.81	4.04	
Ash	g	1.04		1		1		2.58	5.75	
Carbohydrate, by difference	g	0.72		0	NC	4		1.79	3.98	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		1		1		32	72	
Iron, Fe	mg	0.30		1		1		0.74	1.66	
Magnesium, Mg	mg	2		0		4		5	11	
Phosphorus, P	mg	32		0		4		79	177	
Potassium, K	mg	107		0		4		265	592	
Sodium, Na	mg	1558		1		1		3864	8616	
Zinc, Zn	mg	0.90		0		4		2.23	4.98	
Copper, Cu	mg	0.150		0		4		0.372	0.830	
Manganese, Mn	mg	0.500		0		4		1.240	2.765	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		1		1		4.5	10.0	
Thiamin	mg	0.030		1		1		0.074	0.166	
Riboflavin	mg	0.020		1		1		0.050	0.111	
Niacin	mg	0.930		1		1		2.306	5.143	
Pantothenic acid	mg	0.070		0		4		0.174	0.387	
Vitamin B-6	mg	0.090		0		4		0.223	0.498	
Folate, total	mcg	14		0		4		35	77	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		0		4		35	77	
Folate, DFE	mcg_DFE	14		0	NC	4		35	77	
Vitamin B-12	mcg	0.20		0		4		0.50	1.11	
Vitamin A, IU	IU	875		1		1		2170	4839	
Vitamin A, RAE	mcg_RAE	44		0	NC	4		109	242	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.220		0		1		0.546	1.217	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.025	0.055	
15:0	g									
16:0	g	0.160		0		1		0.397	0.885	
17:0	g									
18:0	g	0.040		0		1		0.099	0.221	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.330		0		1		0.818	1.825	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.099	0.221	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.270		0		1		0.670	1.493	
20:1 ... g	0.010		0		1		0.025	0.055	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.150		0		1		0.372	0.830	
18:2 undifferentiated ... g	0.140		0		1		0.347	0.774	
18:3 undifferentiated ... g	0.010		0		1		0.025	0.055	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	6	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 553g: 1 can (19.5 oz)

Calories Factors: **Protein** 4.1 **Fat** 9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06036
Soup, gazpacho, canned, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.77		1		1		228.80	346.01	
Energy	kcal	19		0	NC	4		46	70	
Energy	kj	79				4		194	293	
Protein (N x 6.25)	g	2.90		0		4		7.08	10.70	
Total lipid (fat)	g	0.10		0		4		0.24	0.37	
Ash	g	1.43		1		1		3.49	5.28	
Carbohydrate, by difference	g	1.80		0	NC	4		4.39	6.64	
Fiber, total dietary	g	0.2		0		4		0.5	0.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		1		1		24	37	
Iron, Fe	mg	0.40		1		1		0.98	1.48	
Magnesium, Mg	mg	3		0		4		7	11	
Phosphorus, P	mg	15		1		1		37	55	
Potassium, K	mg	92		1		1		224	339	
Sodium, Na	mg	303		0		4		739	1118	
Zinc, Zn	mg	0.10		0		4		0.24	0.37	
Copper, Cu	mg	0.060		0		4		0.146	0.221	
Manganese, Mn	mg	0.300		0		4		0.732	1.107	
Selenium, Se	mcg	1.5		0	BFSN	4		3.7	5.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9		0		4		7.1	10.7	
Thiamin	mg	0.020		1		1		0.049	0.074	
Riboflavin	mg	0.010		1		1		0.024	0.037	
Niacin	mg	0.380		1		1		0.927	1.402	
Pantothenic acid	mg	0.070		1		1		0.171	0.258	
Vitamin B-6	mg	0.060		1		1		0.146	0.221	
Folate, total	mcg	4		0		4		10	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		10	15	
Folate, DFE	mcg_DFE	4		0	NC	4		10	15	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	1067		0		4		2603	3937	
Vitamin A, RAE	mcg_RAE	53		0	NC	4		130	197	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.190		0		4		0.464	0.701	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.010		0		4		0.024	0.037	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.000		0		4		0.000	0.000	
15:0	g									
16:0	g	0.007		0		4		0.017	0.026	
17:0	g									
18:0	g	0.002		0		4		0.005	0.007	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.010		0		4		0.024	0.037	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		4		0.000	0.000	

NDB No. 06036
Soup, gazpacho, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.008		0		4		0.020	0.030	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.030		0		4		0.073	0.111	
18:2 undifferentiated ... g	0.022		0		4		0.054	0.081	
18:3 undifferentiated ... g	0.003		0		4		0.007	0.011	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:5 n-3 ... g	0.000		0		4		0.000	0.000	
22:6 n-3 ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 369g: 1 can (13 oz)

Calories Factors: **Protein** 3.9 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06090
Soup, leek, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	2.47	0.622	3		1		0.42	1.93	
Energy	kcal	377		0	NC	4		64	294	
Energy	kj	1577				4		268	1230	
Protein (N x 6.25)	g	11.25		1		1		1.91	8.78	
Total lipid (fat)	g	10.90		1		1		1.85	8.50	
Ash	g	14.60		1		1		2.48	11.39	
Carbohydrate, by difference	g	60.78		0	NC	4		10.33	47.41	
Fiber, total dietary	g	3.6		0		4		0.6	2.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	167		0		4		28	130	
Iron, Fe	mg	2.10		0		4		0.36	1.64	
Magnesium, Mg	mg	54		0		4		9	42	
Phosphorus, P	mg	169		0		4		29	132	
Potassium, K	mg	475		0		4		81	371	
Sodium, Na	mg	5140		1		1		874	4009	
Zinc, Zn	mg	1.25	0.055	3		1		0.21	0.98	
Copper, Cu	mg	0.191	0.011	3		1		0.032	0.149	
Manganese, Mn	mg	0.200		0		4		0.034	0.156	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	15.0		0		4		2.6	11.7	
Thiamin	mg	0.300		0		4		0.051	0.234	
Riboflavin	mg	0.200		0		4		0.034	0.156	
Niacin	mg	1.900		0		1		0.323	1.482	
Pantothenic acid	mg	0.600		0		4		0.102	0.468	
Vitamin B-6	mg	0.100		0		4		0.017	0.078	
Folate, total	mcg	45		0		4		8	35	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	45		0		4		8	35	
Folate, DFE	mcg_DFE	45		0	NC	4		8	35	
Vitamin B-12	mcg	0.20		0		4		0.03	0.16	
Vitamin A, IU	IU	29		0		4		5	23	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	1	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.810		0		4		0.138	0.632	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	5.430		0		1		0.923	4.235	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.100		0		1		0.017	0.078	
13:0	g									
14:0	g	0.400		0		1		0.068	0.312	
15:0	g									
16:0	g	2.710		0		1		0.461	2.114	
17:0	g									
18:0	g	2.060		0		1		0.350	1.607	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	4.560		0		1		0.775	3.557	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.460		0		1		0.078	0.359	

NDB No. 06090
Soup, leek, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	3.920		0		1		0.666	3.058	
20:1 g	0.030		0		1		0.005	0.023	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.440		0		1		0.075	0.343	
18:2 undifferentiated g	0.340		0		1		0.058	0.265	
18:3 undifferentiated g	0.070		0		1		0.012	0.055	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	12		0		1		2	9	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz)

Measure 2 = 78g: 1 packet

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06490
Soup, leek, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.78		0		1		235.66	235.66	1060.48
Energy	kcal	28		0	NC	4		71	71	320
Energy	kj	117				4		298	298	1339
Protein (N x 6.25)	g	0.83		0		1		2.11	2.11	9.49
Total lipid (fat)	g	0.81		0		1		2.06	2.06	9.26
Ash	g	1.08		0		1		2.74	2.74	12.34
Carbohydrate, by difference	g	4.50		0	NC	4		11.43	11.43	51.44
Fiber, total dietary	g	1.2		0		4		3.0	3.0	13.7
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		4		30	30	137
Iron, Fe	mg	0.20		0		4		0.51	0.51	2.29
Magnesium, Mg	mg	4		0		4		10	10	46
Phosphorus, P	mg	12		0		4		30	30	137
Potassium, K	mg	35		0		4		89	89	400
Sodium, Na	mg	380		0		1		965	965	4343
Zinc, Zn	mg	0.09		0		1		0.24	0.24	1.06
Copper, Cu	mg	0.014		0		1		0.036	0.036	0.160
Manganese, Mn	mg	0.010		0		4		0.025	0.025	0.114
Selenium, Se	mcg	1.9		0	BFSN	4		4.8	4.8	21.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		2.5	2.5	11.4
Thiamin	mg	0.020		0		4		0.051	0.051	0.229
Riboflavin	mg	0.010		0		4		0.025	0.025	0.114
Niacin	mg	0.100		0		4		0.254	0.254	1.143
Pantothenic acid	mg	0.040		0		4		0.102	0.102	0.457
Vitamin B-6	mg	0.010		0		4		0.025	0.025	0.114
Folate, total	mcg	3		0		4		8	8	34
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0		4		8	8	34
Folate, DFE	mcg_DFE	3		0	NC	4		8	8	34
Vitamin B-12	mcg	0.01		0		4		0.03	0.03	0.11
Vitamin A, IU	IU	2		0		4		5	5	23
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	1
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.060		0		4		0.152	0.152	0.686
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.400		0		1		1.016	1.016	4.572
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.025	0.025	0.114
13:0	g									
14:0	g	0.030		0		1		0.076	0.076	0.343
15:0	g									
16:0	g	0.200		0		1		0.508	0.508	2.286
17:0	g									
18:0	g	0.150		0		1		0.381	0.381	1.715
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.340		0		1		0.864	0.864	3.886
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.076	0.076	0.343

NDB No. 06490
Soup, leek, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.290		0		1		0.737	0.737	3.315
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.030		0		1		0.076	0.076	0.343
18:2 undifferentiated ... g	0.030		0		1		0.076	0.076	0.343
18:3 undifferentiated ... g	0.010		0		1		0.025	0.025	0.114
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		3	3	11
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 254g: 1 cup

Measure 2 = 254g: 1 cup (8 fl oz)

Measure 3 = 1143g: 1 packet (36 fl oz prepared)

Calories Factors: Protein 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06037
Soup, lentil with ham, canned, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.75		2		1		212.66	486.20	
Energy	kcal	56		0	NC	4		139	318	
Energy	kj	234				4		581	1329	
Protein (N x 6.25)	g	3.74		2		1		9.28	21.21	
Total lipid (fat)	g	1.12		2		1		2.78	6.35	
Ash	g	1.24		2		1		3.08	7.03	
Carbohydrate, by difference	g	8.16		0	NC	4		20.24	46.27	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		2		1		42	96	
Iron, Fe	mg	1.07		2		1		2.65	6.07	
Magnesium, Mg	mg	9		0		4		22	51	
Phosphorus, P	mg	74		1		1		184	420	
Potassium, K	mg	144		0		1		357	816	
Sodium, Na	mg	532		1		1		1319	3016	
Zinc, Zn	mg	0.30		0		4		0.74	1.70	
Copper, Cu	mg	0.070		0		4		0.174	0.397	
Manganese, Mn	mg	0.120		0		4		0.298	0.680	
Selenium, Se	mcg	0.3		0	BFSN	4		0.7	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		2		1		4.2	9.6	
Thiamin	mg	0.070		2		1		0.174	0.397	
Riboflavin	mg	0.045		2		1		0.112	0.255	
Niacin	mg	0.545		2		1		1.352	3.090	
Pantothenic acid	mg	0.140		1		1		0.347	0.794	
Vitamin B-6	mg	0.090		1		1		0.223	0.510	
Folate, total	mcg	20		1		1		50	113	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		1		1		50	113	
Folate, DFE	mcg_DFE	20		0	NC	4		50	113	
Vitamin B-12	mcg	0.12		1		1		0.30	0.68	
Vitamin A, IU	IU	145		2		1		360	822	
Vitamin A, RAE	mcg_RAE	7		0	NC	4		18	41	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.450		0		1		1.116	2.552	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		0		1		0.050	0.113	
15:0	g									
16:0	g	0.270		0		1		0.670	1.531	
17:0	g									
18:0	g	0.160		0		1		0.397	0.907	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.520		0		1		1.290	2.948	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.074	0.170	

NDB No. 06037
Soup, lentil with ham, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.470		0		1		1.166	2.665	
20:1 ... g	0.010		0		1		0.025	0.057	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.130		0		1		0.322	0.737	
18:2 undifferentiated ... g	0.120		0		1		0.298	0.680	
18:3 undifferentiated ... g	0.010		0		1		0.025	0.057	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		7	17	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 567g: 1 can (20 oz)

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06039
Soup, minestrone, canned, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.72	0.304	11		1		208.13	467.42	467.42
Energy	kcal	53		0	NC	4		127	286	286
Energy	kj	222				4		532	1195	1195
Protein (N x 6.25)	g	2.13	0.089	11		1		5.11	11.48	11.48
Total lipid (fat)	g	1.17	0.014	11		1		2.81	6.31	6.31
Ash	g	1.35	0.016	11		1		3.24	7.28	7.28
Carbohydrate, by difference	g	8.64		0	NC	4		20.74	46.57	46.57
Fiber, total dietary	g	2.4		0		1		5.8	12.9	12.9
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	25	0.689	11		1		60	135	135
Iron, Fe	mg	0.74	0.065	11		1		1.78	3.99	3.99
Magnesium, Mg	mg	6		0		4		14	32	32
Phosphorus, P	mg	46		0		4		110	248	248
Potassium, K	mg	255		0		4		612	1374	1374
Sodium, Na	mg	360		1		1		864	1940	1940
Zinc, Zn	mg	0.60		0		4		1.44	3.23	3.23
Copper, Cu	mg	0.100		0		4		0.240	0.539	0.539
Manganese, Mn	mg	0.300		0		4		0.720	1.617	1.617
Selenium, Se	mcg	2.2		0	RA	4		5.3	11.9	11.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0	0.191	11		1		4.8	10.8	10.8
Thiamin	mg	0.023	0.001	11		1		0.055	0.124	0.124
Riboflavin	mg	0.049	0.004	11		1		0.118	0.264	0.264
Niacin	mg	0.491	0.016	11		1		1.178	2.646	2.646
Pantothenic acid	mg	0.300		0		4		0.720	1.617	1.617
Vitamin B-6	mg	0.100		0		4		0.240	0.539	0.539
Folate, total	mcg	22		0	BFSN	4		53	119	119
Folic acid	mcg	9		0	NC	4		22	49	49
Folate, food	mcg	13		0		4		31	70	70
Folate, DFE	mcg_DFE	28		0	NC	4		68	153	153
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	1813	125.245	11		1		4351	9772	9772
Vitamin A, RAE	mcg_RAE	91		0	NC	4		218	489	489
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.300		0		4		0.720	1.617	1.617
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.620		0		1		1.488	3.342	3.342
4:0	g	0.030		0		1		0.072	0.162	0.162
6:0	g	0.020		0		1		0.048	0.108	0.108
8:0	g	0.010		0		1		0.024	0.054	0.054
10:0	g	0.020		0		1		0.048	0.108	0.108
12:0	g	0.030		0		1		0.072	0.162	0.162
13:0	g									
14:0	g	0.090		0		1		0.216	0.485	0.485
15:0	g									
16:0	g	0.270		0		1		0.648	1.455	1.455
17:0	g									
18:0	g	0.140		0		1		0.336	0.755	0.755
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.380		0		1		0.912	2.048	2.048
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.048	0.108	0.108

NDB No. 06039
Soup, minestrone, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.350		0		1		0.840	1.887	1.887
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.110		0		1		0.264	0.593	0.593
18:2 undifferentiated ... g	0.090		0		1		0.216	0.485	0.485
18:3 undifferentiated ... g	0.020		0		1		0.048	0.108	0.108
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		5	11	11
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz)

Measure 3 = 539g: 1 can (19 oz), ready-to-serve

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	82.95	0.545	13		1		204.06	247.19	
Energy	kcal	68		0	NC	4		167	203	
Energy	kj	285				4		700	848	
Protein (N x 6.25)	g	3.48	0.089	10		1		8.56	10.37	
Total lipid (fat)	g	2.05	0.031	10		1		5.04	6.11	
Ash	g	2.35	0.040	10		1		5.78	7.00	
Carbohydrate, by difference	g	9.17		0	NC	4		22.56	27.33	
Fiber, total dietary	g	0.8		0		4		2.0	2.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	28	0.471	10		1		69	83	
Iron, Fe	mg	0.75	0.092	10		1		1.85	2.24	
Magnesium, Mg	mg	6		1		1		15	18	
Phosphorus, P	mg	46		1		1		113	137	
Potassium, K	mg	255		1		1		627	760	
Sodium, Na	mg	744	20.700	5		1		1830	2217	
Zinc, Zn	mg	0.60		1		1		1.48	1.79	
Copper, Cu	mg	0.100		1		1		0.246	0.298	
Manganese, Mn	mg	0.300		1		1		0.738	0.894	
Selenium, Se	mcg	2.8		0	RA	4		6.9	8.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.9	0.233	10		1		2.2	2.7	
Thiamin	mg	0.044	0.002	10		1		0.108	0.131	
Riboflavin	mg	0.036	0.001	10		1		0.089	0.107	
Niacin	mg	0.770	0.034	10		1		1.894	2.295	
Pantothenic acid	mg	0.280		0		4		0.689	0.834	
Vitamin B-6	mg	0.080		1		1		0.197	0.238	
Folate, total	mcg	29		0	BFSN	4		71	86	
Folic acid	mcg	16		0	NC	4		39	47	
Folate, food	mcg	13	0.409	3		1		32	39	
Folate, DFE	mcg_DFE	40		0	NC	4		99	120	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	1908	158.028	10		1		4694	5686	
Vitamin A, RAE	mcg_RAE	95		0	NC	4		235	284	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.600		0		4		1.476	1.788	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.440		0		1		1.082	1.311	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		1		1		0.000	0.000	
8:0	g	0.000		1		1		0.000	0.000	
10:0	g	0.000		1		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.020		1		1		0.049	0.060	
15:0	g									
16:0	g	0.250		1		1		0.615	0.745	
17:0	g									
18:0	g	0.090		1		1		0.221	0.268	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.560		0		1		1.378	1.669	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		1		1		0.025	0.030	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.540		1		1		1.328	1.609	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.910		0		1		2.239	2.712	
18:2 undifferentiated ... g	0.790		1		1		1.943	2.354	
18:3 undifferentiated ... g	0.110		1		1		0.271	0.328	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	3	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.025		0		1		0.062	0.075	
Threonine ... g	0.085		0		1		0.209	0.253	
Isoleucine ... g	0.106		0		1		0.261	0.316	
Leucine ... g	0.192		0		1		0.472	0.572	
Lysine ... g	0.149		0		1		0.367	0.444	
Methionine ... g	0.036		0		1		0.089	0.107	
Cystine ... g	0.027		0		1		0.066	0.080	
Phenylalanine ... g	0.125		0		1		0.308	0.373	
Tyrosine ... g	0.069		0		1		0.170	0.206	
Valine ... g	0.146		0		1		0.359	0.435	
Arginine ... g	0.161		0		1		0.396	0.480	
Histidine ... g	0.060		0		1		0.148	0.179	
Alanine ... g	0.202		0		1		0.497	0.602	
Aspartic acid ... g	0.299		0		1		0.736	0.891	
Glutamic acid ... g	0.996		0		1		2.450	2.968	
Glycine ... g	0.320		0		1		0.787	0.954	
Proline ... g	0.265		0		1		0.652	0.790	
Serine ... g	0.118		0		1		0.290	0.352	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06440

Soup, minestrone, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.33		0		1		220.11	535.19	
Energy	kcal	34		0	NC	4		82	199	
Energy	kj	142				4		343	834	
Protein (N x 6.25)	g	1.77		0		1		4.27	10.37	
Total lipid (fat)	g	1.04		0		1		2.51	6.09	
Ash	g	1.19		0		1		2.87	6.97	
Carbohydrate, by difference	g	4.66		0	NC	4		11.23	27.31	
Fiber, total dietary	g	0.4		0		4		1.0	2.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		34	82	
Iron, Fe	mg	0.38		0		1		0.92	2.23	
Magnesium, Mg	mg	3		0		1		7	18	
Phosphorus, P	mg	23		0		1		55	135	
Potassium, K	mg	130		0		1		313	762	
Sodium, Na	mg	378		0		1		911	2215	
Zinc, Zn	mg	0.31		0		1		0.74	1.79	
Copper, Cu	mg	0.051		0		1		0.123	0.299	
Manganese, Mn	mg	0.152		0		1		0.366	0.891	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		1.2	2.9	
Thiamin	mg	0.022		0		1		0.053	0.129	
Riboflavin	mg	0.018		0		1		0.043	0.105	
Niacin	mg	0.391		0		1		0.942	2.291	
Pantothenic acid	mg	0.140		0		4		0.337	0.820	
Vitamin B-6	mg	0.041		0		1		0.099	0.240	
Folate, total	mcg	15		0	BFSN	4		36	88	
Folic acid	mcg	8		0	NC	4		20	49	
Folate, food	mcg	7		0		1		16	39	
Folate, DFE	mcg_DFE	21		0	NC	4		50	122	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	970		0		1		2338	5684	
Vitamin A, RAE	mcg_RAE	49		0	NC	4		117	284	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.030		0		4		0.072	0.176	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.230		0		1		0.554	1.348	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.024	0.059	
15:0	g									
16:0	g	0.130		0		1		0.313	0.762	
17:0	g									
18:0	g	0.050		0		1		0.121	0.293	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.290		0		1		0.699	1.699	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.024	0.059	

NDB No. 06440

Soup, minestrone, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.270		0		1		0.651	1.582	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.460		0		1		1.109	2.696	
18:2 undifferentiated ... g	0.400		0		1		0.964	2.344	
18:3 undifferentiated ... g	0.060		0		1		0.145	0.352	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	6	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.013		0		1		0.031	0.076	
Threonine ... g	0.043		0		1		0.104	0.252	
Isoleucine ... g	0.054		0		1		0.130	0.316	
Leucine ... g	0.098		0		1		0.236	0.574	
Lysine ... g	0.076		0		1		0.183	0.445	
Methionine ... g	0.018		0		1		0.043	0.105	
Cystine ... g	0.014		0		1		0.034	0.082	
Phenylalanine ... g	0.064		0		1		0.154	0.375	
Tyrosine ... g	0.035		0		1		0.084	0.205	
Valine ... g	0.074		0		1		0.178	0.434	
Arginine ... g	0.082		0		1		0.198	0.481	
Histidine ... g	0.030		0		1		0.072	0.176	
Alanine ... g	0.103		0		1		0.248	0.604	
Aspartic acid ... g	0.152		0		1		0.366	0.891	
Glutamic acid ... g	0.506		0		1		1.219	2.965	
Glycine ... g	0.163		0		1		0.393	0.955	
Proline ... g	0.135		0		1		0.325	0.791	
Serine ... g	0.060		0		1		0.145	0.352	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06092
Soup, minestrone, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.80		1		1		0.82	3.74	
Energy	kcal	358		0	NC	4		61	279	
Energy	kj	1498				4		255	1168	
Protein (N x 6.25)	g	20.00		1		1		3.40	15.60	
Total lipid (fat)	g	7.80		1		1		1.33	6.08	
Ash	g	13.80		1		1		2.35	10.76	
Carbohydrate, by difference	g	53.60		0	NC	4		9.11	41.81	
Fiber, total dietary	g	3.6		0		4		0.6	2.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	168		0		4		29	131	
Iron, Fe	mg	4.50		0		4		0.77	3.51	
Magnesium, Mg	mg	36		0		4		6	28	
Phosphorus, P	mg	276		0		4		47	215	
Potassium, K	mg	1530		0		4		260	1193	
Sodium, Na	mg	4620		1		1		785	3604	
Zinc, Zn	mg	3.60		0		4		0.61	2.81	
Copper, Cu	mg	0.600		0		4		0.102	0.468	
Manganese, Mn	mg	1.800		0		4		0.306	1.404	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.0		0		4		0.9	3.9	
Thiamin	mg	0.300		0		4		0.051	0.234	
Riboflavin	mg	0.200		0		4		0.034	0.156	
Niacin	mg	4.600		0		4		0.782	3.588	
Pantothenic acid	mg	1.700		0		4		0.289	1.326	
Vitamin B-6	mg	0.500		0		4		0.085	0.390	
Folate, total	mcg	159		0	BFSN	4		27	124	
Folic acid	mcg	80		0	NC	4		14	62	
Folate, food	mcg	79		0		4		13	62	
Folate, DFE	mcg_DFE	215		0	NC	4		37	168	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	1326		0		4		225	1034	
Vitamin A, RAE	mcg_RAE	66		0	NC	4		11	52	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.680		0		1		0.626	2.870	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.060		0		1		0.010	0.047	
13:0	g									
14:0	g	0.240		0		1		0.041	0.187	
15:0	g									
16:0	g	1.920		0		1		0.326	1.498	
17:0	g									
18:0	g	1.370		0		1		0.233	1.069	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.320		0		1		0.564	2.590	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.300		0		1		0.051	0.234	

NDB No. 06092
Soup, minestrone, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	2.910		0		1		0.495	2.270	
20:1 ....g	0.040		0		1		0.007	0.031	
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.450		0		1		0.077	0.351	
18:2 undifferentiated ....g	0.380		0		1		0.065	0.296	
18:3 undifferentiated ....g	0.060		0		1		0.010	0.047	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	8		0		1		1	6	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz)

Measure 2 = 78g: 1 packet

Calories Factors: Protein 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06492
Soup, minestrone, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.67		0		1		232.84	1047.79	
Energy	kcal	31		0	NC	4		79	354	
Energy	kj	130				4		329	1483	
Protein (N x 6.25)	g	1.75		0		1		4.45	20.00	
Total lipid (fat)	g	0.68		0		1		1.73	7.77	
Ash	g	1.21		0		1		3.07	13.83	
Carbohydrate, by difference	g	4.69		0	NC	4		11.91	53.61	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		4		38	171	
Iron, Fe	mg	0.40		0		4		1.02	4.57	
Magnesium, Mg	mg	3		0		4		8	34	
Phosphorus, P	mg	24		0		4		61	274	
Potassium, K	mg	134		0		4		340	1532	
Sodium, Na	mg	404		0		1		1026	4618	
Zinc, Zn	mg	0.30		0		4		0.76	3.43	
Copper, Cu	mg	0.050		0		4		0.127	0.572	
Manganese, Mn	mg	0.160		0		4		0.406	1.829	
Selenium, Se	mcg	1.4		0	RA	4		3.6	16.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		4		1.0	4.6	
Thiamin	mg	0.030		0		4		0.076	0.343	
Riboflavin	mg	0.020		0		4		0.051	0.229	
Niacin	mg	0.400		0		4		1.016	4.572	
Pantothenic acid	mg	0.150		0		4		0.381	1.715	
Vitamin B-6	mg	0.040		0		4		0.102	0.457	
Folate, total	mcg	14		0	BFSN	4		36	160	
Folic acid	mcg	7		0	NC	4		18	80	
Folate, food	mcg	7		0		4		18	80	
Folate, DFE	mcg_DFE	19		0	NC	4		48	216	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	116		0		4		295	1326	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		15	66	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.320		0		1		0.813	3.658	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.025	0.114	
13:0	g									
14:0	g	0.020		0		1		0.051	0.229	
15:0	g									
16:0	g	0.170		0		1		0.432	1.943	
17:0	g									
18:0	g	0.120		0		1		0.305	1.372	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.290		0		1		0.737	3.315	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.076	0.343	

NDB No. 06492
Soup, minestrone, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.250		0		1		0.635	2.858	
20:1 ....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.040		0		1		0.102	0.457	
18:2 undifferentiated ....g	0.030		0		1		0.076	0.343	
18:3 undifferentiated ....g	0.010		0		1		0.025	0.114	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	1		0		1		3	11	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 254g: 1 cup (8 fl oz)

Measure 2 = 1143g: 1 packet (36 fl oz prepared)

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.90		0		4		213.10	258.95	
Energy	kcal	61		0		4		153	186	
Energy	kj	255				4		641	778	
Protein (N x 6.25)	g	1.50		1		1		3.77	4.58	
Total lipid (fat)	g	1.80		1		1		4.52	5.49	
Ash	g	2.20		0		4		5.52	6.71	
Carbohydrate, by difference	g	9.60		0		4		24.10	29.28	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		1		1		25	31	
Iron, Fe	mg	0.40		1		1		1.00	1.22	
Magnesium, Mg	mg	7		0		4		18	21	
Phosphorus, P	mg	50		0		4		126	153	
Potassium, K	mg	76		0		4		191	232	
Sodium, Na	mg	730		0		4		1832	2227	
Zinc, Zn	mg	0.40		0		4		1.00	1.22	
Copper, Cu	mg	0.160		0		4		0.402	0.488	
Manganese, Mn	mg	0.100		0		4		0.251	0.305	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.020		1		1		0.050	0.061	
Riboflavin	mg	0.070		1		1		0.176	0.214	
Niacin	mg	0.700		1		1		1.757	2.135	
Pantothenic acid	mg	0.100		0		4		0.251	0.305	
Vitamin B-6	mg	0.140		0		4		0.351	0.427	
Folate, total	mcg	5		0		4		13	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		13	15	
Folate, DFE	mcg_DFE	5		0	NC	4		13	15	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	158		1		1		397	482	
Vitamin A, RAE	mcg_RAE	8		0	NC	4		20	24	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.350		0		1		0.879	1.068	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.220		0		1		0.552	0.671	
17:0	g									
18:0	g	0.130		0		1		0.326	0.397	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.800		0		1		2.008	2.440	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.800		0		1		2.008	2.440	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.570		0		1		1.431	1.739	
18:2 undifferentiated ....g	0.540		0		1		1.355	1.647	
18:3 undifferentiated ....g	0.030		0		1		0.075	0.092	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	0		0		1		0	0	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.40		0		4		225.46	547.93	
Energy	kcal	30		0		4		73	178	
Energy	kj	126				4		306	744	
Protein (N x 6.25)	g	0.77		0		1		1.88	4.57	
Total lipid (fat)	g	0.93		0		1		2.27	5.51	
Ash	g	1.10		0		4		2.68	6.52	
Carbohydrate, by difference	g	4.80		0		4		11.71	28.46	
Fiber, total dietary	g	0.3		0		4		0.7	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		12	30	
Iron, Fe	mg	0.21		0		1		0.51	1.25	
Magnesium, Mg	mg	4		0		4		10	24	
Phosphorus, P	mg	25		0		4		61	148	
Potassium, K	mg	38		0		4		93	225	
Sodium, Na	mg	365		0		4		891	2164	
Zinc, Zn	mg	0.20		0		4		0.49	1.19	
Copper, Cu	mg	0.100		0		4		0.244	0.593	
Manganese, Mn	mg	0.050		0		4		0.122	0.297	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.010		0		1		0.024	0.059	
Riboflavin	mg	0.036		0		1		0.088	0.213	
Niacin	mg	0.360		0		1		0.878	2.135	
Pantothenic acid	mg	0.050		0		4		0.122	0.297	
Vitamin B-6	mg	0.070		0		4		0.171	0.415	
Folate, total	mcg	2		0		4		5	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		5	12	
Folate, DFE	mcg_DFE	2		0	NC	4		5	12	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	81		0		1		198	480	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		10	24	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.180		0		1		0.439	1.067	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.110		0		1		0.268	0.652	
17:0	g									
18:0	g	0.070		0		1		0.171	0.415	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.410		0		1		1.000	2.431	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 06442

Soup, mushroom barley, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.410		0		1		1.000	2.431	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.290		0		1		0.708	1.720	
18:2 undifferentiated ... g	0.280		0		1		0.683	1.660	
18:3 undifferentiated ... g	0.010		0		1		0.024	0.059	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.6 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.60	0.172	13		1		212.35	258.03	106.60
Energy	kcal	68		0	NC	4		171	207	86
Energy	kj	285				4		714	868	358
Protein (N x 6.25)	g	2.51	0.062	10		1		6.30	7.66	3.16
Total lipid (fat)	g	3.21	0.122	10		1		8.06	9.79	4.04
Ash	g	2.27	0.021	10		1		5.70	6.92	2.86
Carbohydrate, by difference	g	7.41		0	NC	4		18.60	22.60	9.34
Fiber, total dietary	g	0.1		0		4		0.3	0.3	0.1
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.629	10		1		20	24	10
Iron, Fe	mg	0.67	0.116	10		1		1.68	2.04	0.84
Magnesium, Mg	mg	7		1		1		18	21	9
Phosphorus, P	mg	29		1		1		73	88	37
Potassium, K	mg	126		1		1		316	384	159
Sodium, Na	mg	773	23.377	5		1		1940	2358	974
Zinc, Zn	mg	1.10		1		1		2.76	3.36	1.39
Copper, Cu	mg	0.200		1		1		0.502	0.610	0.252
Manganese, Mn	mg	0.300		1		1		0.753	0.915	0.378
Selenium, Se	mcg	3.7		0	RA	4		9.3	11.3	4.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8	0.133	10		1		2.0	2.4	1.0
Thiamin	mg	0.028	0.001	10		1		0.070	0.085	0.035
Riboflavin	mg	0.076	0.004	10		1		0.191	0.232	0.096
Niacin	mg	0.960	0.027	10		1		2.410	2.928	1.210
Pantothenic acid	mg	0.190		0		4		0.477	0.580	0.239
Vitamin B-6	mg	0.030		1		1		0.075	0.092	0.038
Folate, total	mcg	7	0.470	3		1		18	22	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7	0.470	3		1		18	22	9
Folate, DFE	mcg_DFE	7		0	NC	4		18	22	9
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU	IU	1000	93.743	10		1		2510	3050	1260
Vitamin A, RAE	mcg_RAE	51		0	NC	4		127	154	64
Retinol	mcg	1		0	NC	4		3	3	1
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	0.000
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.240		0		1		3.112	3.782	1.562
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.020		1		1		0.050	0.061	0.025
8:0	g	0.010		1		1		0.025	0.031	0.013
10:0	g	0.020		1		1		0.050	0.061	0.025
12:0	g	0.030		1		1		0.075	0.092	0.038
13:0	g									
14:0	g	0.090		1		1		0.226	0.275	0.113
15:0	g									
16:0	g	0.650		1		1		1.632	1.983	0.819
17:0	g									
18:0	g	0.370		1		1		0.929	1.129	0.466
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.120		0		1		2.811	3.416	1.411
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		1		1		0.176	0.214	0.088

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.010		1		1		2.535	3.081	1.273
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.620		0		1		1.556	1.891	0.781
18:2 undifferentiated ... g	0.540		1		1		1.355	1.647	0.680
18:3 undifferentiated ... g	0.080		1		1		0.201	0.244	0.101
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0		1		15	18	8
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Measure 3 = 126g: .5 cup

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.08		0		1		224.68	546.03	
Energy	kcal	35		0	NC	4		85	208	
Energy	kj	146				4		357	868	
Protein (N x 6.25)	g	1.29		0		1		3.15	7.65	
Total lipid (fat)	g	1.65		0		1		4.03	9.78	
Ash	g	1.17		0		1		2.85	6.94	
Carbohydrate, by difference	g	3.81		0	NC	4		9.30	22.59	
Fiber, total dietary	g	0.3		0		4		0.7	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		1		10	24	
Iron, Fe	mg	0.34		0		1		0.83	2.02	
Magnesium, Mg	mg	4		0		1		10	24	
Phosphorus, P	mg	15		0		1		37	89	
Potassium, K	mg	65		0		1		159	385	
Sodium, Na	mg	397		0		1		969	2354	
Zinc, Zn	mg	0.57		0		1		1.38	3.36	
Copper, Cu	mg	0.103		0		1		0.251	0.611	
Manganese, Mn	mg	0.154		0		1		0.376	0.913	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		1.0	2.4	
Thiamin	mg	0.014		0		1		0.034	0.083	
Riboflavin	mg	0.039		0		1		0.095	0.231	
Niacin	mg	0.494		0		1		1.205	2.929	
Pantothenic acid	mg	0.100		0		1		0.244	0.593	
Vitamin B-6	mg	0.015		0		1		0.037	0.089	
Folate, total	mcg	4		0		1		9	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		9	23	
Folate, DFE	mcg_DFE	4		0	NC	4		9	23	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	514		0		1		1254	3048	
Vitamin A, RAE	mcg_RAE	26		0	NC	4		63	152	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.640		0		1		1.562	3.795	
4:0	g									
6:0	g	0.010		0		1		0.024	0.059	
8:0	g	0.010		0		1		0.024	0.059	
10:0	g	0.010		0		1		0.024	0.059	
12:0	g	0.010		0		1		0.024	0.059	
13:0	g									
14:0	g	0.050		0		1		0.122	0.297	
15:0	g									
16:0	g	0.330		0		1		0.805	1.957	
17:0	g									
18:0	g	0.190		0		1		0.464	1.127	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.580		0		1		1.415	3.439	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.098	0.237	

NDB No. 06444

Soup, mushroom with beef stock, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.520		0		1		1.269	3.084	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.320		0		1		0.781	1.898	
18:2 undifferentiated ... g	0.280		0		1		0.683	1.660	
18:3 undifferentiated ... g	0.040		0		1		0.098	0.237	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		7	18	
Phytosterols ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06093
Soup, mushroom, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.06		10		1		2.26	0.52	
Energy	kcal	441		0	NC	4		326	75	
Energy	kj	1845				4		1365	314	
Protein (N x 6.25)	g	10.18		4		1		7.53	1.73	
Total lipid (fat)	g	22.34		4		1		16.53	3.80	
Ash	g	13.20		4		12		9.77	2.24	
Carbohydrate, by difference	g	51.18		0	NC	4		37.87	8.70	
Fiber, total dietary	g	3.5		0		4		2.6	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	306		1		1		226	52	
Iron, Fe	mg	2.50		0		4		1.85	0.43	
Magnesium, Mg	mg	24		0		4		18	4	
Phosphorus, P	mg	354		3		1		262	60	
Potassium, K	mg	915		1		1		677	156	
Sodium, Na	mg	4681		4		1		3464	796	
Zinc, Zn	mg	0.40	0.007	8		1		0.30	0.07	
Copper, Cu	mg	0.135	0.005	8		1		0.100	0.023	
Manganese, Mn	mg	1.200		0		4		0.888	0.204	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.0		0		4		3.7	0.9	
Thiamin	mg	1.291		5		1		0.955	0.219	
Riboflavin	mg	0.510		2		1		0.377	0.087	
Niacin	mg	2.300		2		1		1.702	0.391	
Pantothenic acid	mg	1.110		1		4		0.821	0.189	
Vitamin B-6	mg	0.060		0		4		0.044	0.010	
Folate, total	mcg	18		0		4		13	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	18		0		4		13	3	
Folate, DFE	mcg_DFE	18		0	NC	4		13	3	
Vitamin B-12	mcg	0.60		0		4		0.44	0.10	
Vitamin A, IU	IU	30		2		1		22	5	
Vitamin A, RAE	mcg_RAE	9		0	NC	4		7	2	
Retinol	mcg	9		0	NC	4		7	2	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	2.91		0		4		2.15	0.49	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.780		0		1		2.797	0.643	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.020		0		1		0.015	0.003	
15:0	g									
16:0	g	2.120		0		1		1.569	0.360	
17:0	g									
18:0	g	0.490		0		1		0.363	0.083	
20:0	g									
22:0	g									
24:0	g									

NDB No. 06093
Soup, mushroom, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.320		0		1		7.637	1.754	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.015	0.003	
17:1.....g									
18:1 undifferentiated.....g	10.010		0		1		7.407	1.702	
20:1.....g	0.290		0		1		0.215	0.049	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.150		0		1		5.291	1.216	
18:2 undifferentiated.....g	7.150		0		1		5.291	1.216	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		2		1		1	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 74g: 1 packet, regular

Measure 2 = 17g: 1 packet, instant

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06493
Soup, mushroom, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.66		0		1		231.90	177.82	
Energy	kcal	38		0	NC	4		96	74	
Energy	kj	159				4		402	308	
Protein (N x 6.25)	g	0.88		0		1		2.23	1.71	
Total lipid (fat)	g	1.92		0		1		4.86	3.72	
Ash	g	1.14		0		1		2.88	2.21	
Carbohydrate, by difference	g	4.40		0	NC	4		11.13	8.54	
Fiber, total dietary	g	0.3		0		4		0.8	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		66	50	
Iron, Fe	mg	0.20		0		4		0.51	0.39	
Magnesium, Mg	mg	2		0		4		5	4	
Phosphorus, P	mg	30		0		1		76	58	
Potassium, K	mg	79		0		1		200	153	
Sodium, Na	mg	403		0		1		1020	782	
Zinc, Zn	mg	0.03		0		1		0.09	0.07	
Copper, Cu	mg	0.012		0		1		0.030	0.023	
Manganese, Mn	mg	0.100		0		4		0.253	0.194	
Selenium, Se	mcg	2.0		0	BFSN	4		5.1	3.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		4		1.0	0.8	
Thiamin	mg	0.111		0		1		0.281	0.215	
Riboflavin	mg	0.044		0		1		0.111	0.085	
Niacin	mg	0.198		0		1		0.501	0.384	
Pantothenic acid	mg	0.096		0		1		0.243	0.186	
Vitamin B-6	mg	0.010		0		1		0.025	0.019	
Folate, total	mcg	2		0		1		5	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		5	4	
Folate, DFE	mcg_DFE	2		0	NC	4		5	4	
Vitamin B-12	mcg	0.10		0		1		0.25	0.19	
Vitamin A, IU	IU	3		0		1		8	6	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.250		0		4		0.633	0.485	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.320		0		1		0.810	0.621	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.180		0		1		0.455	0.349	
17:0	g									
18:0	g	0.040		0		1		0.101	0.078	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.890		0		1		2.252	1.727	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 06493
Soup, mushroom, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.860		0		1		2.176	1.668	
20:1 ... g	0.020		0		1		0.051	0.039	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.610		0		1		1.543	1.183	
18:2 undifferentiated ... g	0.610		0		1		1.543	1.183	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 194g: 1 packet (6 fl oz prepared)

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.66		9		1		1.43	0.26	
Energy	kcal	294		0	NC	4		115	21	
Energy	kj	1230				4		480	87	
Protein (N x 6.25)	g	11.60		4		1		4.52	0.82	
Total lipid (fat)	g	5.98		4		1		2.33	0.42	
Ash	g	25.26		4		1		9.85	1.79	
Carbohydrate, by difference	g	53.51		0	NC	4		20.87	3.80	
Fiber, total dietary	g	10.4		0		4		4.1	0.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	141		1		1		55	10	
Iron, Fe	mg	1.49		1		1		0.58	0.11	
Magnesium, Mg	mg	64		1		1		25	5	
Phosphorus, P	mg	324		2		1		126	23	
Potassium, K	mg	667		2		1		260	47	
Sodium, Na	mg	8957	0.000	5		1		3493	636	
Zinc, Zn	mg	0.59	0.000	3		1		0.23	0.04	
Copper, Cu	mg	0.163		2		1		0.064	0.012	
Manganese, Mn	mg	0.635		1		1		0.248	0.045	
Selenium, Se	mcg	24.7		0	BFSN	4		9.6	1.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		1		1		0.9	0.2	
Thiamin	mg	0.284		2		1		0.111	0.020	
Riboflavin	mg	0.610		1		1		0.238	0.043	
Niacin	mg	5.100		1		1		1.989	0.362	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.100		0		4		0.039	0.007	
Folate, total	mcg	16	2.675	3		1		6	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	16	2.675	3		1		6	1	
Folate, DFE	mcg_DFE	16		0	NC	4		6	1	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	20		1		1		8	1	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.087		0		4		0.424	0.077	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.380		0		1		0.538	0.098	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.860		1		1		0.335	0.061	
17:0	g									
18:0	g	0.520		1		1		0.203	0.037	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.490		0		1		1.361	0.248	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	3.490		1		1		1.361	0.248	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.690		0		1		0.269	0.049	
18:2 undifferentiated ... g	0.690		1		1		0.269	0.049	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	5		1		1		2	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 39g: 1 packet

Measure 2 = 7.1g: 1 packet (6 fl oz prepared)

Calories Factors: **Protein** 2.5 **Fat** 8.5 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.35	0.244	13		1		212.42	257.32	
Energy	kcal	46		0	NC	4		113	137	
Energy	kj	192				4		473	574	
Protein (N x 6.25)	g	3.06	0.107	10		1		7.53	9.12	
Total lipid (fat)	g	1.42	0.195	10		1		3.49	4.23	
Ash	g	2.49	0.038	10		1		6.13	7.42	
Carbohydrate, by difference	g	6.68		0	NC	4		16.43	19.91	
Fiber, total dietary	g	0.7		0		4		1.7	2.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22	1.368	10		1		54	66	
Iron, Fe	mg	0.55	0.096	10		1		1.35	1.64	
Magnesium, Mg	mg	2		1		1		5	6	
Phosphorus, P	mg	9		1		1		22	27	
Potassium, K	mg	56		1		1		138	167	
Sodium, Na	mg	860	39.623	5		1		2116	2563	
Zinc, Zn	mg	0.50		1		1		1.23	1.49	
Copper, Cu	mg	0.100		1		1		0.246	0.298	
Manganese, Mn	mg	0.200		1		1		0.492	0.596	
Selenium, Se	mcg	3.5		0	RA	4		8.6	10.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0	0.000	10		1		2.5	3.0	
Thiamin	mg	0.027	0.001	10		1		0.066	0.080	
Riboflavin	mg	0.020	0.001	10		1		0.049	0.060	
Niacin	mg	0.490	0.023	10		1		1.205	1.460	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.040		1		1		0.098	0.119	
Folate, total	mcg	12	0.688	3		1		31	37	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12	0.688	3		1		31	37	
Folate, DFE	mcg_DFE	12		0	NC	4		31	37	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	0	0.000	10		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.230		0		4		0.566	0.685	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.210		0		1		0.517	0.626	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.140		0		1		0.344	0.417	
17:0	g									
18:0	g	0.070		0		1		0.172	0.209	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.610		0		1		1.501	1.818	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.025	0.030	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.600		0		1		1.476	1.788	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.530		0		1		1.304	1.579	
18:2 undifferentiated ... g	0.500		0		1		1.230	1.490	
18:3 undifferentiated ... g	0.040		0		1		0.098	0.119	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: **Protein** 2.5 **Fat** 8.5 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06445

Soup, onion, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.06		0		1		224.27	545.33	
Energy	kcal	24		0	NC	4		58	141	
Energy	kj	100				4		242	588	
Protein (N x 6.25)	g	1.56		0		1		3.76	9.14	
Total lipid (fat)	g	0.72		0		1		1.74	4.22	
Ash	g	1.27		0		1		3.06	7.44	
Carbohydrate, by difference	g	3.39		0	NC	4		8.17	19.87	
Fiber, total dietary	g	0.4		0		4		1.0	2.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		27	64	
Iron, Fe	mg	0.28		0		1		0.67	1.64	
Magnesium, Mg	mg	1		0		1		2	6	
Phosphorus, P	mg	5		0		1		12	29	
Potassium, K	mg	28		0		1		67	164	
Sodium, Na	mg	437		0		1		1053	2561	
Zinc, Zn	mg	0.25		0		1		0.61	1.49	
Copper, Cu	mg	0.051		0		1		0.123	0.299	
Manganese, Mn	mg	0.102		0		1		0.246	0.598	
Selenium, Se	mcg	1.8		0	RA	4		4.3	10.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		1.2	2.9	
Thiamin	mg	0.014		0		1		0.034	0.082	
Riboflavin	mg	0.010		0		1		0.024	0.059	
Niacin	mg	0.249		0		1		0.600	1.459	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.020		0		1		0.048	0.117	
Folate, total	mcg	6		0		1		15	37	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		15	37	
Folate, DFE	mcg_DFE	6		0	NC	4		15	37	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.120		0		4		0.289	0.703	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.110		0		1		0.265	0.645	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.070		0		1		0.169	0.410	
17:0	g									
18:0	g	0.040		0		1		0.096	0.234	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.310		0		1		0.747	1.817	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 06445

Soup, onion, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.310		0		1		0.747	1.817	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.270		0		1		0.651	1.582	
18:2 undifferentiated ... g	0.250		0		1		0.603	1.465	
18:3 undifferentiated ... g	0.020		0		1		0.048	0.117	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: **Protein** 2.5 **Fat** 8.5 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06494
Soup, onion, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	96.29		0		1		236.87	177.17	
Energy	kcal	11		0	NC	4		27	20	
Energy	kj	46				4		113	85	
Protein (N x 6.25)	g	0.45		0		1		1.11	0.83	
Total lipid (fat)	g	0.23		0		1		0.57	0.42	
Ash	g	0.97		0		1		2.39	1.78	
Carbohydrate, by difference	g	2.06		0	NC	4		5.07	3.79	
Fiber, total dietary	g	0.4		0		4		1.0	0.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		12	9	
Iron, Fe	mg	0.06		0		1		0.15	0.11	
Magnesium, Mg	mg	2		0		1		5	4	
Phosphorus, P	mg	12		0		1		30	22	
Potassium, K	mg	26		0		1		64	48	
Sodium, Na	mg	345		0		1		849	635	
Zinc, Zn	mg	0.02		0		1		0.06	0.04	
Copper, Cu	mg	0.006		0		1		0.015	0.011	
Manganese, Mn	mg	0.024		0		1		0.059	0.044	
Selenium, Se	mcg	1.0		0	BFSN	4		2.5	1.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.2	
Thiamin	mg	0.011		0		1		0.027	0.020	
Riboflavin	mg	0.023		0		1		0.057	0.042	
Niacin	mg	0.196		0		1		0.482	0.361	
Pantothenic acid	mg	0.000		0		4		0.000	0.000	
Vitamin B-6	mg	0.000		0		4		0.000	0.000	
Folate, total	mcg	1		0		1		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		1	1	
Folate, DFE	mcg_DFE	1		0	NC	4		1	1	
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU	IU	1		0		1		2	2	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.042		0		4		0.103	0.077	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.050		0		1		0.123	0.092	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.030		0		1		0.074	0.055	
17:0	g									
18:0	g	0.020		0		1		0.049	0.037	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.130		0		1		0.320	0.239	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 06494
Soup, onion, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.130		0		1		0.320	0.239	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.030		0		1		0.074	0.055	
18:2 undifferentiated ... g	0.030		0		1		0.074	0.055	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 184g: 1 packet (6 fl oz prepared)

Calories Factors: **Protein** 2.5 **Fat** 8.5 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06095
Soup, oxtail, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.80		1		1		0.82	3.55	
Energy	kcal	377		0	NC	4		64	279	
Energy	kj	1577				4		268	1167	
Protein (N x 6.25)	g	15.00		1		1		2.55	11.10	
Total lipid (fat)	g	13.60		1		1		2.31	10.06	
Ash	g	18.70		1		1		3.18	13.84	
Carbohydrate, by difference	g	47.90		0	NC	4		8.14	35.45	
Fiber, total dietary	g	0.9		0		4		0.2	0.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60		0		4		10	44	
Iron, Fe	mg	1.00		0		4		0.17	0.74	
Magnesium, Mg	mg	50		0		4		9	37	
Phosphorus, P	mg	320		0		4		54	237	
Potassium, K	mg	450		0		4		77	333	
Sodium, Na	mg	6460		1		1		1098	4780	
Zinc, Zn	mg	0.00		0		4		0.00	0.00	
Copper, Cu	mg	0.000		0		4		0.000	0.000	
Manganese, Mn	mg	0.500		0		4		0.085	0.370	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	
Thiamin	mg	0.100		0		4		0.017	0.074	
Riboflavin	mg	0.200		0		4		0.034	0.148	
Niacin	mg	4.500		0		4		0.765	3.330	
Pantothenic acid	mg	0.300		0		4		0.051	0.222	
Vitamin B-6	mg	0.200		0		4		0.034	0.148	
Folate, total	mcg	30		0		4		5	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	30		0		4		5	22	
Folate, DFE	mcg_DFE	30		0	NC	4		5	22	
Vitamin B-12	mcg	1.00		0		4		0.17	0.74	
Vitamin A, IU	IU	50		0		4		9	37	
Vitamin A, RAE	mcg_RAE	15		0	NC	4		3	11	
Retinol	mcg	15		0	NC	4		3	11	
Vitamin E	mg_ATE	0.408		0		4		0.069	0.302	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	6.770		0		1		1.151	5.010	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.120		0		1		0.020	0.089	
13:0	g									
14:0	g	0.500		0		1		0.085	0.370	
15:0	g									
16:0	g	3.390		0		1		0.576	2.509	
17:0	g									
18:0	g	2.570		0		1		0.437	1.902	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.690		0		1		0.967	4.211	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.570		0		1		0.097	0.422	

NDB No. 06095
Soup, oxtail, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	4.900		0		1		0.833	3.626	
20:1 ... g	0.040		0		1		0.007	0.030	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.540		0		1		0.092	0.400	
18:2 undifferentiated ... g	0.420		0		1		0.071	0.311	
18:3 undifferentiated ... g	0.080		0		1		0.014	0.059	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	15		0		1		3	11	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz)

Measure 2 = 74g: 1 packet

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06495
Soup, oxtail, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.96		0		1		226.82	235.19	28.35
Energy	kcal	28		0	NC	4		68	71	9
Energy	kj	117				4		286	296	36
Protein (N x 6.25)	g	1.11		0		1		2.71	2.81	0.34
Total lipid (fat)	g	1.01		0		1		2.46	2.56	0.31
Ash	g	1.38		0		1		3.37	3.49	0.42
Carbohydrate, by difference	g	3.54		0	NC	4		8.64	8.96	1.08
Fiber, total dietary	g	0.2		0		4		0.5	0.5	0.1
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	4		0		4		10	10	1
Iron, Fe	mg	0.10		0		4		0.24	0.25	0.03
Magnesium, Mg	mg	4		0		4		10	10	1
Phosphorus, P	mg	24		0		4		59	61	7
Potassium, K	mg	33		0		4		81	83	10
Sodium, Na	mg	478		0		1		1166	1209	146
Zinc, Zn	mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu	mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn	mg	0.040		0		4		0.098	0.101	0.012
Selenium, Se	mcg	0.7		0	BFSN	4		1.7	1.8	0.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		4		0.0	0.0	0.0
Thiamin	mg	0.010		0		4		0.024	0.025	0.003
Riboflavin	mg	0.010		0		4		0.024	0.025	0.003
Niacin	mg	0.300		0		4		0.732	0.759	0.092
Pantothenic acid	mg	0.020		0		4		0.049	0.051	0.006
Vitamin B-6	mg	0.010		0		4		0.024	0.025	0.003
Folate, total	mcg	2		0		4		5	5	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		4		5	5	1
Folate, DFE	mcg_DFE	2		0	NC	4		5	5	1
Vitamin B-12	mcg	0.10		0		4		0.24	0.25	0.03
Vitamin A, IU	IU	4		0		4		10	10	1
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	1	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.030		0		4		0.073	0.076	0.009
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.500		0		1		1.220	1.265	0.153
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.024	0.025	0.003
13:0	g									
14:0	g	0.040		0		1		0.098	0.101	0.012
15:0	g									
16:0	g	0.250		0		1		0.610	0.633	0.076
17:0	g									
18:0	g	0.190		0		1		0.464	0.481	0.058
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.420		0		1		1.025	1.063	0.128
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.098	0.101	0.012

NDB No. 06495
Soup, oxtail, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.360		0		1		0.878	0.911	0.110
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.040		0		1		0.098	0.101	0.012
18:2 undifferentiated ... g	0.030		0		1		0.073	0.076	0.009
18:3 undifferentiated ... g	0.010		0		1		0.024	0.025	0.003
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	3	0
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 253g: 1 cup (8 fl oz)

Measure 3 = 30.5g: 1 fl oz

Calories Factors: Protein 4.2 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.88	0.220	10		1		221.10	267.84	
Energy	kcal	48		0	NC	4		118	143	
Energy	kj	201				4		494	598	
Protein (N x 6.25)	g	1.72	0.061	10		1		4.23	5.13	
Total lipid (fat)	g	3.13	0.237	10		1		7.70	9.33	
Ash	g	1.95	0.017	10		1		4.80	5.81	
Carbohydrate, by difference	g	3.32		0	NC	4		8.17	9.89	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18	1.455	10		1		44	54	
Iron, Fe	mg	0.80	0.063	10		1		1.97	2.38	
Magnesium, Mg	mg	4		1		1		10	12	
Phosphorus, P	mg	39		1		1		96	116	
Potassium, K	mg	40		1		1		98	119	
Sodium, Na	mg	800	41.932	3		1		1968	2384	
Zinc, Zn	mg	8.40		1		1		20.66	25.03	
Copper, Cu	mg	1.300		1		1		3.198	3.874	
Manganese, Mn	mg	0.300		1		1		0.738	0.894	
Selenium, Se	mcg	6.8		0	RA	4		16.7	20.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.6	0.503	9		1		6.4	7.7	
Thiamin	mg	0.017	0.001	10		1		0.042	0.051	
Riboflavin	mg	0.029	0.000	10		1		0.071	0.086	
Niacin	mg	0.190	0.010	10		1		0.467	0.566	
Pantothenic acid	mg	0.100		0		4		0.246	0.298	
Vitamin B-6	mg	0.010		1		1		0.025	0.030	
Folate, total	mcg	2		0		4		5	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		4		5	6	
Folate, DFE	mcg_DFE	2		0	NC	4		5	6	
Vitamin B-12	mcg	1.79		1		1		4.40	5.33	
Vitamin A, IU	IU	58	6.218	8		1		143	173	
Vitamin A, RAE	mcg_RAE	3		0	NC	4		7	9	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.040		0		1		5.018	6.079	
4:0	g	0.120		1		1		0.295	0.358	
6:0	g	0.070		1		1		0.172	0.209	
8:0	g	0.050		1		1		0.123	0.149	
10:0	g	0.110		1		1		0.271	0.328	
12:0	g	0.090		1		1		0.221	0.268	
13:0	g									
14:0	g	0.340		1		1		0.836	1.013	
15:0	g									
16:0	g	0.770		1		1		1.894	2.295	
17:0	g									
18:0	g	0.370		1		1		0.910	1.103	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.740		0		1		1.820	2.205	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		1		1		0.098	0.119	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.660		1		1		1.624	1.967	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.130		0		1		0.320	0.387	
18:2 undifferentiated ....g	0.100		1		1		0.246	0.298	
18:3 undifferentiated ....g	0.020		1		1		0.049	0.060	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	11		0		1		27	33	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: **Protein** 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.94		0		1		217.90	529.19	
Energy	kcal	55		0	NC	4		135	327	
Energy	kj	230				4		564	1369	
Protein (N x 6.25)	g	2.51		0		1		6.15	14.93	
Total lipid (fat)	g	3.24		0		1		7.94	19.28	
Ash	g	1.34		0		1		3.28	7.97	
Carbohydrate, by difference	g	3.99		0	NC	4		9.78	23.74	
Fiber, total dietary	g	0.0		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	68		0		1		167	405	
Iron, Fe	mg	0.43		0		1		1.05	2.56	
Magnesium, Mg	mg	8		0		1		20	48	
Phosphorus, P	mg	66		0		1		162	393	
Potassium, K	mg	96		0		1		235	571	
Sodium, Na	mg	425		0		1		1041	2529	
Zinc, Zn	mg	4.22		0		1		10.34	25.11	
Copper, Cu	mg	0.655		0		1		1.605	3.897	
Manganese, Mn	mg	0.151		0		1		0.370	0.898	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		1		4.4	10.7	
Thiamin	mg	0.027		0		1		0.066	0.161	
Riboflavin	mg	0.095		0		1		0.233	0.565	
Niacin	mg	0.137		0		1		0.336	0.815	
Pantothenic acid	mg	0.200		0		4		0.490	1.190	
Vitamin B-6	mg	0.026		0		1		0.064	0.155	
Folate, total	mcg	4		0		4		10	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		10	24	
Folate, DFE	mcg_DFE	4		0	NC	4		10	24	
Vitamin B-12	mcg	1.07		0		1		2.62	6.37	
Vitamin A, IU	IU	92		0		1		225	547	
Vitamin A, RAE	mcg_RAE	23		0	NC	4		56	137	
Retinol	mcg	22		0	NC	4		54	131	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.060		0		1		5.047	12.257	
4:0	g	0.120		0		1		0.294	0.714	
6:0	g	0.070		0		1		0.172	0.417	
8:0	g	0.040		0		1		0.098	0.238	
10:0	g	0.090		0		1		0.221	0.536	
12:0	g	0.090		0		1		0.221	0.536	
13:0	g									
14:0	g	0.340		0		1		0.833	2.023	
15:0	g									
16:0	g	0.830		0		1		2.034	4.939	
17:0	g									
18:0	g	0.390		0		1		0.956	2.321	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.850		0		1		2.083	5.058	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		0		1		0.147	0.357	

NDB No. 06248

Soup, oyster stew, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.750		0		1		1.838	4.463	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.130		0		1		0.319	0.774	
18:2 undifferentiated ....g	0.090		0		1		0.221	0.536	
18:3 undifferentiated ....g	0.030		0		1		0.074	0.179	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	13		0		1		32	77	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 245g: 1 cup (8 fl oz)

Measure 2 = 595g: 1 can (10.5 oz), prepared

Calories Factors: **Protein** 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.86		0		1		228.61	555.88	
Energy	kcal	24		0	NC	4		58	141	
Energy	kj	100				4		242	588	
Protein (N x 6.25)	g	0.87		0		1		2.10	5.10	
Total lipid (fat)	g	1.59		0		1		3.83	9.32	
Ash	g	0.99		0		1		2.39	5.80	
Carbohydrate, by difference	g	1.69		0	NC	4		4.07	9.90	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		22	53	
Iron, Fe	mg	0.41		0		1		0.99	2.40	
Magnesium, Mg	mg	2		0		1		5	12	
Phosphorus, P	mg	20		0		1		48	117	
Potassium, K	mg	20		0		1		48	117	
Sodium, Na	mg	407		0		1		981	2385	
Zinc, Zn	mg	4.27		0		1		10.29	25.02	
Copper, Cu	mg	0.661		0		1		1.593	3.873	
Manganese, Mn	mg	0.152		0		1		0.366	0.891	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0		1		3.1	7.6	
Thiamin	mg	0.009		0		1		0.022	0.053	
Riboflavin	mg	0.015		0		1		0.036	0.088	
Niacin	mg	0.097		0		1		0.234	0.568	
Pantothenic acid	mg	0.050		0		4		0.121	0.293	
Vitamin B-6	mg	0.005		0		1		0.012	0.029	
Folate, total	mcg	1		0		4		2	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		4		2	6	
Folate, DFE	mcg_DFE	1		0	NC	4		2	6	
Vitamin B-12	mcg	0.91		0		1		2.19	5.33	
Vitamin A, IU	IU	29		0		1		70	170	
Vitamin A, RAE	mcg_RAE	8		0	NC	4		18	44	
Retinol	mcg	7		0	NC	4		17	41	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.040		0		1		2.506	6.094	
4:0	g	0.060		0		1		0.145	0.352	
6:0	g	0.040		0		1		0.096	0.234	
8:0	g	0.020		0		1		0.048	0.117	
10:0	g	0.050		0		1		0.121	0.293	
12:0	g	0.050		0		1		0.121	0.293	
13:0	g									
14:0	g	0.170		0		1		0.410	0.996	
15:0	g									
16:0	g	0.390		0		1		0.940	2.285	
17:0	g									
18:0	g	0.190		0		1		0.458	1.113	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.380		0		1		0.916	2.227	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.048	0.117	

NDB No. 06448

Soup, oyster stew, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ....g									
18:1 undifferentiated ....g	0.330		0		1		0.795	1.934	
20:1 ....g									
22:1 undifferentiated ....g									
24:1 c ....g									
Fatty acids, total polyunsaturated ....g	0.070		0		1		0.169	0.410	
18:2 undifferentiated ....g	0.050		0		1		0.121	0.293	
18:3 undifferentiated ....g	0.010		0		1		0.024	0.059	
18:4 ....g									
20:2 n-6 c,c ....g									
20:3 undifferentiated ....g									
20:4 undifferentiated ....g									
20:5 n-3 ....g									
22:5 n-3 ....g									
22:6 n-3 ....g									
Fatty acids, total trans ....g									
Cholesterol ....mg	6		0		1		14	35	
Phytosterols ....mg									

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

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: **Protein** 4.3 **Fat** 8.9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.54	0.483	17		1		180.26	218.64	
Energy	kcal	125		0	NC	4		329	399	
Energy	kj	523				4		1375	1668	
Protein (N x 6.25)	g	6.54	0.187	14		1		17.20	20.86	
Total lipid (fat)	g	2.23	0.293	14		1		5.86	7.11	
Ash	g	2.51	0.055	14		1		6.60	8.01	
Carbohydrate, by difference	g	20.18		0	NC	4		53.07	64.37	
Fiber, total dietary	g	2.2		0		4		5.8	7.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		11		1		55	67	
Iron, Fe	mg	1.48	0.088	14		1		3.89	4.72	
Magnesium, Mg	mg	30		1		1		79	96	
Phosphorus, P	mg	95		2		1		250	303	
Potassium, K	mg	145		2		1		381	463	
Sodium, Na	mg	698		0		4		1836	2227	
Zinc, Zn	mg	1.30		1		1		3.42	4.15	
Copper, Cu	mg	0.288		2		1		0.757	0.919	
Manganese, Mn	mg	0.500		1		1		1.315	1.595	
Selenium, Se	mcg	7.4		0	BFSN	4		19.5	23.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3	0.134	13		1		3.4	4.1	
Thiamin	mg	0.082	0.005	14		1		0.216	0.262	
Riboflavin	mg	0.052	0.003	14		1		0.137	0.166	
Niacin	mg	0.943	0.050	14		1		2.480	3.008	
Pantothenic acid	mg	0.100		0		4		0.263	0.319	
Vitamin B-6	mg	0.040		1		1		0.105	0.128	
Folate, total	mcg	1	0.135	4		1		4	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1	0.135	4		1		4	4	
Folate, DFE	mcg_DFE	1		0	NC	4		4	4	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	153	19.072	13		1		402	488	
Vitamin A, RAE	mcg_RAE	8		0	NC	4		20	24	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.099		0		4		0.260	0.316	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.070		0		1		2.814	3.413	
4:0	g	0.050		0		1		0.132	0.160	
6:0	g	0.030		0		1		0.079	0.096	
8:0	g	0.020		0		1		0.053	0.064	
10:0	g	0.040		0		1		0.105	0.128	
12:0	g	0.040		0		1		0.105	0.128	
13:0	g									
14:0	g	0.150		0		1		0.395	0.479	
15:0	g									
16:0	g	0.480		0		1		1.262	1.531	
17:0	g									
18:0	g	0.240		0		1		0.631	0.766	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.760		0		1		1.999	2.424	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.079	0.096	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.710		0		1		1.867	2.265	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.290		0		1		0.763	0.925	
18:2 undifferentiated g	0.260		0		1		0.684	0.829	
18:3 undifferentiated g	0.030		0		1		0.079	0.096	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 g	0.000		0		1		0.000	0.000	
22:5 n-3 g	0.000		0		1		0.000	0.000	
22:6 n-3 g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.055		0		1		0.145	0.175	
Threonine g	0.231		0		1		0.608	0.737	
Isoleucine g	0.226		0		1		0.594	0.721	
Leucine g	0.473		0		1		1.244	1.509	
Lysine g	0.388		0		1		1.020	1.238	
Methionine g	0.079		0		1		0.208	0.252	
Cystine g	0.061		0		1		0.160	0.195	
Phenylalanine g	0.287		0		1		0.755	0.916	
Tyrosine g	0.191		0		1		0.502	0.609	
Valine g	0.336		0		1		0.884	1.072	
Arginine g	0.538		0		1		1.415	1.716	
Histidine g	0.130		0		1		0.342	0.415	
Alanine g	0.282		0		1		0.742	0.900	
Aspartic acid g	0.669		0		1		1.759	2.134	
Glutamic acid g	1.231		0		1		3.238	3.927	
Glycine g	0.261		0		1		0.686	0.833	
Proline g	0.337		0		1		0.886	1.075	
Serine g	0.264		0		1		0.694	0.842	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 263g: 1 cup (8 fl oz)

Measure 2 = 319g: 1 can (11.25 oz)

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.93		0		1		197.94	480.05	
Energy	kcal	94		0	NC	4		239	579	
Energy	kj	393				4		999	2423	
Protein (N x 6.25)	g	4.97		0		1		12.62	30.62	
Total lipid (fat)	g	2.77		0		1		7.04	17.06	
Ash	g	1.65		0		1		4.19	10.16	
Carbohydrate, by difference	g	12.69		0	NC	4		32.23	78.17	
Fiber, total dietary	g	1.1		0		4		2.8	6.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	68		0		1		173	419	
Iron, Fe	mg	0.79		0		1		2.01	4.87	
Magnesium, Mg	mg	22		0		1		56	136	
Phosphorus, P	mg	94		0		1		239	579	
Potassium, K	mg	148		0		1		376	912	
Sodium, Na	mg	382		0		4		970	2353	
Zinc, Zn	mg	0.69		0		1		1.76	4.26	
Copper, Cu	mg	0.154		0		1		0.391	0.949	
Manganese, Mn	mg	0.260		0		1		0.660	1.602	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1		0		1		2.8	6.8	
Thiamin	mg	0.061		0		1		0.155	0.376	
Riboflavin	mg	0.105		0		1		0.267	0.647	
Niacin	mg	0.528		0		1		1.341	3.252	
Pantothenic acid	mg	0.220		0		4		0.559	1.355	
Vitamin B-6	mg	0.041		0		1		0.104	0.253	
Folate, total	mcg	3		0		1		8	19	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		8	19	
Folate, DFE	mcg_DFE	3		0	NC	4		8	19	
Vitamin B-12	mcg	0.17		0		1		0.43	1.05	
Vitamin A, IU	IU	140		0		1		356	862	
Vitamin A, RAE	mcg_RAE	26		0	NC	4		65	157	
Retinol	mcg	22		0	NC	4		56	136	
Vitamin E	mg_ATE	0.070		0		4		0.178	0.431	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.580		0		1		4.013	9.733	
4:0	g	0.080		0		1		0.203	0.493	
6:0	g	0.040		0		1		0.102	0.246	
8:0	g	0.030		0		1		0.076	0.185	
10:0	g	0.060		0		1		0.152	0.370	
12:0	g	0.070		0		1		0.178	0.431	
13:0	g									
14:0	g	0.250		0		1		0.635	1.540	
15:0	g									
16:0	g	0.680		0		1		1.727	4.189	
17:0	g									
18:0	g	0.320		0		1		0.813	1.971	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.860		0		1		2.184	5.298	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		0		1		0.152	0.370	

NDB No. 06249

Soup, pea, green, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.770		0		1		1.956	4.743	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.210		0		1		0.533	1.294	
18:2 undifferentiated ... g	0.170		0		1		0.432	1.047	
18:3 undifferentiated ... g	0.040		0		1		0.102	0.246	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0		1		18	43	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.051		0		1		0.130	0.314	
Threonine ... g	0.191		0		1		0.485	1.177	
Isoleucine ... g	0.213		0		1		0.541	1.312	
Leucine ... g	0.400		0		1		1.016	2.464	
Lysine ... g	0.327		0		1		0.831	2.014	
Methionine ... g	0.081		0		1		0.206	0.499	
Cystine ... g	0.046		0		1		0.117	0.283	
Phenylalanine ... g	0.225		0		1		0.572	1.386	
Tyrosine ... g	0.176		0		1		0.447	1.084	
Valine ... g	0.280		0		1		0.711	1.725	
Arginine ... g	0.336		0		1		0.853	2.070	
Histidine ... g	0.110		0		1		0.279	0.678	
Alanine ... g	0.200		0		1		0.508	1.232	
Aspartic acid ... g	0.467		0		1		1.186	2.877	
Glutamic acid ... g	0.969		0		1		2.461	5.969	
Glycine ... g	0.169		0		1		0.429	1.041	
Proline ... g	0.328		0		1		0.833	2.020	
Serine ... g	0.223		0		1		0.566	1.374	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 254g: 1 cup (8 fl oz)

Measure 2 = 616g: 1 can (11.25 oz), prepared

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.47		0		1		208.68	506.66	
Energy	kcal	66		0	NC	4		165	401	
Energy	kj	276				4		690	1676	
Protein (N x 6.25)	g	3.44		0		1		8.60	20.88	
Total lipid (fat)	g	1.17		0		1		2.93	7.10	
Ash	g	1.32		0		1		3.30	8.01	
Carbohydrate, by difference	g	10.60		0	NC	4		26.50	64.34	
Fiber, total dietary	g	1.1		0		4		2.8	6.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		28	67	
Iron, Fe	mg	0.78		0		1		1.95	4.73	
Magnesium, Mg	mg	16		0		1		40	97	
Phosphorus, P	mg	50		0		1		125	304	
Potassium, K	mg	76		0		1		190	461	
Sodium, Na	mg	367		0		4		918	2228	
Zinc, Zn	mg	0.68		0		1		1.71	4.15	
Copper, Cu	mg	0.151		0		1		0.378	0.917	
Manganese, Mn	mg	0.263		0		1		0.658	1.596	
Selenium, Se	mcg	3.7		0	RA	4		9.3	22.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		1.8	4.2	
Thiamin	mg	0.043		0		1		0.108	0.261	
Riboflavin	mg	0.027		0		1		0.068	0.164	
Niacin	mg	0.496		0		1		1.240	3.011	
Pantothenic acid	mg	0.050		0		4		0.125	0.304	
Vitamin B-6	mg	0.021		0		1		0.053	0.127	
Folate, total	mcg	1		0		1		2	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	4	
Folate, DFE	mcg_DFE	1		0	NC	4		2	4	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	81		0		1		203	492	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		10	25	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.040		0		4		0.100	0.243	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.560		0		1		1.400	3.399	
4:0	g	0.030		0		1		0.075	0.182	
6:0	g	0.020		0		1		0.050	0.121	
8:0	g	0.010		0		1		0.025	0.061	
10:0	g	0.020		0		1		0.050	0.121	
12:0	g	0.020		0		1		0.050	0.121	
13:0	g									
14:0	g	0.080		0		1		0.200	0.486	
15:0	g									
16:0	g	0.250		0		1		0.625	1.518	
17:0	g									
18:0	g	0.120		0		1		0.300	0.728	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.400		0		1		1.000	2.428	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.050	0.121	

NDB No. 06449

Soup, pea, green, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.370		0		1		0.925	2.246	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.150		0		1		0.375	0.911	
18:2 undifferentiated ... g	0.140		0		1		0.350	0.850	
18:3 undifferentiated ... g	0.020		0		1		0.050	0.121	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.029		0		1		0.073	0.176	
Threonine ... g	0.121		0		1		0.303	0.734	
Isoleucine ... g	0.119		0		1		0.298	0.722	
Leucine ... g	0.249		0		1		0.623	1.511	
Lysine ... g	0.204		0		1		0.510	1.238	
Methionine ... g	0.042		0		1		0.105	0.255	
Cystine ... g	0.032		0		1		0.080	0.194	
Phenylalanine ... g	0.151		0		1		0.378	0.917	
Tyrosine ... g	0.100		0		1		0.250	0.607	
Valine ... g	0.177		0		1		0.443	1.074	
Arginine ... g	0.283		0		1		0.708	1.718	
Histidine ... g	0.068		0		1		0.170	0.413	
Alanine ... g	0.148		0		1		0.370	0.898	
Aspartic acid ... g	0.352		0		1		0.880	2.137	
Glutamic acid ... g	0.647		0		1		1.618	3.927	
Glycine ... g	0.137		0		1		0.343	0.832	
Proline ... g	0.177		0		1		0.443	1.074	
Serine ... g	0.139		0		1		0.348	0.844	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 607g: 1 can (11.25 oz), prepared

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.30		0		1		4.86	1.20	
Energy	kcal	356		0	NC	4		402	100	
Energy	kj	1490				4		1683	417	
Protein (N x 6.25)	g	20.49		0		1		23.15	5.74	
Total lipid (fat)	g	4.23		0		1		4.78	1.18	
Ash	g	10.31		0		1		11.65	2.89	
Carbohydrate, by difference	g	60.68		0	NC	4		68.57	16.99	
Fiber, total dietary	g	10.0		0		4		11.3	2.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	60		0		1		68	17	
Iron, Fe	mg	2.69		0		1		3.04	0.75	
Magnesium, Mg	mg	124		0		1		140	35	
Phosphorus, P	mg	358		0		1		405	100	
Potassium, K	mg	635		0		1		718	178	
Sodium, Na	mg	3263		0		1		3687	914	
Zinc, Zn	mg	1.58		0		1		1.78	0.44	
Copper, Cu	mg	0.513		0		1		0.580	0.144	
Manganese, Mn	mg	0.711		0		1		0.803	0.199	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		1.1	0.3	
Thiamin	mg	0.590		0		1		0.667	0.165	
Riboflavin	mg	0.409		0		1		0.462	0.115	
Niacin	mg	3.589		0		1		4.056	1.005	
Pantothenic acid	mg	0.706		0		1		0.798	0.198	
Vitamin B-6	mg	0.132		0		1		0.149	0.037	
Folate, total	mcg	40		0		1		45	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	40		0		1		45	11	
Folate, DFE	mcg_DFE	40		0	NC	4		45	11	
Vitamin B-12	mcg	1.00		0		4		1.13	0.28	
Vitamin A, IU	IU	130		0		1		147	36	
Vitamin A, RAE	mcg_RAE	7		0	NC	4		7	2	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.362		0		4		0.409	0.101	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.540		0		1		1.740	0.431	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.940		0		1		1.062	0.263	
17:0	g									
18:0	g	0.600		0		1		0.678	0.168	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.570		0		1		2.904	0.720	
14:1	g									
15:1	g									
16:1 undifferentiated	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.570		0		1		2.904	0.720	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.030		0		1		1.164	0.288	
18:2 undifferentiated ... g	0.860		0		1		0.972	0.241	
18:3 undifferentiated ... g	0.170		0		1		0.192	0.048	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		1	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 113g: 1 packet

Measure 2 = 28g: 1 packet (6 fl oz)

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06496
Soup, pea, green, mix, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.79		0		1		235.20	178.79	
Energy	kcal	49		0	NC	4		133	101	
Energy	kj	205				4		556	422	
Protein (N x 6.25)	g	2.83		0		1		7.67	5.83	
Total lipid (fat)	g	0.58		0		1		1.57	1.19	
Ash	g	1.42		0		1		3.85	2.93	
Carbohydrate, by difference	g	8.37		0	NC	4		22.68	17.24	
Fiber, total dietary	g	1.1		0		4		3.0	2.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1		22	16	
Iron, Fe	mg	0.37		0		1		1.00	0.76	
Magnesium, Mg	mg	17		0		1		46	35	
Phosphorus, P	mg	49		0		1		133	101	
Potassium, K	mg	88		0		1		238	181	
Sodium, Na	mg	450		0		1		1220	927	
Zinc, Zn	mg	0.22		0		1		0.59	0.45	
Copper, Cu	mg	0.071		0		1		0.192	0.146	
Manganese, Mn	mg	0.099		0		1		0.268	0.204	
Selenium, Se	mcg	1.8		0	BFSN	4		4.9	3.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.081		0		1		0.220	0.167	
Riboflavin	mg	0.056		0		1		0.152	0.115	
Niacin	mg	0.495		0		1		1.341	1.020	
Pantothenic acid	mg	0.097		0		1		0.263	0.200	
Vitamin B-6	mg	0.018		0		1		0.049	0.037	
Folate, total	mcg	16		0		1		42	32	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	16		0		1		42	32	
Folate, DFE	mcg_DFE	16		0	NC	4		42	32	
Vitamin B-12	mcg	0.10		0		4		0.27	0.21	
Vitamin A, IU	IU	18		0		1		49	37	
Vitamin A, RAE	mcg_RAE	1		0	NC	4		2	2	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.050		0		4		0.136	0.103	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.160		0		1		0.434	0.330	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.100		0		1		0.271	0.206	
17:0	g									
18:0	g	0.060		0		1		0.163	0.124	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.270		0		1		0.732	0.556	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 06496
Soup, pea, green, mix, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.270		0		1		0.732	0.556	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.110		0		1		0.298	0.227	
18:2 undifferentiated ... g	0.090		0		1		0.244	0.185	
18:3 undifferentiated ... g	0.020		0		1		0.054	0.041	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		3	2	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 271g: 1 cup

Measure 2 = 206g: 1 packet (6 fl oz prepared)

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.95	0.158	13		1		194.28	436.32	
Energy	kcal	77		0	NC	4		185	415	
Energy	kj	322				4		773	1736	
Protein (N x 6.25)	g	4.62	0.065	10		1		11.09	24.90	
Total lipid (fat)	g	1.66	0.081	10		1		3.98	8.95	
Ash	g	1.60	0.086	10		1		3.84	8.62	
Carbohydrate, by difference	g	11.17		0	NC	4		26.81	60.21	
Fiber, total dietary	g	1.7		0		4		4.1	9.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.680	10		1		34	75	
Iron, Fe	mg	0.89	0.099	10		1		2.14	4.80	
Magnesium, Mg	mg	16		0		4		38	86	
Phosphorus, P	mg	74		0		4		178	399	
Potassium, K	mg	127		0		4		305	685	
Sodium, Na	mg	402	13.441	10		1		965	2167	
Zinc, Zn	mg	1.30		0		4		3.12	7.01	
Copper, Cu	mg	0.100		0		4		0.240	0.539	
Manganese, Mn	mg	0.250		0		4		0.600	1.348	
Selenium, Se	mcg	4.1		0	BFSN	4		9.8	22.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9	0.314	10		1		7.0	15.6	
Thiamin	mg	0.048	0.002	10		1		0.115	0.259	
Riboflavin	mg	0.039	0.000	10		1		0.094	0.210	
Niacin	mg	1.050	0.022	10		1		2.520	5.660	
Pantothenic acid	mg	0.200		0		4		0.480	1.078	
Vitamin B-6	mg	0.090		0		4		0.216	0.485	
Folate, total	mcg	2	0.390	3		1		5	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2	0.390	3		1		5	10	
Folate, DFE	mcg_DFE	2		0	NC	4		5	10	
Vitamin B-12	mcg	0.10		0		4		0.24	0.54	
Vitamin A, IU	IU	2030	112.200	10		1		4872	10942	
Vitamin A, RAE	mcg_RAE	102		0	NC	4		244	547	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.060		0		4		0.144	0.323	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.660		0		1		1.584	3.557	
4:0	g	0.010		0		1		0.024	0.054	
6:0	g	0.010		0		1		0.024	0.054	
8:0	g	0.010		0		1		0.024	0.054	
10:0	g	0.010		0		1		0.024	0.054	
12:0	g	0.010		0		1		0.024	0.054	
13:0	g									
14:0	g	0.050		0		1		0.120	0.270	
15:0	g									
16:0	g	0.360		0		1		0.864	1.940	
17:0	g									
18:0	g	0.190		0		1		0.456	1.024	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.680		0		1		1.632	3.665	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.072	0.162	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.630		0		1		1.512	3.396	
20:1 ... g	0.010		0		1		0.024	0.054	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.240		0		1		0.576	1.294	
18:2 undifferentiated ... g	0.220		0		1		0.528	1.186	
18:3 undifferentiated ... g	0.020		0		1		0.048	0.108	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		7	16	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.046		0		1		0.110	0.248	
Threonine ... g	0.163		0		1		0.391	0.879	
Isoleucine ... g	0.195		0		1		0.468	1.051	
Leucine ... g	0.319		0		1		0.766	1.719	
Lysine ... g	0.312		0		1		0.749	1.682	
Methionine ... g	0.062		0		1		0.149	0.334	
Cystine ... g	0.060		0		1		0.144	0.323	
Phenylalanine ... g	0.204		0		1		0.490	1.100	
Tyrosine ... g	0.143		0		1		0.343	0.771	
Valine ... g	0.219		0		1		0.526	1.180	
Arginine ... g	0.316		0		1		0.758	1.703	
Histidine ... g	0.097		0		1		0.233	0.523	
Alanine ... g	0.216		0		1		0.518	1.164	
Aspartic acid ... g	0.471		0		1		1.130	2.539	
Glutamic acid ... g	0.783		0		1		1.879	4.220	
Glycine ... g	0.223		0		1		0.535	1.202	
Proline ... g	0.210		0		1		0.504	1.132	
Serine ... g	0.199		0		1		0.478	1.073	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz), ready-to-serve

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.67	0.420	19		1		176.65	214.08	
Energy	kcal	141		0	NC	4		379	460	
Energy	kj	590				4		1587	1923	
Protein (N x 6.25)	g	7.68	0.126	16		1		20.66	25.04	
Total lipid (fat)	g	3.28	0.053	16		1		8.82	10.69	
Ash	g	2.57	0.099	16		1		6.91	8.38	
Carbohydrate, by difference	g	20.81		0	NC	4		55.98	67.84	
Fiber, total dietary	g	1.7		0		4		4.6	5.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16	0.902	14		1		43	52	
Iron, Fe	mg	1.70	0.150	16		1		4.57	5.54	
Magnesium, Mg	mg	36		3		1		97	117	
Phosphorus, P	mg	159		4		1		428	518	
Potassium, K	mg	297		2		1		799	968	
Sodium, Na	mg	750	37.586	14		1		2018	2445	
Zinc, Zn	mg	0.99		6		1		2.65	3.21	
Copper, Cu	mg	0.275		2		1		0.740	0.897	
Manganese, Mn	mg	0.500		1		1		1.345	1.630	
Selenium, Se	mcg	7.4		0	BFSN	4		19.9	24.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1	0.023	15		1		3.0	3.6	
Thiamin	mg	0.110	0.003	15		1		0.296	0.359	
Riboflavin	mg	0.056	0.002	15		1		0.151	0.183	
Niacin	mg	1.098	0.033	15		1		2.954	3.579	
Pantothenic acid	mg	0.200		0		4		0.538	0.652	
Vitamin B-6	mg	0.050		1		1		0.135	0.163	
Folate, total	mcg	2	0.301	3		1		5	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2	0.301	3		1		5	6	
Folate, DFE	mcg_DFE	2		0	NC	4		5	6	
Vitamin B-12	mcg	0.20		0		4		0.54	0.65	
Vitamin A, IU	IU	331	23.803	15		1		890	1079	
Vitamin A, RAE	mcg_RAE	17		0	NC	4		45	54	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.310		0		1		3.524	4.271	
4:0	g	0.030		0		1		0.081	0.098	
6:0	g	0.020		0		1		0.054	0.065	
8:0	g	0.010		0		1		0.027	0.033	
10:0	g	0.020		0		1		0.054	0.065	
12:0	g	0.030		0		1		0.081	0.098	
13:0	g									
14:0	g	0.110		0		1		0.296	0.359	
15:0	g									
16:0	g	0.710		0		1		1.910	2.315	
17:0	g									
18:0	g	0.380		0		1		1.022	1.239	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.340		0		1		3.605	4.368	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		0		1		0.161	0.196	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.250		0		1		3.363	4.075	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.470		0		1		1.264	1.532	
18:2 undifferentiated ... g	0.430		0		1		1.157	1.402	
18:3 undifferentiated ... g	0.040		0		1		0.108	0.130	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	6		0		1		16	20	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.076		0		1		0.204	0.248	
Threonine ... g	0.271		0		1		0.729	0.883	
Isoleucine ... g	0.324		0		1		0.872	1.056	
Leucine ... g	0.529		0		1		1.423	1.725	
Lysine ... g	0.518		0		1		1.393	1.689	
Methionine ... g	0.103		0		1		0.277	0.336	
Cystine ... g	0.099		0		1		0.266	0.323	
Phenylalanine ... g	0.339		0		1		0.912	1.105	
Tyrosine ... g	0.238		0		1		0.640	0.776	
Valine ... g	0.365		0		1		0.982	1.190	
Arginine ... g	0.524		0		1		1.410	1.708	
Histidine ... g	0.161		0		1		0.433	0.525	
Alanine ... g	0.359		0		1		0.966	1.170	
Aspartic acid ... g	0.782		0		1		2.104	2.549	
Glutamic acid ... g	1.302		0		1		3.502	4.245	
Glycine ... g	0.371		0		1		0.998	1.209	
Proline ... g	0.349		0		1		0.939	1.138	
Serine ... g	0.330		0		1		0.888	1.076	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 269g: 1 cup (8 fl oz)

Measure 2 = 326g: 1 can (11.5 oz)

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.77		0		1		206.88	502.07	
Energy	kcal	75		0	NC	4		190	461	
Energy	kj	314				4		794	1927	
Protein (N x 6.25)	g	4.08		0		1		10.32	25.05	
Total lipid (fat)	g	1.74		0		1		4.40	10.68	
Ash	g	1.36		0		1		3.44	8.35	
Carbohydrate, by difference	g	11.05		0	NC	4		27.96	67.85	
Fiber, total dietary	g	0.9		0		4		2.3	5.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		23	55	
Iron, Fe	mg	0.90		0		1		2.28	5.53	
Magnesium, Mg	mg	19		0		1		48	117	
Phosphorus, P	mg	84		0		1		213	516	
Potassium, K	mg	158		0		1		400	970	
Sodium, Na	mg	398		0		1		1007	2444	
Zinc, Zn	mg	0.52		0		1		1.32	3.21	
Copper, Cu	mg	0.146		0		1		0.369	0.896	
Manganese, Mn	mg	0.265		0		1		0.670	1.627	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.5	3.7	
Thiamin	mg	0.058		0		1		0.147	0.356	
Riboflavin	mg	0.030		0		1		0.076	0.184	
Niacin	mg	0.583		0		1		1.475	3.580	
Pantothenic acid	mg	0.100		0		4		0.253	0.614	
Vitamin B-6	mg	0.027		0		1		0.068	0.166	
Folate, total	mcg	1		0		1		3	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		3	6	
Folate, DFE	mcg_DFE	1		0	NC	4		3	6	
Vitamin B-12	mcg	0.10		0		4		0.25	0.61	
Vitamin A, IU	IU	176		0		1		445	1081	
Vitamin A, RAE	mcg_RAE	9		0	NC	4		22	54	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.700		0		1		1.771	4.298	
4:0	g	0.010		0		1		0.025	0.061	
6:0	g	0.010		0		1		0.025	0.061	
8:0	g	0.010		0		1		0.025	0.061	
10:0	g	0.010		0		1		0.025	0.061	
12:0	g	0.020		0		1		0.051	0.123	
13:0	g									
14:0	g	0.060		0		1		0.152	0.368	
15:0	g									
16:0	g	0.370		0		1		0.936	2.272	
17:0	g									
18:0	g	0.200		0		1		0.506	1.228	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.710		0		1		1.796	4.359	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.076	0.184	

NDB No. 06451

Soup, pea, split with ham, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.660		0		1		1.670	4.052	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.250		0		1		0.633	1.535	
18:2 undifferentiated ... g	0.230		0		1		0.582	1.412	
18:3 undifferentiated ... g	0.020		0		1		0.051	0.123	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		8	18	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.040		0		1		0.101	0.246	
Threonine ... g	0.144		0		1		0.364	0.884	
Isoleucine ... g	0.172		0		1		0.435	1.056	
Leucine ... g	0.281		0		1		0.711	1.725	
Lysine ... g	0.275		0		1		0.696	1.689	
Methionine ... g	0.055		0		1		0.139	0.338	
Cystine ... g	0.053		0		1		0.134	0.325	
Phenylalanine ... g	0.180		0		1		0.455	1.105	
Tyrosine ... g	0.126		0		1		0.319	0.774	
Valine ... g	0.194		0		1		0.491	1.191	
Arginine ... g	0.278		0		1		0.703	1.707	
Histidine ... g	0.085		0		1		0.215	0.522	
Alanine ... g	0.191		0		1		0.483	1.173	
Aspartic acid ... g	0.415		0		1		1.050	2.548	
Glutamic acid ... g	0.691		0		1		1.748	4.243	
Glycine ... g	0.197		0		1		0.498	1.210	
Proline ... g	0.185		0		1		0.468	1.136	
Serine ... g	0.175		0		1		0.443	1.075	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 253g: 1 cup (8 fl oz)

Measure 2 = 614g: 1 can (11.5 oz), prepared

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	80.62	0.246	10		1		198.33	240.25	
Energy	kcal	84		0	NC	4		207	250	
Energy	kj	351				4		865	1047	
Protein (N x 6.25)	g	5.19	0.102	10		1		12.77	15.47	
Total lipid (fat)	g	3.78	0.158	10		1		9.30	11.26	
Ash	g	2.75	0.090	10		1		6.77	8.20	
Carbohydrate, by difference	g	7.66		0	NC	4		18.84	22.83	
Fiber, total dietary	g	0.4		0		4		1.0	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19	1.242	10		1		47	57	
Iron, Fe	mg	0.73	0.040	10		1		1.80	2.18	
Magnesium, Mg	mg	4		1		1		10	12	
Phosphorus, P	mg	34		1		1		84	101	
Potassium, K	mg	124		1		1		305	370	
Sodium, Na	mg	792	6.442	5		1		1948	2360	
Zinc, Zn	mg	1.00		1		1		2.46	2.98	
Copper, Cu	mg	0.100		1		1		0.246	0.298	
Manganese, Mn	mg	0.500		1		1		1.230	1.490	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.1	0.143	7		1		2.7	3.3	
Thiamin	mg	0.043	0.001	10		1		0.106	0.128	
Riboflavin	mg	0.039	0.000	10		1		0.096	0.116	
Niacin	mg	1.000	0.033	10		1		2.460	2.980	
Pantothenic acid	mg	0.280		0		4		0.689	0.834	
Vitamin B-6	mg	0.050		1		1		0.123	0.149	
Folate, total	mcg	8		0		4		20	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		20	24	
Folate, DFE	mcg_DFE	8		0	NC	4		20	24	
Vitamin B-12	mcg	0.14		1		1		0.34	0.42	
Vitamin A, IU	IU	706	129.120	10		1		1737	2104	
Vitamin A, RAE	mcg_RAE	35		0	NC	4		87	105	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	0.07		0		4		0.17	0.21	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.680		0		1		4.133	5.006	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		0		1		0.049	0.060	
13:0	g									
14:0	g	0.100		0		1		0.246	0.298	
15:0	g									
16:0	g	0.920		0		1		2.263	2.742	
17:0	g									
18:0	g	0.610		0		1		1.501	1.818	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.640		0		1		4.034	4.887	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		0		1		0.320	0.387	
17:1.....g									
18:1 undifferentiated.....g	1.460		0		1		3.592	4.351	
20:1.....g	0.030		0		1		0.074	0.089	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0		1		0.713	0.864	
18:2 undifferentiated.....g	0.250		0		1		0.615	0.745	
18:3 undifferentiated.....g	0.030		0		1		0.074	0.089	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		1		20	24	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.034		0		1		0.084	0.101	
Threonine.....g	0.159		0		1		0.391	0.474	
Isoleucine.....g	0.191		0		1		0.470	0.569	
Leucine.....g	0.328		0		1		0.807	0.977	
Lysine.....g	0.254		0		1		0.625	0.757	
Methionine.....g	0.074		0		1		0.182	0.221	
Cystine.....g	0.050		0		1		0.123	0.149	
Phenylalanine.....g	0.191		0		1		0.470	0.569	
Tyrosine.....g	0.127		0		1		0.312	0.378	
Valine.....g	0.243		0		1		0.598	0.724	
Arginine.....g	0.403		0		1		0.991	1.201	
Histidine.....g	0.074		0		1		0.182	0.221	
Alanine.....g	0.381		0		1		0.937	1.135	
Aspartic acid.....g	0.455		0		1		1.119	1.356	
Glutamic acid.....g	0.921		0		1		2.266	2.745	
Glycine.....g	0.688		0		1		1.692	2.050	
Proline.....g	0.487		0		1		1.198	1.451	
Serine.....g	0.191		0		1		0.470	0.569	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06452
Soup, pepperpot, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.15		0		1		217.26	528.28	
Energy	kcal	43		0	NC	4		104	252	
Energy	kj	180				4		434	1054	
Protein (N x 6.25)	g	2.64		0		1		6.36	15.47	
Total lipid (fat)	g	1.92		0		1		4.63	11.25	
Ash	g	1.40		0		1		3.37	8.20	
Carbohydrate, by difference	g	3.89		0	NC	4		9.37	22.80	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		24	59	
Iron, Fe	mg	0.37		0		1		0.89	2.17	
Magnesium, Mg	mg	2		0		1		5	12	
Phosphorus, P	mg	17		0		1		41	100	
Potassium, K	mg	63		0		1		152	369	
Sodium, Na	mg	403		0		1		971	2362	
Zinc, Zn	mg	0.51		0		1		1.22	2.98	
Copper, Cu	mg	0.051		0		1		0.123	0.299	
Manganese, Mn	mg	0.254		0		1		0.612	1.488	
Selenium, Se	mcg	1.8		0	BFSN	4		4.3	10.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.4	3.5	
Thiamin	mg	0.022		0		1		0.053	0.129	
Riboflavin	mg	0.020		0		1		0.048	0.117	
Niacin	mg	0.508		0		1		1.224	2.977	
Pantothenic acid	mg	0.140		0		4		0.337	0.820	
Vitamin B-6	mg	0.025		0		1		0.060	0.147	
Folate, total	mcg	4		0		4		10	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		10	23	
Folate, DFE	mcg_DFE	4		0	NC	4		10	23	
Vitamin B-12	mcg	0.07		0		1		0.17	0.41	
Vitamin A, IU	IU	359		0		1		865	2104	
Vitamin A, RAE	mcg_RAE	18		0	NC	4		43	105	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.037		0		4		0.089	0.217	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.850		0		1		2.049	4.981	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.024	0.059	
13:0	g									
14:0	g	0.050		0		1		0.121	0.293	
15:0	g									
16:0	g	0.470		0		1		1.133	2.754	
17:0	g									
18:0	g	0.310		0		1		0.747	1.817	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.830		0		1		2.000	4.864	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		0		1		0.169	0.410	

NDB No. 06452

Soup, pepperpot, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.740		0		1		1.783	4.336	
20:1 ... g	0.010		0		1		0.024	0.059	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.150		0		1		0.362	0.879	
18:2 undifferentiated ... g	0.130		0		1		0.313	0.762	
18:3 undifferentiated ... g	0.020		0		1		0.048	0.117	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		10	23	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.017		0		1		0.041	0.100	
Threonine ... g	0.081		0		1		0.195	0.475	
Isoleucine ... g	0.097		0		1		0.234	0.568	
Leucine ... g	0.167		0		1		0.402	0.979	
Lysine ... g	0.129		0		1		0.311	0.756	
Methionine ... g	0.038		0		1		0.092	0.223	
Cystine ... g	0.025		0		1		0.060	0.147	
Phenylalanine ... g	0.097		0		1		0.234	0.568	
Tyrosine ... g	0.065		0		1		0.157	0.381	
Valine ... g	0.124		0		1		0.299	0.727	
Arginine ... g	0.205		0		1		0.494	1.201	
Histidine ... g	0.038		0		1		0.092	0.223	
Alanine ... g	0.194		0		1		0.468	1.137	
Aspartic acid ... g	0.231		0		1		0.557	1.354	
Glutamic acid ... g	0.468		0		1		1.128	2.742	
Glycine ... g	0.350		0		1		0.844	2.051	
Proline ... g	0.248		0		1		0.598	1.453	
Serine ... g	0.097		0		1		0.234	0.568	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06728

Soup, potato ham chowder, chunky, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	85.30		1	A	1		459.77	204.72	
Energy....kcal	80		0	NC	4		431	192	
Energy....kj	335				4		1804	803	
Protein....g	2.70		1	A	1		14.55	6.48	
Total lipid (fat)....g	5.20		1	A	1		28.03	12.48	
Ash....g	1.20		1	A	1		6.47	2.88	
Carbohydrate, by difference....g	5.60		0	NC	4		30.18	13.44	
Fiber, total dietary....g	0.6		1	A	1		3.2	1.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.70		1	A	1		3.77	1.68	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	364		1	A	1		1962	874	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	1.620		1	A	1		8.732	3.888	
Fatty acids, total monounsaturated....g	2.460		1	A	1		13.259	5.904	
Fatty acids, total polyunsaturated....g	0.320		1	A	1		1.725	0.768	
Fatty acids, total trans....g									
Cholesterol....mg	9		1	A	1		49	22	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.78	0.159	10		1		206.10	249.66	
Energy	kcal	66		0	NC	4		162	197	
Energy	kj	276				4		679	823	
Protein (N x 6.25)	g	4.05	0.091	10		1		9.96	12.07	
Total lipid (fat)	g	2.14	0.040	10		1		5.26	6.38	
Ash	g	2.30	0.021	10		1		5.66	6.85	
Carbohydrate, by difference	g	7.73		0	NC	4		19.02	23.04	
Fiber, total dietary	g	1.0		0		4		2.4	2.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.517	10		1		30	36	
Iron, Fe	mg	0.68	0.053	10		1		1.67	2.03	
Magnesium, Mg	mg	3		1		1		7	9	
Phosphorus, P	mg	45		1		1		111	134	
Potassium, K	mg	130		1		1		320	387	
Sodium, Na	mg	826	28.346	5		1		2032	2461	
Zinc, Zn	mg	1.30		1		1		3.20	3.87	
Copper, Cu	mg	0.200		1		1		0.492	0.596	
Manganese, Mn	mg	0.300		1		1		0.738	0.894	
Selenium, Se	mcg	2.2		0	BFSN	4		5.4	6.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7	0.153	10		1		1.7	2.1	
Thiamin	mg	0.015	0.001	10		1		0.037	0.045	
Riboflavin	mg	0.037	0.003	10		1		0.091	0.110	
Niacin	mg	0.950	0.045	10		1		2.337	2.831	
Pantothenic acid	mg	0.280		0		4		0.689	0.834	
Vitamin B-6	mg	0.060		1		1		0.148	0.179	
Folate, total	mcg	8		0		4		20	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		20	24	
Folate, DFE	mcg_DFE	8		0	NC	4		20	24	
Vitamin B-12	mcg	0.22		1		1		0.54	0.66	
Vitamin A, IU	IU	1779	252.003	10		1		4376	5301	
Vitamin A, RAE	mcg_RAE	89		0	NC	4		219	265	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	0.06		0		4		0.15	0.18	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.910		0		1		2.239	2.712	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.050		1		1		0.123	0.149	
15:0	g									
16:0	g	0.410		1		1		1.009	1.222	
17:0	g									
18:0	g	0.390		1		1		0.959	1.162	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.630		0		1		1.550	1.877	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		1		1		0.074	0.089	
17:1.....g									
18:1 undifferentiated.....g	0.580		1		1		1.427	1.728	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.450		0		1		1.107	1.341	
18:2 undifferentiated.....g	0.370		1		1		0.910	1.103	
18:3 undifferentiated.....g	0.070		1		1		0.172	0.209	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		10	12	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.035		0		1		0.086	0.104	
Threonine.....g	0.126		0		1		0.310	0.375	
Isoleucine.....g	0.152		0		1		0.374	0.453	
Leucine.....g	0.258		0		1		0.635	0.769	
Lysine.....g	0.248		0		1		0.610	0.739	
Methionine.....g	0.068		0		1		0.167	0.203	
Cystine.....g	0.028		0		1		0.069	0.083	
Phenylalanine.....g	0.148		0		1		0.364	0.441	
Tyrosine.....g	0.105		0		1		0.258	0.313	
Valine.....g	0.178		0		1		0.438	0.530	
Arginine.....g	0.188		0		1		0.462	0.560	
Histidine.....g	0.089		0		1		0.219	0.265	
Alanine.....g	0.230		0		1		0.566	0.685	
Aspartic acid.....g	0.339		0		1		0.834	1.010	
Glutamic acid.....g	1.015		0		1		2.497	3.025	
Glycine.....g	0.253		0		1		0.622	0.754	
Proline.....g	0.231		0		1		0.568	0.688	
Serine.....g	0.139		0		1		0.342	0.414	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz)

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.76		0		1		221.14	537.71	
Energy	kcal	33		0	NC	4		80	193	
Energy	kj	138				4		333	809	
Protein (N x 6.25)	g	2.06		0		1		4.96	12.07	
Total lipid (fat)	g	1.09		0		1		2.63	6.39	
Ash	g	1.17		0		1		2.82	6.86	
Carbohydrate, by difference	g	3.93		0	NC	4		9.47	23.03	
Fiber, total dietary	g	0.5		0		4		1.2	2.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0		1		14	35	
Iron, Fe	mg	0.35		0		1		0.84	2.05	
Magnesium, Mg	mg	2		0		1		5	12	
Phosphorus, P	mg	23		0		1		55	135	
Potassium, K	mg	66		0		1		159	387	
Sodium, Na	mg	420		0		1		1012	2461	
Zinc, Zn	mg	0.66		0		1		1.59	3.87	
Copper, Cu	mg	0.102		0		1		0.246	0.598	
Manganese, Mn	mg	0.152		0		1		0.366	0.891	
Selenium, Se	mcg	1.8		0	RA	4		4.3	10.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		1.0	2.3	
Thiamin	mg	0.008		0		1		0.019	0.047	
Riboflavin	mg	0.019		0		1		0.046	0.111	
Niacin	mg	0.483		0		1		1.164	2.830	
Pantothenic acid	mg	0.100		0		1		0.241	0.586	
Vitamin B-6	mg	0.030		0		1		0.072	0.176	
Folate, total	mcg	4		0		1		10	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		10	23	
Folate, DFE	mcg_DFE	4		0	NC	4		10	23	
Vitamin B-12	mcg	0.11		0		1		0.27	0.64	
Vitamin A, IU	IU	904		0		1		2179	5297	
Vitamin A, RAE	mcg_RAE	45		0	NC	4		109	265	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.030		0		4		0.072	0.176	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.460		0		1		1.109	2.696	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		0		1		0.048	0.117	
15:0	g									
16:0	g	0.210		0		1		0.506	1.231	
17:0	g									
18:0	g	0.200		0		1		0.482	1.172	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.320		0		1		0.771	1.875	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.048	0.117	

NDB No. 06455

Soup, scotch broth, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.290		0		1		0.699	1.699	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.230		0		1		0.554	1.348	
18:2 undifferentiated ... g	0.190		0		1		0.458	1.113	
18:3 undifferentiated ... g	0.040		0		1		0.096	0.234	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		5	12	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.018		0		1		0.043	0.105	
Threonine ... g	0.064		0		1		0.154	0.375	
Isoleucine ... g	0.077		0		1		0.186	0.451	
Leucine ... g	0.131		0		1		0.316	0.768	
Lysine ... g	0.126		0		1		0.304	0.738	
Methionine ... g	0.035		0		1		0.084	0.205	
Cystine ... g	0.014		0		1		0.034	0.082	
Phenylalanine ... g	0.075		0		1		0.181	0.440	
Tyrosine ... g	0.053		0		1		0.128	0.311	
Valine ... g	0.090		0		1		0.217	0.527	
Arginine ... g	0.096		0		1		0.231	0.563	
Histidine ... g	0.045		0		1		0.108	0.264	
Alanine ... g	0.117		0		1		0.282	0.686	
Aspartic acid ... g	0.172		0		1		0.415	1.008	
Glutamic acid ... g	0.516		0		1		1.244	3.024	
Glycine ... g	0.129		0		1		0.311	0.756	
Proline ... g	0.117		0		1		0.282	0.686	
Serine ... g	0.071		0		1		0.171	0.416	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06180
Soup, shark fin, restaurant-prepared

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.13		2	A	1		194.68		
Energy	kcal	46		0	NC	4		99		
Energy	kj	192				4		416		
Protein (N x 6.25)	g	3.20		2	A	1		6.91		
Total lipid (fat)	g	2.00		2	A	1		4.32		
Ash	g	0.87		2	A	1		1.88		
Carbohydrate, by difference	g	3.80		0	NC	4		8.21		
Fiber, total dietary	g	0.0		0	BFZN	4		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		2	A	1		22		
Iron, Fe	mg	0.94		2	A	1		2.03		
Magnesium, Mg	mg	7		2	A	1		15		
Phosphorus, P	mg	21		2	A	1		45		
Potassium, K	mg	53		2	A	1		114		
Sodium, Na	mg	501		2	A	1		1082		
Zinc, Zn	mg	0.82		2	A	1		1.77		
Copper, Cu	mg	0.108		2	A	1		0.233		
Manganese, Mn	mg	0.024		2	A	1		0.052		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		2	A	1		0.2		
Thiamin	mg	0.027		2	A	1		0.058		
Riboflavin	mg	0.039		2	A	1		0.084		
Niacin	mg	0.493		2	A	1		1.065		
Pantothenic acid	mg	0.130		2	A	1		0.281		
Vitamin B-6	mg	0.026		2	A	1		0.056		
Folate, total	mcg	9		2	A	1		19		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	9		2	A	1		19		
Folate, DFE	mcg_DFE	9		0	NC	4		19		
Vitamin B-12	mcg	0.19		2	A	1		0.41		
Vitamin A, IU	IU	0		2	A	1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	3.176		0	BFZN	4		6.860		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.501		0	BFFN	4		1.082		
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.000		0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	g	0.000		0	BFFN	4		0.000		
13:0	g									
14:0	g	0.037		0	BFFN	4		0.080		
15:0	g									
16:0	g	0.341		0	BFFN	4		0.737		
17:0	g									
18:0	g	0.086		0	BFFN	4		0.186		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.583		0	BFFN	4		1.259		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.180		0	BFFN	4		0.389		

NDB No. 06180
Soup, shark fin, restaurant-prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.365		0	BFFN	4		0.788		
20:1 ... g	0.015		0	BFFN	4		0.032		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.341		0	BFFN	4		0.737		
18:2 undifferentiated ... g	0.022		0	BFFN	4		0.048		
18:3 undifferentiated ... g	0.015		0	BFFN	4		0.032		
18:4 ... g	0.007		0	BFFN	4		0.015		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.027		0	BFFN	4		0.058		
20:5 n-3 ... g	0.086		0	BFFN	4		0.186		
22:5 n-3 ... g	0.042		0	BFFN	4		0.091		
22:6 n-3 ... g	0.121		0	BFFN	4		0.261		
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0	BFZN	4		4		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 216g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06729
Soup, sirloin burger with vegetables, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	84.10		1	A	1		453.30	201.84	
Energy....kcal	77		0	NC	4		415	185	
Energy....kj	322				4		1736	773	
Protein....g	4.20		1	A	1		22.64	10.08	
Total lipid (fat)....g	3.70		1	A	1		19.94	8.88	
Ash....g	1.20		1	A	1		6.47	2.88	
Carbohydrate, by difference....g	6.80		0	NC	4		36.65	16.32	
Fiber, total dietary....g	2.3		1	A	1		12.4	5.5	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	0.87		1	A	1		4.69	2.09	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	361		1	A	1		1946	866	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	1.330		1	A	1		7.169	3.192	
Fatty acids, total monounsaturated....g	1.320		1	A	1		7.115	3.168	
Fatty acids, total polyunsaturated....g	0.523		1	A	1		2.819	1.255	
Fatty acids, total trans....g									
Cholesterol....mg	11		1	A	1		59	26	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06738

Soup, split pea with ham and bacon, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.40		1	A	1		213.20	88.29	
Energy....kcal	140		0	NC	4		456	189	
Energy....kj	586				4		1910	791	
Protein....g	8.60		1	A	1		28.04	11.61	
Total lipid (fat)....g	2.30		1	A	1		7.50	3.11	
Ash....g	2.50		1	A	1		8.15	3.38	
Carbohydrate, by difference....g	21.20		0	NC	4		69.11	28.62	
Fiber, total dietary....g	3.0		1	A	1		9.8	4.1	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.59		1	A	1		5.18	2.15	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	729		1	A	1		2377	984	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.676		1	A	1		2.204	0.913	
Fatty acids, total monounsaturated....g	0.892		1	A	1		2.908	1.204	
Fatty acids, total polyunsaturated....g	0.439		1	A	1		1.431	0.593	
Fatty acids, total trans....g									
Cholesterol....mg	3		1	A	1		10	4	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 326g: 1 package yields

Measure 2 = 135g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.00		1	A	1		436.59	196.83	
Energy	kcal	76		0	NC	4		410	185	
Energy	kj	318				4		1714	773	
Protein	g	5.20		1	A	1		28.03	12.64	
Total lipid (fat)	g	1.10		1	A	1		5.93	2.67	
Ash	g	1.40		1	A	1		7.55	3.40	
Carbohydrate, by difference	g	11.30		0	NC	4		60.91	27.46	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	0.92		1	A	1		4.96	2.24	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	343		1	A	1		1849	833	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2		1	A	1		22.6	10.2	
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	2625		1	AS	1		14149	6379	
Vitamin A, RAE	mcg_RAE	131		0	NC	4		707	319	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.300		1	A	1		1.617	0.729	
Fatty acids, total monounsaturated	g	0.404		1	A	1		2.178	0.982	
Fatty acids, total polyunsaturated	g	0.198		1	A	1		1.067	0.481	
Fatty acids, total trans	g									
Cholesterol	mg	6		1	A	1		32	15	
Phytosterols	mg									

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

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 243g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 06730

Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	96.96		2	A	1		225.92		
Energy	kcal	17		0	NC	4		40		
Energy	kj	71				4		166		
Protein (N x 6.25)	g	2.26		2	A	1		5.27		
Total lipid (fat)	g	0.81		2	A	1		1.89		
Ash	g	0.74		2	A	1		1.72		
Carbohydrate, by difference	g	0.00		0	NC	4		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		2	A	1		7		
Iron, Fe	mg	0.01		2	A	1		0.02		
Magnesium, Mg	mg	7		2	A	1		16		
Phosphorus, P	mg	56		2	A	1		130		
Potassium, K	mg	144		2	A	1		336		
Sodium, Na	mg	156		2	A	1		363		
Zinc, Zn	mg	0.06		2	A	1		0.14		
Copper, Cu	mg	0.058		2	A	1		0.135		
Manganese, Mn	mg	0.052		2	A	1		0.121		
Selenium, Se	mcg	1.0		0	RA	4		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		2	A	1		0.2		
Thiamin	mg	0.033		2	A	1		0.077		
Riboflavin	mg	0.076		2	A	1		0.177		
Niacin	mg	1.186		2	A	1		2.763		
Pantothenic acid	mg	0.329		2	A	1		0.767		
Vitamin B-6	mg	0.037		2	A	1		0.086		
Folate, total	mcg	20		2	A	1		47		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	20		2	A	1		47		
Folate, DFE	mcg_DFE	20		0	NC	4		47		
Vitamin B-12	mcg	0.69		2	A	1		1.61		
Vitamin A, IU	IU	0		2	A	1		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	Z	7		0		
Vitamin E	mg_ATE	1.286		0	BFZN	4		2.996		
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.203		2	A	1		0.473		
4:0	g	0.000		2	A	1		0.000		
6:0	g	0.000		2	A	1		0.000		
8:0	g	0.000		2	A	1		0.000		
10:0	g	0.000		2	A	1		0.000		
12:0	g	0.000		2	A	1		0.000		
13:0	g									
14:0	g	0.015		2	A	1		0.035		
15:0	g									
16:0	g	0.138		2	A	1		0.322		
17:0	g									
18:0	g	0.035		2	A	1		0.082		
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.236		2	A	1		0.550		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.073		2	A	1		0.170		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.148		2	A	1		0.345		
20:1 g	0.006		2	A	1		0.014		
22:1 undifferentiated g	0.000		2	A	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.138		2	A	1		0.322		
18:2 undifferentiated g	0.009		2	A	1		0.021		
18:3 undifferentiated g	0.006		2	A	1		0.014		
18:4 g	0.003		2	A	1		0.007		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.011		2	A	1		0.026		
20:5 n-3 g	0.035		2	A	1		0.082		
22:5 n-3 g	0.017		2	A	1		0.040		
22:6 n-3 g	0.049		2	A	1		0.114		
Fatty acids, total trans g									
Cholesterol mg	1		2	A	1		2		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 233g: 1 cup

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.89	0.161	8		1		210.46	255.50	
Energy	kcal	78		0	NC	4		200	243	
Energy	kj	326				4		839	1018	
Protein (N x 6.25)	g	3.79	0.137	8		1		9.74	11.82	
Total lipid (fat)	g	3.04	0.145	8		1		7.81	9.48	
Ash	g	2.34	0.026	8		1		6.01	7.30	
Carbohydrate, by difference	g	8.95		0	NC	4		23.00	27.92	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17	0.811	8		1		44	53	
Iron, Fe	mg	0.68	0.037	8		1		1.75	2.12	
Magnesium, Mg	mg	3		1		1		8	9	
Phosphorus, P	mg	42		1		1		108	131	
Potassium, K	mg	185		1		1		475	577	
Sodium, Na	mg	816		1		1		2097	2546	
Zinc, Zn	mg	0.90		1		1		2.31	2.81	
Copper, Cu	mg	0.100		1		1		0.257	0.312	
Manganese, Mn	mg	0.200		1		1		0.514	0.624	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6	0.183	8		1		4.1	5.0	
Thiamin	mg	0.034	0.002	8		1		0.087	0.106	
Riboflavin	mg	0.040	0.000	8		1		0.103	0.125	
Niacin	mg	0.950	0.057	8		1		2.442	2.964	
Pantothenic acid	mg	0.280		0		4		0.720	0.874	
Vitamin B-6	mg	0.070		1		1		0.180	0.218	
Folate, total	mcg	8		0		4		21	25	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		4		21	25	
Folate, DFE	mcg_DFE	8		0	NC	4		21	25	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	3100	179.902	8		1		7967	9672	
Vitamin A, RAE	mcg_RAE	155		0	NC	4		398	484	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.670		0		1		1.722	2.090	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.020		1		1		0.051	0.062	
15:0	g									
16:0	g	0.460		1		1		1.182	1.435	
17:0	g									
18:0	g	0.160		1		1		0.411	0.499	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.790		0		1		2.030	2.465	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		1		1		0.077	0.094	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.750		1		1		1.928	2.340	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.370		0		1		3.521	4.274	
18:2 undifferentiated ... g	1.250		1		1		3.213	3.900	
18:3 undifferentiated ... g	0.100		1		1		0.257	0.312	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		8	9	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.033		0		1		0.085	0.103	
Threonine ... g	0.118		0		1		0.303	0.368	
Isoleucine ... g	0.143		0		1		0.368	0.446	
Leucine ... g	0.242		0		1		0.622	0.755	
Lysine ... g	0.233		0		1		0.599	0.727	
Methionine ... g	0.064		0		1		0.164	0.200	
Cystine ... g	0.026		0		1		0.067	0.081	
Phenylalanine ... g	0.139		0		1		0.357	0.434	
Tyrosine ... g	0.099		0		1		0.254	0.309	
Valine ... g	0.167		0		1		0.429	0.521	
Arginine ... g	0.177		0		1		0.455	0.552	
Histidine ... g	0.084		0		1		0.216	0.262	
Alanine ... g	0.216		0		1		0.555	0.674	
Aspartic acid ... g	0.319		0		1		0.820	0.995	
Glutamic acid ... g	0.954		0		1		2.452	2.976	
Glycine ... g	0.238		0		1		0.612	0.743	
Proline ... g	0.217		0		1		0.558	0.677	
Serine ... g	0.130		0		1		0.334	0.406	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 257g: 1 cup (8 fl oz)

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06460
Soup, stockpot, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.58		0		1		223.73	543.48	
Energy	kcal	40		0	NC	4		99	240	
Energy	kj	167				4		413	1004	
Protein (N x 6.25)	g	1.97		0		1		4.87	11.82	
Total lipid (fat)	g	1.58		0		1		3.90	9.48	
Ash	g	1.22		0		1		3.01	7.32	
Carbohydrate, by difference	g	4.65		0	NC	4		11.49	27.90	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		22	54	
Iron, Fe	mg	0.35		0		1		0.86	2.10	
Magnesium, Mg	mg	2		0		1		5	12	
Phosphorus, P	mg	22		0		1		54	132	
Potassium, K	mg	96		0		1		237	576	
Sodium, Na	mg	424		0		1		1047	2544	
Zinc, Zn	mg	0.47		0		1		1.16	2.81	
Copper, Cu	mg	0.052		0		1		0.128	0.312	
Manganese, Mn	mg	0.104		0		1		0.257	0.624	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0		1		2.0	4.8	
Thiamin	mg	0.018		0		1		0.044	0.108	
Riboflavin	mg	0.021		0		1		0.052	0.126	
Niacin	mg	0.494		0		1		1.220	2.964	
Pantothenic acid	mg	0.140		0		4		0.346	0.840	
Vitamin B-6	mg	0.036		0		1		0.089	0.216	
Folate, total	mcg	4		0		4		10	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		10	24	
Folate, DFE	mcg_DFE	4		0	NC	4		10	24	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	1611		0		1		3979	9666	
Vitamin A, RAE	mcg_RAE	81		0	NC	4		199	483	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.350		0		1		0.865	2.100	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.025	0.060	
15:0	g									
16:0	g	0.240		0		1		0.593	1.440	
17:0	g									
18:0	g	0.080		0		1		0.198	0.480	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.410		0		1		1.013	2.460	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.025	0.060	

NDB No. 06460
Soup, stockpot, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.390		0		1		0.963	2.340	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.710		0		1		1.754	4.260	
18:2 undifferentiated g	0.650		0		1		1.606	3.900	
18:3 undifferentiated g	0.050		0		1		0.124	0.300	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	2		0		1		5	12	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.017		0		1		0.042	0.102	
Threonine g	0.061		0		1		0.151	0.366	
Isoleucine g	0.074		0		1		0.183	0.444	
Leucine g	0.126		0		1		0.311	0.756	
Lysine g	0.121		0		1		0.299	0.726	
Methionine g	0.033		0		1		0.082	0.198	
Cystine g	0.014		0		1		0.035	0.084	
Phenylalanine g	0.072		0		1		0.178	0.432	
Tyrosine g	0.051		0		1		0.126	0.306	
Valine g	0.087		0		1		0.215	0.522	
Arginine g	0.092		0		1		0.227	0.552	
Histidine g	0.044		0		1		0.109	0.264	
Alanine g	0.112		0		1		0.277	0.672	
Aspartic acid g	0.166		0		1		0.410	0.996	
Glutamic acid g	0.496		0		1		1.225	2.976	
Glycine g	0.124		0		1		0.306	0.744	
Proline g	0.113		0		1		0.279	0.678	
Serine g	0.068		0		1		0.168	0.408	
Hydroxyproline g									

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

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.08	0.370	10		1		185.94	225.94	
Energy	kcal	112		0	NC	4		281	342	
Energy	kj	469				4		1176	1429	
Protein (N x 6.25)	g	3.55	0.058	10		1		8.91	10.83	
Total lipid (fat)	g	3.42	0.154	10		1		8.58	10.43	
Ash	g	2.08	0.013	10		1		5.22	6.34	
Carbohydrate, by difference	g	16.87		0	NC	4		42.34	51.45	
Fiber, total dietary	g	1.2		0		4		2.9	3.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.547	10		1		35	43	
Iron, Fe	mg	0.89	0.051	10		1		2.23	2.71	
Magnesium, Mg	mg	6		1		1		15	18	
Phosphorus, P	mg	45		1		1		113	137	
Potassium, K	mg	176		1		1		442	537	
Sodium, Na	mg	731	53.745	5		1		1835	2230	
Zinc, Zn	mg	0.60		1		1		1.51	1.83	
Copper, Cu	mg	0.100		1		1		0.251	0.305	
Manganese, Mn	mg	0.200		1		1		0.502	0.610	
Selenium, Se	mcg	4.0		0	RA	4		10.0	12.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	
Thiamin	mg	0.067	0.002	10		1		0.168	0.204	
Riboflavin	mg	0.071	0.002	10		1		0.178	0.217	
Niacin	mg	1.490	0.028	10		1		3.740	4.545	
Pantothenic acid	mg	0.150		0		4		0.377	0.458	
Vitamin B-6	mg	0.070		1		1		0.176	0.214	
Folate, total	mcg	15		0	FLA	4		38	46	
Folic acid	mcg	9		0	NC	4		23	27	
Folate, food	mcg	6		0		4		15	18	
Folate, DFE	mcg_DFE	21		0	NC	4		53	65	
Vitamin B-12	mcg	0.15		1		1		0.38	0.46	
Vitamin A, IU	IU	425	18.088	10		1		1067	1296	
Vitamin A, RAE	mcg_RAE	21		0	NC	4		53	65	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Tocopherol, alpha	mg	0.62		0		4		1.56	1.89	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.270		0		1		3.188	3.874	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.070		0		1		0.176	0.214	
15:0	g									
16:0	g	0.700		0		1		1.757	2.135	
17:0	g									
18:0	g	0.430		0		1		1.079	1.312	
20:0	g									
22:0	g									
24:0	g									

NDB No. 06061

Soup, tomato beef with noodle, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.380		0		1		3.464	4.209	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.251	0.305	
17:1.....g									
18:1 undifferentiated.....g	1.210		0		1		3.037	3.691	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.540		0		1		1.355	1.647	
18:2 undifferentiated.....g	0.460		0		1		1.155	1.403	
18:3 undifferentiated.....g	0.070		0		1		0.176	0.214	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		1		8	9	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.034		0		1		0.085	0.104	
Threonine.....g	0.114		0		1		0.286	0.348	
Isoleucine.....g	0.137		0		1		0.344	0.418	
Leucine.....g	0.231		0		1		0.580	0.705	
Lysine.....g	0.193		0		1		0.484	0.589	
Methionine.....g	0.066		0		1		0.166	0.201	
Cystine.....g	0.042		0		1		0.105	0.128	
Phenylalanine.....g	0.143		0		1		0.359	0.436	
Tyrosine.....g	0.092		0		1		0.231	0.281	
Valine.....g	0.153		0		1		0.384	0.467	
Arginine.....g	0.145		0		1		0.364	0.442	
Histidine.....g	0.082		0		1		0.206	0.250	
Alanine.....g	0.164		0		1		0.412	0.500	
Aspartic acid.....g	0.260		0		1		0.653	0.793	
Glutamic acid.....g	0.980		0		1		2.460	2.989	
Glycine.....g	0.166		0		1		0.417	0.506	
Proline.....g	0.229		0		1		0.575	0.698	
Serine.....g	0.127		0		1		0.319	0.387	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.67		0		1		211.47	513.95	
Energy	kcal	57		0	NC	4		139	338	
Energy	kj	238				4		582	1414	
Protein (N x 6.25)	g	1.83		0		1		4.47	10.85	
Total lipid (fat)	g	1.76		0		1		4.29	10.44	
Ash	g	1.07		0		1		2.61	6.35	
Carbohydrate, by difference	g	8.67		0	NC	4		21.15	51.41	
Fiber, total dietary	g	0.6		0		4		1.5	3.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		17	42	
Iron, Fe	mg	0.46		0		1		1.12	2.73	
Magnesium, Mg	mg	3		0		1		7	18	
Phosphorus, P	mg	23		0		1		56	136	
Potassium, K	mg	90		0		1		220	534	
Sodium, Na	mg	376		0		1		917	2230	
Zinc, Zn	mg	0.31		0		1		0.75	1.83	
Copper, Cu	mg	0.051		0		1		0.124	0.302	
Manganese, Mn	mg	0.103		0		1		0.251	0.611	
Selenium, Se	mcg	2.0		0	RA	4		4.9	11.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	mg	0.034		0		1		0.083	0.202	
Riboflavin	mg	0.037		0		1		0.090	0.219	
Niacin	mg	0.766		0		1		1.869	4.542	
Pantothenic acid	mg	0.080		0		4		0.195	0.474	
Vitamin B-6	mg	0.036		0		1		0.088	0.213	
Folate, total	mcg	8		0	BFSN	4		20	47	
Folic acid	mcg	5		0	NC	4		12	30	
Folate, food	mcg	3		0		4		7	18	
Folate, DFE	mcg_DFE	12		0	NC	4		28	68	
Vitamin B-12	mcg	0.08		0		1		0.20	0.47	
Vitamin A, IU	IU	219		0		1		534	1299	
Vitamin A, RAE	mcg_RAE	11		0	NC	4		27	65	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.320		0		4		0.781	1.898	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.650		0		1		1.586	3.855	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.040		0		1		0.098	0.237	
15:0	g									
16:0	g	0.360		0		1		0.878	2.135	
17:0	g									
18:0	g	0.220		0		1		0.537	1.305	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.710		0		1		1.732	4.210	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		0		1		0.122	0.297	

NDB No. 06461

Soup, tomato beef with noodle, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.620		0		1		1.513	3.677	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.280		0		1		0.683	1.660	
18:2 undifferentiated ... g	0.240		0		1		0.586	1.423	
18:3 undifferentiated ... g	0.040		0		1		0.098	0.237	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		5	12	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.017		0		1		0.041	0.101	
Threonine ... g	0.059		0		1		0.144	0.350	
Isoleucine ... g	0.070		0		1		0.171	0.415	
Leucine ... g	0.119		0		1		0.290	0.706	
Lysine ... g	0.099		0		1		0.242	0.587	
Methionine ... g	0.034		0		1		0.083	0.202	
Cystine ... g	0.022		0		1		0.054	0.130	
Phenylalanine ... g	0.074		0		1		0.181	0.439	
Tyrosine ... g	0.047		0		1		0.115	0.279	
Valine ... g	0.079		0		1		0.193	0.468	
Arginine ... g	0.075		0		1		0.183	0.445	
Histidine ... g	0.042		0		1		0.102	0.249	
Alanine ... g	0.084		0		1		0.205	0.498	
Aspartic acid ... g	0.134		0		1		0.327	0.795	
Glutamic acid ... g	0.504		0		1		1.230	2.989	
Glycine ... g	0.085		0		1		0.207	0.504	
Proline ... g	0.118		0		1		0.288	0.700	
Serine ... g	0.065		0		1		0.159	0.385	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.32	0.277	13		1		193.57	235.00	
Energy	kcal	96		0	NC	4		247	300	
Energy	kj	402				4		1032	1253	
Protein (N x 6.25)	g	1.76	0.058	13		1		4.52	5.49	
Total lipid (fat)	g	1.95	0.058	13		1		5.01	6.08	
Ash	g	2.49	0.035	13		1		6.40	7.77	
Carbohydrate, by difference	g	18.47		0	NC	4		47.47	57.63	
Fiber, total dietary	g	0.8		0		4		2.1	2.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	31	2.333	13		1		80	97	
Iron, Fe	mg	0.64	0.046	13		1		1.64	2.00	
Magnesium, Mg	mg	7		1		1		18	22	
Phosphorus, P	mg	47		1		1		121	147	
Potassium, K	mg	325		1		1		835	1014	
Sodium, Na	mg	816	38.192	8		1		2097	2546	
Zinc, Zn	mg	0.46		5		1		1.17	1.43	
Copper, Cu	mg	0.100		1		1		0.257	0.312	
Manganese, Mn	mg	0.200		1		1		0.514	0.624	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.6		1		1		11.8	14.4	
Thiamin	mg	0.051	0.001	13		1		0.131	0.159	
Riboflavin	mg	0.055	0.002	13		1		0.141	0.172	
Niacin	mg	0.894	0.023	13		1		2.298	2.789	
Pantothenic acid	mg	0.100		0		4		0.257	0.312	
Vitamin B-6	mg	0.070		1		1		0.180	0.218	
Folate, total	mcg	12		0		4		31	37	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		0		4		31	37	
Folate, DFE	mcg_DFE	12		0	NC	4		31	37	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	562		13		1		1444	1753	
Vitamin A, RAE	mcg_RAE	32		0	NC	4		81	98	
Retinol	mcg	4		0	NC	4		10	12	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.420		0		1		1.079	1.310	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.020		0		1		0.051	0.062	
15:0	g									
16:0	g	0.240		0		1		0.617	0.749	
17:0	g									
18:0	g	0.090		0		1		0.231	0.281	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.530		0		1		1.362	1.654	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.026	0.031	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.510		0		1		1.311	1.591	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.870		0		1		2.236	2.714	
18:2 undifferentiated ... g	0.750		0		1		1.928	2.340	
18:3 undifferentiated ... g	0.110		0		1		0.283	0.343	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		10	12	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.018		0		1		0.046	0.056	
Threonine ... g	0.052		0		1		0.134	0.162	
Isoleucine ... g	0.060		0		1		0.154	0.187	
Leucine ... g	0.098		0		1		0.252	0.306	
Lysine ... g	0.070		0		1		0.180	0.218	
Methionine ... g	0.023		0		1		0.059	0.072	
Cystine ... g	0.019		0		1		0.049	0.059	
Phenylalanine ... g	0.060		0		1		0.154	0.187	
Tyrosine ... g	0.046		0		1		0.118	0.144	
Valine ... g	0.068		0		1		0.175	0.212	
Arginine ... g	0.051		0		1		0.131	0.159	
Histidine ... g	0.034		0		1		0.087	0.106	
Alanine ... g	0.050		0		1		0.129	0.156	
Aspartic acid ... g	0.154		0		1		0.396	0.480	
Glutamic acid ... g	0.605		0		1		1.555	1.888	
Glycine ... g	0.040		0		1		0.103	0.125	
Proline ... g	0.108		0		1		0.278	0.337	
Serine ... g	0.069		0		1		0.177	0.215	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 257g: 1 cup (8 fl oz)

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.51		0		1		204.59	496.40	
Energy	kcal	79		0	NC	4		198	481	
Energy	kj	331				4		830	2013	
Protein (N x 6.25)	g	2.51		0		1		6.30	15.29	
Total lipid (fat)	g	2.63		0		1		6.60	16.02	
Ash	g	1.63		0		1		4.09	9.93	
Carbohydrate, by difference	g	11.73		0	NC	4		29.44	71.44	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	74		0		1		186	451	
Iron, Fe	mg	0.35		0		1		0.88	2.13	
Magnesium, Mg	mg	10		0		1		25	61	
Phosphorus, P	mg	69		0		1		173	420	
Potassium, K	mg	241		0		1		605	1468	
Sodium, Na	mg	442		0		1		1109	2692	
Zinc, Zn	mg	0.25		0		1		0.63	1.53	
Copper, Cu	mg	0.056		0		1		0.141	0.341	
Manganese, Mn	mg	0.103		0		1		0.259	0.627	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.8		0		1		7.0	17.1	
Thiamin	mg	0.045		0		1		0.113	0.274	
Riboflavin	mg	0.107		0		1		0.269	0.652	
Niacin	mg	0.499		0		1		1.252	3.039	
Pantothenic acid	mg	0.200		0		4		0.502	1.218	
Vitamin B-6	mg	0.056		0		1		0.141	0.341	
Folate, total	mcg	9		0		4		21	52	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		21	52	
Folate, DFE	mcg_DFE	9		0	NC	4		21	52	
Vitamin B-12	mcg	0.17		0		1		0.43	1.04	
Vitamin A, IU	IU	350		0		1		879	2132	
Vitamin A, RAE	mcg_RAE	25		0	NC	4		63	152	
Retinol	mcg	9		0	NC	4		23	55	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.250		0		1		3.138	7.613	
4:0	g	0.060		0		1		0.151	0.365	
6:0	g	0.030		0		1		0.075	0.183	
8:0	g	0.020		0		1		0.050	0.122	
10:0	g	0.040		0		1		0.100	0.244	
12:0	g	0.050		0		1		0.126	0.305	
13:0	g									
14:0	g	0.180		0		1		0.452	1.096	
15:0	g									
16:0	g	0.560		0		1		1.406	3.410	
17:0	g									
18:0	g	0.240		0		1		0.602	1.462	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.750		0		1		1.883	4.568	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		0		1		0.126	0.305	

NDB No. 06358

Soup, tomato bisque, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.680		0		1		1.707	4.141	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.490		0		1		1.230	2.984	
18:2 undifferentiated ... g	0.420		0		1		1.054	2.558	
18:3 undifferentiated ... g	0.080		0		1		0.201	0.487	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	9		0		1		23	55	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.032		0		1		0.080	0.195	
Threonine ... g	0.099		0		1		0.248	0.603	
Isoleucine ... g	0.128		0		1		0.321	0.780	
Leucine ... g	0.207		0		1		0.520	1.261	
Lysine ... g	0.163		0		1		0.409	0.993	
Methionine ... g	0.052		0		1		0.131	0.317	
Cystine ... g	0.024		0		1		0.060	0.146	
Phenylalanine ... g	0.108		0		1		0.271	0.658	
Tyrosine ... g	0.101		0		1		0.254	0.615	
Valine ... g	0.142		0		1		0.356	0.865	
Arginine ... g	0.084		0		1		0.211	0.512	
Histidine ... g	0.061		0		1		0.153	0.371	
Alanine ... g	0.081		0		1		0.203	0.493	
Aspartic acid ... g	0.201		0		1		0.505	1.224	
Glutamic acid ... g	0.646		0		1		1.621	3.934	
Glycine ... g	0.055		0		1		0.138	0.335	
Proline ... g	0.211		0		1		0.530	1.285	
Serine ... g	0.123		0		1		0.309	0.749	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 609g: 1 can (11 oz), prepared

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.17		0		1		215.31	523.02	
Energy	kcal	50		0	NC	4		124	300	
Energy	kj	209				4		517	1255	
Protein (N x 6.25)	g	0.92		0		1		2.27	5.52	
Total lipid (fat)	g	1.02		0		1		2.52	6.12	
Ash	g	1.29		0		1		3.19	7.74	
Carbohydrate, by difference	g	9.60		0	NC	4		23.71	57.60	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		40	96	
Iron, Fe	mg	0.33		0		1		0.82	1.98	
Magnesium, Mg	mg	4		0		1		10	24	
Phosphorus, P	mg	24		0		1		59	144	
Potassium, K	mg	169		0		1		417	1014	
Sodium, Na	mg	424		0		1		1047	2544	
Zinc, Zn	mg	0.24		0		1		0.59	1.43	
Copper, Cu	mg	0.052		0		1		0.128	0.312	
Manganese, Mn	mg	0.104		0		1		0.257	0.624	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4		0		1		5.9	14.4	
Thiamin	mg	0.027		0		1		0.067	0.162	
Riboflavin	mg	0.029		0		1		0.072	0.174	
Niacin	mg	0.465		0		1		1.149	2.790	
Pantothenic acid	mg	0.050		0		4		0.124	0.300	
Vitamin B-6	mg	0.036		0		1		0.089	0.216	
Folate, total	mcg	6		0		4		15	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		15	36	
Folate, DFE	mcg_DFE	6		0	NC	4		15	36	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	292		0		1		721	1752	
Vitamin A, RAE	mcg_RAE	18		0	NC	4		44	108	
Retinol	mcg	4		0	NC	4		10	24	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.220		0		1		0.543	1.320	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		0		1		0.025	0.060	
15:0	g									
16:0	g	0.120		0		1		0.296	0.720	
17:0	g									
18:0	g	0.040		0		1		0.099	0.240	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.280		0		1		0.692	1.680	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.025	0.060	

NDB No. 06558

Soup, tomato bisque, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.270		0		1		0.667	1.620	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.450		0		1		1.112	2.700	
18:2 undifferentiated ... g	0.390		0		1		0.963	2.340	
18:3 undifferentiated ... g	0.060		0		1		0.148	0.360	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		5	12	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.009		0		1		0.022	0.054	
Threonine ... g	0.027		0		1		0.067	0.162	
Isoleucine ... g	0.031		0		1		0.077	0.186	
Leucine ... g	0.051		0		1		0.126	0.306	
Lysine ... g	0.036		0		1		0.089	0.216	
Methionine ... g	0.012		0		1		0.030	0.072	
Cystine ... g	0.010		0		1		0.025	0.060	
Phenylalanine ... g	0.031		0		1		0.077	0.186	
Tyrosine ... g	0.024		0		1		0.059	0.144	
Valine ... g	0.035		0		1		0.086	0.210	
Arginine ... g	0.027		0		1		0.067	0.162	
Histidine ... g	0.018		0		1		0.044	0.108	
Alanine ... g	0.026		0		1		0.064	0.156	
Aspartic acid ... g	0.080		0		1		0.198	0.480	
Glutamic acid ... g	0.315		0		1		0.778	1.890	
Glycine ... g	0.021		0		1		0.052	0.126	
Proline ... g	0.056		0		1		0.138	0.336	
Serine ... g	0.036		0		1		0.089	0.216	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 247g: 1 cup (8 fl oz)

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: **Protein** 3.9 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.13	0.096	14		1		198.22	240.65	
Energy	kcal	93		0	NC	4		239	290	
Energy	kj	389				4		1000	1214	
Protein (N x 6.25)	g	1.64	0.027	14		1		4.21	5.12	
Total lipid (fat)	g	2.12	0.024	14		1		5.45	6.61	
Ash	g	2.03	0.012	14		1		5.22	6.33	
Carbohydrate, by difference	g	17.08		0	NC	4		43.90	53.29	
Fiber, total dietary	g	1.3		0		4		3.3	4.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		11		1		46	56	
Iron, Fe	mg	0.62	0.034	14		1		1.59	1.93	
Magnesium, Mg	mg	4		0		1		10	12	
Phosphorus, P	mg	26		0		1		67	81	
Potassium, K	mg	257		2		1		660	802	
Sodium, Na	mg	635		6		1		1632	1981	
Zinc, Zn	mg	0.40		1		1		1.03	1.25	
Copper, Cu	mg	0.100		1		1		0.257	0.312	
Manganese, Mn	mg	0.300		1		1		0.771	0.936	
Selenium, Se	mcg	1.8		0	RA	4		4.6	5.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.5	0.655	13		1		29.6	35.9	
Thiamin	mg	0.048	0.002	13		1		0.123	0.150	
Riboflavin	mg	0.039	0.002	13		1		0.100	0.122	
Niacin	mg	0.822	0.023	13		1		2.113	2.565	
Pantothenic acid	mg	0.100		0		4		0.257	0.312	
Vitamin B-6	mg	0.060		1		1		0.154	0.187	
Folate, total	mcg	11		0		4		28	34	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		4		28	34	
Folate, DFE	mcg_DFE	11		0	NC	4		28	34	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	588	29.546	13		1		1511	1835	
Vitamin A, RAE	mcg_RAE	29		0	NC	4		76	92	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.600		0		4		1.542	1.872	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.400		0		1		1.028	1.248	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.010		0		1		0.026	0.031	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.026	0.031	
13:0	g									
14:0	g	0.030		0		1		0.077	0.094	
15:0	g									
16:0	g	0.220		0		1		0.565	0.686	
17:0	g									
18:0	g	0.100		0		1		0.257	0.312	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.470		0		1		1.208	1.466	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.026	0.031	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.460		0		1		1.182	1.435	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.050		0		1		2.699	3.276	
18:2 undifferentiated ... g	0.870		0		1		2.236	2.714	
18:3 undifferentiated ... g	0.180		0		1		0.463	0.562	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		3	3	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 257g: 1 cup (8 fl oz)

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	88.11		0		1		217.63	528.66	
Energy	kcal	48		0	NC	4		119	288	
Energy	kj	201				4		496	1205	
Protein (N x 6.25)	g	0.85		0		1		2.10	5.10	
Total lipid (fat)	g	1.10		0		1		2.72	6.60	
Ash	g	1.05		0		1		2.59	6.30	
Carbohydrate, by difference	g	8.88		0	NC	4		21.93	53.28	
Fiber, total dietary	g	0.6		0		4		1.5	3.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		22	54	
Iron, Fe	mg	0.32		0		1		0.79	1.92	
Magnesium, Mg	mg	2		0		1		5	12	
Phosphorus, P	mg	14		0		1		35	84	
Potassium, K	mg	134		0		1		331	804	
Sodium, Na	mg	330		0		1		815	1980	
Zinc, Zn	mg	0.21		0		1		0.51	1.25	
Copper, Cu	mg	0.052		0		1		0.128	0.312	
Manganese, Mn	mg	0.156		0		1		0.385	0.936	
Selenium, Se	mcg	0.9		0	RA	4		2.2	5.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		0		1		14.8	36.0	
Thiamin	mg	0.025		0		1		0.062	0.150	
Riboflavin	mg	0.020		0		1		0.049	0.120	
Niacin	mg	0.427		0		1		1.055	2.562	
Pantothenic acid	mg	0.050		0		4		0.124	0.300	
Vitamin B-6	mg	0.031		0		1		0.077	0.186	
Folate, total	mcg	6		0		4		14	33	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		14	33	
Folate, DFE	mcg_DFE	6		0	NC	4		14	33	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	306		0		1		756	1836	
Vitamin A, RAE	mcg_RAE	15		0	NC	4		38	92	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.320		0		4		0.790	1.920	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.210		0		1		0.519	1.260	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.010		0		1		0.025	0.060	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.025	0.060	
15:0	g									
16:0	g	0.120		0		1		0.296	0.720	
17:0	g									
18:0	g	0.050		0		1		0.124	0.300	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.240		0		1		0.593	1.440	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.025	0.060	

NDB No. 06463

Soup, tomato rice, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.240		0		1		0.593	1.440	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.550		0		1		1.359	3.300	
18:2 undifferentiated ... g	0.450		0		1		1.112	2.700	
18:3 undifferentiated ... g	0.090		0		1		0.222	0.540	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	6	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: **Protein** 3.7 **Fat** 8.9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.73		6		1		0.71	0.04	1.45
Energy	kcal	325		0	NC	4		62	4	127
Energy	kj	1360				4		258	16	530
Protein (N x 6.25)	g	11.73		4		1		2.23	0.14	4.57
Total lipid (fat)	g	5.09		4		1		0.97	0.06	1.99
Ash	g	19.54		4		1		3.71	0.23	7.62
Carbohydrate, by difference	g	59.90		0	NC	4		11.38	0.72	23.36
Fiber, total dietary	g	3.0		0		4		0.6	0.0	1.2
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	46		1		1		9	1	18
Iron, Fe	mg	3.71		2		1		0.70	0.04	1.45
Magnesium, Mg	mg	115		2		1		22	1	45
Phosphorus, P	mg	173		2		1		33	2	67
Potassium, K	mg	605		1		1		115	7	236
Sodium, Na	mg	6722		5		1		1277	81	2622
Zinc, Zn	mg	0.98	0.029	3		1		0.19	0.01	0.38
Copper, Cu	mg	0.190	0.007	3		1		0.036	0.002	0.074
Manganese, Mn	mg	0.980		0		4		0.186	0.012	0.382
Selenium, Se	mcg	22.6		0	BFSN	4		4.3	0.3	8.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	35.3		2		1		6.7	0.4	13.8
Thiamin	mg	0.340		3		1		0.065	0.004	0.133
Riboflavin	mg	0.266		2		1		0.051	0.003	0.104
Niacin	mg	4.625		3		1		0.879	0.056	1.804
Pantothenic acid	mg	0.848		1		1		0.161	0.010	0.331
Vitamin B-6	mg	0.300		0		4		0.057	0.004	0.117
Folate, total	mcg	60		0		4		11	1	23
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	60		0		4		11	1	23
Folate, DFE	mcg_DFE	60		0	NC	4		11	1	23
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	1114		3		1		212	13	434
Vitamin A, RAE	mcg_RAE	56		0	NC	4		11	1	22
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	3.072		0		4		0.584	0.037	1.198
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	2.320		0		1		0.441	0.028	0.905
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.170		0		1		0.032	0.002	0.066
13:0	g									
14:0	g	0.170		0		1		0.032	0.002	0.066
15:0	g									
16:0	g	1.160		0		1		0.220	0.014	0.452
17:0	g									
18:0	g	0.830		0		1		0.158	0.010	0.324
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.910		0		1		0.363	0.023	0.745
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.090		0		1		0.017	0.001	0.035

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	1.830		0		1		0.348	0.022	0.714
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.500		0		1		0.095	0.006	0.195
18:2 undifferentiated ... g	0.500		0		1		0.095	0.006	0.195
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	3		0		1		1	0	1
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 19g: 1 cup (8 fl oz)

Measure 2 = 1.2g: 1 tbsp

Measure 3 = 39g: 1 packet

Calories Factors: Protein 3.5 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	93.52		0		1		225.38	236.61	176.75
Energy	kcal	22		0	NC	4		53	56	42
Energy	kj	92				4		222	233	174
Protein (N x 6.25)	g	0.79		0		1		1.90	2.00	1.49
Total lipid (fat)	g	0.34		0		1		0.82	0.86	0.64
Ash	g	1.32		0		1		3.18	3.34	2.49
Carbohydrate, by difference	g	4.04		0	NC	4		9.74	10.22	7.64
Fiber, total dietary	g	0.2		0		4		0.5	0.5	0.4
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3		0		1		7	8	6
Iron, Fe	mg	0.25		0		1		0.60	0.63	0.47
Magnesium, Mg	mg	8		0		1		19	20	15
Phosphorus, P	mg	12		0		1		29	30	23
Potassium, K	mg	41		0		1		99	104	77
Sodium, Na	mg	453		0		1		1092	1146	856
Zinc, Zn	mg	0.07		0		1		0.16	0.17	0.12
Copper, Cu	mg	0.013		0		1		0.031	0.033	0.025
Manganese, Mn	mg	0.070		0		4		0.169	0.177	0.132
Selenium, Se	mcg	1.8		0	BFSN	4		4.3	4.6	3.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4		0		1		5.8	6.1	4.5
Thiamin	mg	0.023		0		1		0.055	0.058	0.043
Riboflavin	mg	0.018		0		1		0.043	0.046	0.034
Niacin	mg	0.312		0		1		0.752	0.789	0.590
Pantothenic acid	mg	0.057		0		1		0.137	0.144	0.108
Vitamin B-6	mg	0.020		0		4		0.048	0.051	0.038
Folate, total	mcg	4		0		4		10	10	8
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		4		10	10	8
Folate, DFE	mcg_DFE	4		0	NC	4		10	10	8
Vitamin B-12	mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU	IU	75		0		1		181	190	142
Vitamin A, RAE	mcg_RAE	4		0	NC	4		9	9	7
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.320		0		4		0.771	0.810	0.605
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.150		0		1		0.362	0.380	0.284
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.024	0.025	0.019
13:0	g									
14:0	g	0.010		0		1		0.024	0.025	0.019
15:0	g									
16:0	g	0.070		0		1		0.169	0.177	0.132
17:0	g									
18:0	g	0.050		0		1		0.121	0.127	0.095
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.120		0		1		0.289	0.304	0.227
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.024	0.025	0.019

NDB No. 06499
Soup, tomato vegetable, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	0.120		0		1		0.289	0.304	0.227
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.030		0		1		0.072	0.076	0.057
18:2 undifferentiated g	0.030		0		1		0.072	0.076	0.057
18:3 undifferentiated g	0.000		0		1		0.000	0.000	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	0		0		1		0	0	0
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 253g: 1 cup (8 fl oz)

Measure 3 = 189g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 3.5 **Fat** 8.8 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.25	0.343	13		1		203.94	247.81	
Energy	kcal	68		0	NC	4		171	207	
Energy	kj	285				4		714	868	
Protein (N x 6.25)	g	1.64	0.031	10		1		4.12	5.00	
Total lipid (fat)	g	1.53	0.030	10		1		3.84	4.67	
Ash	g	2.36	0.031	10		1		5.92	7.20	
Carbohydrate, by difference	g	13.22		0	NC	4		33.18	40.32	
Fiber, total dietary	g	0.4		0		4		1.0	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.718	10		1		28	34	
Iron, Fe	mg	1.40	0.132	10		1		3.51	4.27	
Magnesium, Mg	mg	6		1		1		15	18	
Phosphorus, P	mg	27		1		1		68	82	
Potassium, K	mg	210		1		1		527	641	
Sodium, Na	mg	554		0		4		1391	1690	
Zinc, Zn	mg	0.19		3		1		0.49	0.59	
Copper, Cu	mg	0.200		1		1		0.502	0.610	
Manganese, Mn	mg	0.200		1		1		0.502	0.610	
Selenium, Se	mcg	0.4		2	A	1		1.0	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	53.0	3.000	10		1		133.0	161.7	
Thiamin	mg	0.070	0.004	10		1		0.176	0.214	
Riboflavin	mg	0.040	0.002	10		1		0.100	0.122	
Niacin	mg	1.130	0.040	10		1		2.836	3.447	
Pantothenic acid	mg	0.120		0		4		0.301	0.366	
Vitamin B-6	mg	0.090		1		1		0.226	0.275	
Folate, total	mcg	12	1.014	3		1		29	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12	1.014	3		1		29	36	
Folate, DFE	mcg_DFE	12		0	NC	4		29	36	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	555		10		1		1393	1693	
Vitamin A, RAE	mcg_RAE	28		0	NC	4		70	85	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	2.020		0		4		5.070	6.161	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.290		0		1		0.728	0.885	
4:0	g	0.000		1		1		0.000	0.000	
6:0	g	0.010		1		1		0.025	0.031	
8:0	g	0.000		1		1		0.000	0.000	
10:0	g	0.000		1		1		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.020		1		1		0.050	0.061	
15:0	g									
16:0	g	0.160		1		1		0.402	0.488	
17:0	g									
18:0	g	0.070		1		1		0.176	0.214	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.340		0		1		0.853	1.037	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		1		1		0.025	0.031	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.330		1		1		0.828	1.007	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.760		0		1		1.908	2.318	
18:2 undifferentiated ... g	0.630		1		1		1.581	1.922	
18:3 undifferentiated ... g	0.130		1		1		0.326	0.397	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.016		0		1		0.040	0.049	
Threonine ... g	0.041		0		1		0.103	0.125	
Isoleucine ... g	0.047		0		1		0.118	0.143	
Leucine ... g	0.079		0		1		0.198	0.241	
Lysine ... g	0.040		0		1		0.100	0.122	
Methionine ... g	0.018		0		1		0.045	0.055	
Cystine ... g	0.022		0		1		0.055	0.067	
Phenylalanine ... g	0.056		0		1		0.141	0.171	
Tyrosine ... g	0.034		0		1		0.085	0.104	
Valine ... g	0.053		0		1		0.133	0.162	
Arginine ... g	0.048		0		1		0.120	0.146	
Histidine ... g	0.029		0		1		0.073	0.088	
Alanine ... g	0.044		0		1		0.110	0.134	
Aspartic acid ... g	0.128		0		1		0.321	0.390	
Glutamic acid ... g	0.617		0		1		1.549	1.882	
Glycine ... g	0.042		0		1		0.105	0.128	
Proline ... g	0.107		0		1		0.269	0.326	
Serine ... g	0.063		0		1		0.158	0.192	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 2.8 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06359

Soup, tomato, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.58		0		1		209.76	509.17	
Energy	kcal	65		0	NC	4		161	391	
Energy	kj	272				4		674	1637	
Protein (N x 6.25)	g	2.46		0		1		6.10	14.81	
Total lipid (fat)	g	2.42		0		1		6.00	14.57	
Ash	g	1.55		0		1		3.84	9.33	
Carbohydrate, by difference	g	8.99		0	NC	4		22.30	54.12	
Fiber, total dietary	g	1.1		0		4		2.7	6.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	64		0		1		159	385	
Iron, Fe	mg	0.73		0		1		1.81	4.39	
Magnesium, Mg	mg	9		0		1		22	54	
Phosphorus, P	mg	60		0		1		149	361	
Potassium, K	mg	181		0		1		449	1090	
Sodium, Na	mg	300		0		4		744	1806	
Zinc, Zn	mg	0.12		0		1		0.29	0.70	
Copper, Cu	mg	0.106		0		1		0.263	0.638	
Manganese, Mn	mg	0.102		0		1		0.253	0.614	
Selenium, Se	mcg	0.9	0.228	12	A	1		2.2	5.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	27.3		0		1		67.7	164.3	
Thiamin	mg	0.054		0		1		0.134	0.325	
Riboflavin	mg	0.100		0		1		0.248	0.602	
Niacin	mg	0.613		0		1		1.520	3.690	
Pantothenic acid	mg	0.220		0		4		0.546	1.324	
Vitamin B-6	mg	0.066		0		1		0.164	0.397	
Folate, total	mcg	8		0		1		21	51	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		21	51	
Folate, DFE	mcg_DFE	8		0	NC	4		21	51	
Vitamin B-12	mcg	0.18		0		1		0.45	1.08	
Vitamin A, IU	IU	342		0		1		848	2059	
Vitamin A, RAE	mcg_RAE	30		0	NC	4		74	181	
Retinol	mcg	16		0	NC	4		40	96	
Vitamin E	mg_ATE	1.050		0		4		2.604	6.321	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	1.170		0		1		2.902	7.043	
4:0	g	0.060		0		1		0.149	0.361	
6:0	g	0.030		0		1		0.074	0.181	
8:0	g	0.020		0		1		0.050	0.120	
10:0	g	0.040		0		1		0.099	0.241	
12:0	g	0.050		0		1		0.124	0.301	
13:0	g									
14:0	g	0.180		0		1		0.446	1.084	
15:0	g									
16:0	g	0.520		0		1		1.290	3.130	
17:0	g									
18:0	g	0.230		0		1		0.570	1.385	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.650		0		1		1.612	3.913	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.040		0		1		0.099	0.241	

NDB No. 06359

Soup, tomato, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.580		0		1		1.438	3.492	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.450		0		1		1.116	2.709	
18:2 undifferentiated ... g	0.360		0		1		0.893	2.167	
18:3 undifferentiated ... g	0.090		0		1		0.223	0.542	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	7		0		1		17	42	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.031		0		1		0.077	0.187	
Threonine ... g	0.094		0		1		0.233	0.566	
Isoleucine ... g	0.122		0		1		0.303	0.734	
Leucine ... g	0.199		0		1		0.494	1.198	
Lysine ... g	0.149		0		1		0.370	0.897	
Methionine ... g	0.050		0		1		0.124	0.301	
Cystine ... g	0.026		0		1		0.064	0.157	
Phenylalanine ... g	0.107		0		1		0.265	0.644	
Tyrosine ... g	0.096		0		1		0.238	0.578	
Valine ... g	0.135		0		1		0.335	0.813	
Arginine ... g	0.083		0		1		0.206	0.500	
Histidine ... g	0.059		0		1		0.146	0.355	
Alanine ... g	0.078		0		1		0.193	0.470	
Aspartic acid ... g	0.188		0		1		0.466	1.132	
Glutamic acid ... g	0.653		0		1		1.619	3.931	
Glycine ... g	0.056		0		1		0.139	0.337	
Proline ... g	0.212		0		1		0.526	1.276	
Serine ... g	0.120		0		1		0.298	0.722	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 602g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 2.8 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06559

Soup, tomato, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	90.36		0		1		220.48	535.83	
Energy	kcal	35		0	NC	4		85	208	
Energy	kj	146				4		357	868	
Protein (N x 6.25)	g	0.84		0		1		2.05	4.98	
Total lipid (fat)	g	0.79		0		1		1.93	4.68	
Ash	g	1.21		0		1		2.95	7.18	
Carbohydrate, by difference	g	6.80		0	NC	4		16.59	40.32	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		12	30	
Iron, Fe	mg	0.72		0		1		1.76	4.27	
Magnesium, Mg	mg	3		0		1		7	18	
Phosphorus, P	mg	14		0		1		34	83	
Potassium, K	mg	108		0		1		264	640	
Sodium, Na	mg	285		0		4		695	1690	
Zinc, Zn	mg	0.10		0		1		0.24	0.59	
Copper, Cu	mg	0.103		0		1		0.251	0.611	
Manganese, Mn	mg	0.103		0		1		0.251	0.611	
Selenium, Se	mcg	0.2		0	RA	4		0.5	1.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	27.2		0		1		66.4	161.3	
Thiamin	mg	0.036		0		1		0.088	0.213	
Riboflavin	mg	0.021		0		1		0.051	0.125	
Niacin	mg	0.581		0		1		1.418	3.445	
Pantothenic acid	mg	0.060		0		4		0.146	0.356	
Vitamin B-6	mg	0.046		0		1		0.112	0.273	
Folate, total	mcg	6		0		1		15	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		15	36	
Folate, DFE	mcg_DFE	6		0	NC	4		15	36	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	282		0		1		688	1672	
Vitamin A, RAE	mcg_RAE	14		0	NC	4		34	84	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	1.020		0		4		2.489	6.049	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.150		0		1		0.366	0.890	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.024	0.059	
15:0	g									
16:0	g	0.080		0		1		0.195	0.474	
17:0	g									
18:0	g	0.030		0		1		0.073	0.178	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.180		0		1		0.439	1.067	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 06559

Soup, tomato, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.170		0		1		0.415	1.008	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.390		0		1		0.952	2.313	
18:2 undifferentiated ... g	0.320		0		1		0.781	1.898	
18:3 undifferentiated ... g	0.070		0		1		0.171	0.415	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.008		0		1		0.020	0.047	
Threonine ... g	0.021		0		1		0.051	0.125	
Isoleucine ... g	0.024		0		1		0.059	0.142	
Leucine ... g	0.041		0		1		0.100	0.243	
Lysine ... g	0.021		0		1		0.051	0.125	
Methionine ... g	0.009		0		1		0.022	0.053	
Cystine ... g	0.011		0		1		0.027	0.065	
Phenylalanine ... g	0.029		0		1		0.071	0.172	
Tyrosine ... g	0.017		0		1		0.041	0.101	
Valine ... g	0.027		0		1		0.066	0.160	
Arginine ... g	0.025		0		1		0.061	0.148	
Histidine ... g	0.015		0		1		0.037	0.089	
Alanine ... g	0.023		0		1		0.056	0.136	
Aspartic acid ... g	0.066		0		1		0.161	0.391	
Glutamic acid ... g	0.317		0		1		0.773	1.880	
Glycine ... g	0.022		0		1		0.054	0.130	
Proline ... g	0.055		0		1		0.134	0.326	
Serine ... g	0.032		0		1		0.078	0.190	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 2.8 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06098
Soup, tomato, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	3.92		6		1		0.90	0.82	
Energy	kcal	360		0	NC	4		83	76	
Energy	kj	1506				4		346	316	
Protein (N x 6.25)	g	8.63	0.000	3		1		1.98	1.81	
Total lipid (fat)	g	8.35		3		1		1.92	1.75	
Ash	g	10.81		3		1		2.49	2.27	
Carbohydrate, by difference	g	68.30		0	NC	4		15.71	14.34	
Fiber, total dietary	g	1.9		0		4		0.4	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	190		1		1		44	40	
Iron, Fe	mg	1.49		4		1		0.34	0.31	
Magnesium, Mg	mg	51		2		1		12	11	
Phosphorus, P	mg	234		2		1		54	49	
Potassium, K	mg	1039		2		1		239	218	
Sodium, Na	mg	3319		5		1		763	697	
Zinc, Zn	mg	0.74		2		1		0.17	0.15	
Copper, Cu	mg	0.325		2		1		0.075	0.068	
Manganese, Mn	mg	0.300		0		4		0.069	0.063	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.2		2		1		3.7	3.4	
Thiamin	mg	0.217		2		1		0.050	0.046	
Riboflavin	mg	0.166		2		1		0.038	0.035	
Niacin	mg	2.752		2		1		0.633	0.578	
Pantothenic acid	mg	0.400		0		4		0.092	0.084	
Vitamin B-6	mg	0.343		2		1		0.079	0.072	
Folate, total	mcg	24	4.485	3		1		5	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	24	4.485	3		1		5	5	
Folate, DFE	mcg_DFE	24		0	NC	4		5	5	
Vitamin B-12	mcg	0.30		0		4		0.07	0.06	
Vitamin A, IU	IU	2928		2		1		673	615	
Vitamin A, RAE	mcg_RAE	146		0	NC	4		34	31	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	2.986		0		4		0.687	0.627	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.810		0		1		0.876	0.800	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.270		1		1		0.062	0.057	
13:0	g									
14:0	g	0.270		1		1		0.062	0.057	
15:0	g									
16:0	g	1.910		1		1		0.439	0.401	
17:0	g									
18:0	g	1.360		1		1		0.313	0.286	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.130		0		1		0.720	0.657	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.140		1		1		0.032	0.029	

NDB No. 06098
Soup, tomato, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 g									
18:1 undifferentiated g	3.000		1		1		0.690	0.630	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.820		0		1		0.189	0.172	
18:2 undifferentiated g	0.820		1		1		0.189	0.172	
18:3 undifferentiated g									
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	3		1		1		1	1	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	z	7		0.0	0.0	
Caffeine mg									
Theobromine mg									

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

Common Measures:

Measure 1 = 23g: 1 cup (8 fl oz)

Measure 2 = 21g: 1 packet (6 fl oz)

Calories Factors: **Protein** 2.8 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06498
Soup, tomato, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.70		0		1		237.71	178.50	
Energy	kcal	39		0	NC	4		103	78	
Energy	kj	163				4		432	325	
Protein (N x 6.25)	g	0.93		0		1		2.46	1.85	
Total lipid (fat)	g	0.90		0		1		2.39	1.79	
Ash	g	1.16		0		1		3.07	2.31	
Carbohydrate, by difference	g	7.32		0	NC	4		19.40	14.57	
Fiber, total dietary	g	0.2		0		4		0.5	0.4	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0		1		53	40	
Iron, Fe	mg	0.16		0		1		0.42	0.32	
Magnesium, Mg	mg	5		0		1		13	10	
Phosphorus, P	mg	25		0		1		66	50	
Potassium, K	mg	111		0		1		294	221	
Sodium, Na	mg	356		0		1		943	708	
Zinc, Zn	mg	0.08		0		1		0.21	0.16	
Copper, Cu	mg	0.035		0		1		0.093	0.070	
Manganese, Mn	mg	0.030		0		4		0.080	0.060	
Selenium, Se	mcg	0.2		0	BFSN	4		0.5	0.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		1		4.5	3.4	
Thiamin	mg	0.023		0		1		0.061	0.046	
Riboflavin	mg	0.018		0		1		0.048	0.036	
Niacin	mg	0.295		0		1		0.782	0.587	
Pantothenic acid	mg	0.040		0		4		0.106	0.080	
Vitamin B-6	mg	0.037		0		1		0.098	0.074	
Folate, total	mcg	3		0		1		7	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		7	5	
Folate, DFE	mcg_DFE	3		0	NC	4		7	5	
Vitamin B-12	mcg	0.03		0		4		0.08	0.06	
Vitamin A, IU	IU	314		0		1		832	625	
Vitamin A, RAE	mcg_RAE	16		0	NC	4		42	31	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.320		0		4		0.848	0.637	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.410		0		1		1.087	0.816	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.030		0		1		0.080	0.060	
13:0	g									
14:0	g	0.030		0		1		0.080	0.060	
15:0	g									
16:0	g	0.200		0		1		0.530	0.398	
17:0	g									
18:0	g	0.150		0		1		0.398	0.299	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.340		0		1		0.901	0.677	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.053	0.040	

NDB No. 06498
Soup, tomato, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.320		0		1		0.848	0.637	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.090		0		1		0.239	0.179	
18:2 undifferentiated ... g	0.090		0		1		0.239	0.179	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 265g: 1 cup

Measure 2 = 199g: 1 packet, prepared

Calories Factors: **Protein** 2.8 **Fat** 8.7 **Carbohydrate** 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.37	0.141	13		1		216.79	263.43	
Energy	kcal	55		0	NC	4		138	168	
Energy	kj	230				4		578	702	
Protein (N x 6.25)	g	3.11	0.036	13		1		7.81	9.49	
Total lipid (fat)	g	1.59	0.043	13		1		3.99	4.85	
Ash	g	2.06	0.039	13		1		5.17	6.28	
Carbohydrate, by difference	g	6.88		0	NC	4		17.27	20.98	
Fiber, total dietary	g	0.6		0		4		1.5	1.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9	0.700	10		1		23	27	
Iron, Fe	mg	0.75	0.069	10		1		1.88	2.29	
Magnesium, Mg	mg	4		4		1		10	12	
Phosphorus, P	mg	38		1		1		95	116	
Potassium, K	mg	60		1		1		151	183	
Sodium, Na	mg	650	9.083	5		1		1632	1983	
Zinc, Zn	mg	0.46		4		1		1.16	1.42	
Copper, Cu	mg	0.100		1		1		0.251	0.305	
Manganese, Mn	mg	0.200		1		1		0.502	0.610	
Selenium, Se	mcg	8.9		0	BFSN	4		22.3	27.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		4		1		0.3	0.3	
Thiamin	mg	0.059	0.002	13		1		0.148	0.180	
Riboflavin	mg	0.051	0.002	13		1		0.128	0.156	
Niacin	mg	1.112	0.040	13		1		2.791	3.392	
Pantothenic acid	mg	0.140		0		4		0.351	0.427	
Vitamin B-6	mg	0.030		1		1		0.075	0.092	
Folate, total	mcg	15		0	FLA	4		38	46	
Folic acid	mcg	13		0	NC	4		33	40	
Folate, food	mcg	2		0		4		5	5	
Folate, DFE	mcg_DFE	24		0	NC	4		61	74	
Vitamin B-12	mcg	0.13		0		4		0.33	0.40	
Vitamin A, IU	IU	233	35.818	13		1		585	711	
Vitamin A, RAE	mcg_RAE	12		0	NC	4		29	36	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.047		0		4		0.118	0.143	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.440		0		1		1.104	1.342	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		1		1		0.050	0.061	
15:0	g									
16:0	g	0.330		1		1		0.828	1.007	
17:0	g									
18:0	g	0.080		1		1		0.201	0.244	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.640		0		1		1.606	1.952	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.090		1		1		0.226	0.275	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.550		1		1		1.381	1.678	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.390		0		1		0.979	1.190	
18:2 undifferentiated ... g	0.370		1		1		0.929	1.129	
18:3 undifferentiated ... g	0.020		1		1		0.050	0.061	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		10	12	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.030		0		1		0.075	0.092	
Threonine ... g	0.100		0		1		0.251	0.305	
Isoleucine ... g	0.121		0		1		0.304	0.369	
Leucine ... g	0.203		0		1		0.510	0.619	
Lysine ... g	0.169		0		1		0.424	0.515	
Methionine ... g	0.058		0		1		0.146	0.177	
Cystine ... g	0.037		0		1		0.093	0.113	
Phenylalanine ... g	0.125		0		1		0.314	0.381	
Tyrosine ... g	0.081		0		1		0.203	0.247	
Valine ... g	0.134		0		1		0.336	0.409	
Arginine ... g	0.127		0		1		0.319	0.387	
Histidine ... g	0.072		0		1		0.181	0.220	
Alanine ... g	0.143		0		1		0.359	0.436	
Aspartic acid ... g	0.228		0		1		0.572	0.695	
Glutamic acid ... g	0.859		0		1		2.156	2.620	
Glycine ... g	0.146		0		1		0.366	0.445	
Proline ... g	0.201		0		1		0.505	0.613	
Serine ... g	0.112		0		1		0.281	0.342	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	
Caffeine ... mg	0			z	7		0	0	
Theobromine ... mg	0			z	7		0	0	

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

Common Measures:

Measure 1 = 251g: 1 cup (8 fl oz)

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.99		0		1		226.90	28.36	551.43
Energy	kcal	28		0	NC	4		68	9	166
Energy	kj	117				4		286	36	695
Protein (N x 6.25)	g	1.60		0		1		3.90	0.49	9.49
Total lipid (fat)	g	0.82		0		1		2.00	0.25	4.86
Ash	g	1.06		0		1		2.59	0.32	6.29
Carbohydrate, by difference	g	3.54		0	NC	4		8.64	1.08	20.99
Fiber, total dietary	g	0.3		0		4		0.7	0.1	1.8
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		12	2	30
Iron, Fe	mg	0.39		0		1		0.95	0.12	2.31
Magnesium, Mg	mg	2		0		1		5	1	12
Phosphorus, P	mg	20		0		1		49	6	119
Potassium, K	mg	31		0		1		76	9	184
Sodium, Na	mg	334		0		1		815	102	1981
Zinc, Zn	mg	0.24		0		1		0.58	0.07	1.42
Copper, Cu	mg	0.051		0		1		0.124	0.016	0.302
Manganese, Mn	mg	0.103		0		1		0.251	0.031	0.611
Selenium, Se	mcg	4.4		0	RA	4		10.7	1.3	26.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.2	0.0	0.6
Thiamin	mg	0.030		0		1		0.073	0.009	0.178
Riboflavin	mg	0.026		0		1		0.063	0.008	0.154
Niacin	mg	0.572		0		1		1.396	0.174	3.392
Pantothenic acid	mg	0.070		0		4		0.171	0.021	0.415
Vitamin B-6	mg	0.015		0		1		0.037	0.005	0.089
Folate, total	mcg	8		0	BFSN	4		20	2	47
Folic acid	mcg	7		0	NC	4		17	2	42
Folate, food	mcg	1		0		4		2	0	5
Folate, DFE	mcg_DFE	13		0	NC	4		32	4	77
Vitamin B-12	mcg	0.06		0		4		0.15	0.02	0.36
Vitamin A, IU	IU	120		0		1		293	37	712
Vitamin A, RAE	mcg_RAE	6		0	NC	4		15	2	36
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.024		0		4		0.059	0.007	0.142
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.230		0		1		0.561	0.070	1.364
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		0		1		0.024	0.003	0.059
15:0	g									
16:0	g	0.170		0		1		0.415	0.052	1.008
17:0	g									
18:0	g	0.040		0		1		0.098	0.012	0.237
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.330		0		1		0.805	0.101	1.957
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.050		0		1		0.122	0.015	0.297

NDB No. 06465

Soup, turkey noodle, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.280		0		1		0.683	0.085	1.660
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.200		0		1		0.488	0.061	1.186
18:2 undifferentiated ... g	0.190		0		1		0.464	0.058	1.127
18:3 undifferentiated ... g	0.010		0		1		0.024	0.003	0.059
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		5	1	12
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.015		0		1		0.037	0.005	0.089
Threonine ... g	0.051		0		1		0.124	0.016	0.302
Isoleucine ... g	0.062		0		1		0.151	0.019	0.368
Leucine ... g	0.104		0		1		0.254	0.032	0.617
Lysine ... g	0.087		0		1		0.212	0.027	0.516
Methionine ... g	0.030		0		1		0.073	0.009	0.178
Cystine ... g	0.019		0		1		0.046	0.006	0.113
Phenylalanine ... g	0.064		0		1		0.156	0.020	0.380
Tyrosine ... g	0.042		0		1		0.102	0.013	0.249
Valine ... g	0.069		0		1		0.168	0.021	0.409
Arginine ... g	0.065		0		1		0.159	0.020	0.385
Histidine ... g	0.037		0		1		0.090	0.011	0.219
Alanine ... g	0.074		0		1		0.181	0.023	0.439
Aspartic acid ... g	0.117		0		1		0.285	0.036	0.694
Glutamic acid ... g	0.442		0		1		1.078	0.135	2.621
Glycine ... g	0.075		0		1		0.183	0.023	0.445
Proline ... g	0.103		0		1		0.251	0.031	0.611
Serine ... g	0.058		0		1		0.142	0.018	0.344
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Measure 3 = 593g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.01	0.311	10		1		211.58	26.49	256.31
Energy	kcal	60		0	NC	4		148	18	179
Energy	kj	251				4		618	77	748
Protein (N x 6.25)	g	2.52	0.063	10		1		6.20	0.78	7.51
Total lipid (fat)	g	2.47	0.132	10		1		6.08	0.76	7.36
Ash	g	1.95	0.037	10		1		4.80	0.60	5.81
Carbohydrate, by difference	g	7.05		0	NC	4		17.34	2.17	21.01
Fiber, total dietary	g	0.5		0		4		1.2	0.2	1.5
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.958	10		1		34	4	42
Iron, Fe	mg	0.62	0.097	10		1		1.53	0.19	1.85
Magnesium, Mg	mg	3		1		1		7	1	9
Phosphorus, P	mg	33		1		1		81	10	98
Potassium, K	mg	143		1		1		352	44	426
Sodium, Na	mg	739	47.576	5		1		1818	228	2202
Zinc, Zn	mg	0.50		1		1		1.23	0.15	1.49
Copper, Cu	mg	0.100		1		1		0.246	0.031	0.298
Manganese, Mn	mg	0.200		1		1		0.492	0.062	0.596
Selenium, Se	mcg	4.3		0	BFSN	4		10.6	1.3	12.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1		1		0.0	0.0	0.0
Thiamin	mg	0.024	0.001	10		1		0.059	0.007	0.072
Riboflavin	mg	0.032	0.001	10		1		0.079	0.010	0.095
Niacin	mg	0.820	0.029	10		1		2.017	0.253	2.444
Pantothenic acid	mg	0.390		0		4		0.959	0.120	1.162
Vitamin B-6	mg	0.040		1		1		0.098	0.012	0.119
Folate, total	mcg	4		0		4		10	1	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		4		10	1	12
Folate, DFE	mcg_DFE	4		0	NC	4		10	1	12
Vitamin B-12	mcg	0.14		1		1		0.34	0.04	0.42
Vitamin A, IU	IU	1996	231.182	10		1		4910	615	5948
Vitamin A, RAE	mcg_RAE	100		0	NC	4		246	31	297
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.120		0		4		0.295	0.037	0.358
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.730		0		1		1.796	0.225	2.175
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.020		0		1		0.049	0.006	0.060
15:0	g									
16:0	g	0.520		0		1		1.279	0.160	1.550
17:0	g									
18:0	g	0.150		0		1		0.369	0.046	0.447
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	1.080		0		1		2.657	0.333	3.218
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.150		0		1		0.369	0.046	0.447

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.910		0		1		2.239	0.280	2.712
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.550		0		1		1.353	0.169	1.639
18:2 undifferentiated ... g	0.500		0		1		1.230	0.154	1.490
18:3 undifferentiated ... g	0.030		0		1		0.074	0.009	0.089
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	0	3
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.022		0		1		0.054	0.007	0.066
Threonine ... g	0.079		0		1		0.194	0.024	0.235
Isoleucine ... g	0.095		0		1		0.234	0.029	0.283
Leucine ... g	0.161		0		1		0.396	0.050	0.480
Lysine ... g	0.155		0		1		0.381	0.048	0.462
Methionine ... g	0.043		0		1		0.106	0.013	0.128
Cystine ... g	0.017		0		1		0.042	0.005	0.051
Phenylalanine ... g	0.092		0		1		0.226	0.028	0.274
Tyrosine ... g	0.066		0		1		0.162	0.020	0.197
Valine ... g	0.111		0		1		0.273	0.034	0.331
Arginine ... g	0.118		0		1		0.290	0.036	0.352
Histidine ... g	0.056		0		1		0.138	0.017	0.167
Alanine ... g	0.143		0		1		0.352	0.044	0.426
Aspartic acid ... g	0.212		0		1		0.522	0.065	0.632
Glutamic acid ... g	0.634		0		1		1.560	0.195	1.889
Glycine ... g	0.158		0		1		0.389	0.049	0.471
Proline ... g	0.144		0		1		0.354	0.044	0.429
Serine ... g	0.087		0		1		0.214	0.027	0.259
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 246g: 1 cup (8 fl oz)

Measure 2 = 30.8g: 1 fl oz

Measure 3 = 298g: 1 can (10.5 oz)

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.89		0		1		223.86	27.96	544.34
Energy	kcal	30		0	NC	4		72	9	176
Energy	kj	126				4		303	38	736
Protein (N x 6.25)	g	1.28		0		1		3.08	0.39	7.50
Total lipid (fat)	g	1.26		0		1		3.04	0.38	7.38
Ash	g	0.99		0		1		2.39	0.30	5.80
Carbohydrate, by difference	g	3.58		0	NC	4		8.63	1.08	20.98
Fiber, total dietary	g	0.2		0		4		0.5	0.1	1.2
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		17	2	41
Iron, Fe	mg	0.32		0		1		0.77	0.10	1.88
Magnesium, Mg	mg	2		0		1		5	1	12
Phosphorus, P	mg	17		0		1		41	5	100
Potassium, K	mg	73		0		1		176	22	428
Sodium, Na	mg	376		0		1		906	113	2203
Zinc, Zn	mg	0.25		0		1		0.61	0.08	1.49
Copper, Cu	mg	0.051		0		1		0.123	0.015	0.299
Manganese, Mn	mg	0.102		0		1		0.246	0.031	0.598
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	0.0
Thiamin	mg	0.012		0		1		0.029	0.004	0.070
Riboflavin	mg	0.016		0		1		0.039	0.005	0.094
Niacin	mg	0.417		0		1		1.005	0.126	2.444
Pantothenic acid	mg	0.200		0		4		0.482	0.060	1.172
Vitamin B-6	mg	0.020		0		1		0.048	0.006	0.117
Folate, total	mcg	2		0		4		5	1	12
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		4		5	1	12
Folate, DFE	mcg_DFE	2		0	NC	4		5	1	12
Vitamin B-12	mcg	0.07		0		1		0.17	0.02	0.41
Vitamin A, IU	IU	1014		0		1		2444	305	5942
Vitamin A, RAE	mcg_RAE	51		0	NC	4		122	15	297
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E	mg_ATE	0.059		0		4		0.142	0.018	0.346
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.370		0		1		0.892	0.111	2.168
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.000		0		1		0.000	0.000	0.000
13:0	g									
14:0	g	0.010		0		1		0.024	0.003	0.059
15:0	g									
16:0	g	0.270		0		1		0.651	0.081	1.582
17:0	g									
18:0	g	0.080		0		1		0.193	0.024	0.469
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.550		0		1		1.326	0.166	3.223
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.070		0		1		0.169	0.021	0.410

NDB No. 06466

Soup, turkey vegetable, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.460		0		1		1.109	0.138	2.696
20:1 ... g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.280		0		1		0.675	0.084	1.641
18:2 undifferentiated ... g	0.260		0		1		0.627	0.078	1.524
18:3 undifferentiated ... g	0.020		0		1		0.048	0.006	0.117
18:4 ... g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 ... g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 ... g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	0	6
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.011		0		1		0.027	0.003	0.064
Threonine ... g	0.040		0		1		0.096	0.012	0.234
Isoleucine ... g	0.048		0		1		0.116	0.014	0.281
Leucine ... g	0.082		0		1		0.198	0.025	0.481
Lysine ... g	0.079		0		1		0.190	0.024	0.463
Methionine ... g	0.022		0		1		0.053	0.007	0.129
Cystine ... g	0.009		0		1		0.022	0.003	0.053
Phenylalanine ... g	0.047		0		1		0.113	0.014	0.275
Tyrosine ... g	0.034		0		1		0.082	0.010	0.199
Valine ... g	0.056		0		1		0.135	0.017	0.328
Arginine ... g	0.060		0		1		0.145	0.018	0.352
Histidine ... g	0.028		0		1		0.067	0.008	0.164
Alanine ... g	0.073		0		1		0.176	0.022	0.428
Aspartic acid ... g	0.108		0		1		0.260	0.033	0.633
Glutamic acid ... g	0.322		0		1		0.776	0.097	1.887
Glycine ... g	0.080		0		1		0.193	0.024	0.469
Proline ... g	0.073		0		1		0.176	0.022	0.428
Serine ... g	0.044		0		1		0.106	0.013	0.258
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	0.0
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Measure 3 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06064
Soup, turkey, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	86.37	0.190	13		1		203.83	459.49	
Energy	kcal	57		0	NC	4		135	303	
Energy	kj	238				4		563	1269	
Protein (N x 6.25)	g	4.33	0.075	10		1		10.22	23.04	
Total lipid (fat)	g	1.87	0.056	10		1		4.41	9.95	
Ash	g	1.47	0.052	10		1		3.47	7.82	
Carbohydrate, by difference	g	5.96		0	NC	4		14.07	31.71	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21	1.527	10		1		50	112	
Iron, Fe	mg	0.81	0.113	10		1		1.91	4.31	
Magnesium, Mg	mg	10		0		4		24	53	
Phosphorus, P	mg	44		1		1		104	234	
Potassium, K	mg	153		1		1		361	814	
Sodium, Na	mg	391	13.761	10		1		923	2080	
Zinc, Zn	mg	0.90		1		1		2.12	4.79	
Copper, Cu	mg	0.100		1		1		0.236	0.532	
Manganese, Mn	mg	0.100		1		1		0.236	0.532	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7	0.335	10		1		6.4	14.4	
Thiamin	mg	0.015	0.001	10		1		0.035	0.080	
Riboflavin	mg	0.045	0.002	10		1		0.106	0.239	
Niacin	mg	1.520	0.057	10		1		3.587	8.086	
Pantothenic acid	mg	0.390		0		4		0.920	2.075	
Vitamin B-6	mg	0.130		1		1		0.307	0.692	
Folate, total	mcg	5	1.001	3		1		11	25	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5	1.001	3		1		11	25	
Folate, DFE	mcg_DFE	5		0	NC	4		11	25	
Vitamin B-12	mcg	0.90		1		1		2.12	4.79	
Vitamin A, IU	IU	3032	143.012	10		1		7156	16130	
Vitamin A, RAE	mcg_RAE	152		0	NC	4		358	807	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.520		0		1		1.227	2.766	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.020		0		1		0.047	0.106	
15:0	g									
16:0	g	0.390		0		1		0.920	2.075	
17:0	g									
18:0	g	0.090		0		1		0.212	0.479	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.750		0		1		1.770	3.990	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.110		0		1		0.260	0.585	

NDB No. 06064
Soup, turkey, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.650		0		1		1.534	3.458	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.460		0		1		1.086	2.447	
18:2 undifferentiated ... g	0.440		0		1		1.038	2.341	
18:3 undifferentiated ... g	0.020		0		1		0.047	0.106	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		9	21	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.042		0		1		0.099	0.223	
Threonine ... g	0.171		0		1		0.404	0.910	
Isoleucine ... g	0.218		0		1		0.514	1.160	
Leucine ... g	0.331		0		1		0.781	1.761	
Lysine ... g	0.343		0		1		0.809	1.825	
Methionine ... g	0.091		0		1		0.215	0.484	
Cystine ... g	0.045		0		1		0.106	0.239	
Phenylalanine ... g	0.177		0		1		0.418	0.942	
Tyrosine ... g	0.130		0		1		0.307	0.692	
Valine ... g	0.234		0		1		0.552	1.245	
Arginine ... g	0.225		0		1		0.531	1.197	
Histidine ... g	0.101		0		1		0.238	0.537	
Alanine ... g	0.267		0		1		0.630	1.420	
Aspartic acid ... g	0.424		0		1		1.001	2.256	
Glutamic acid ... g	0.775		0		1		1.829	4.123	
Glycine ... g	0.252		0		1		0.595	1.341	
Proline ... g	0.198		0		1		0.467	1.053	
Serine ... g	0.151		0		1		0.356	0.803	
Hydroxyproline ... g									

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

Common Measures:

Measure 1 = 236g: 1 cup (8 fl oz)

Measure 2 = 532g: 1 can (18.75 oz), ready-to-serve

Calories Factors: **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.69	0.123	31		1		210.06	255.25	
Energy	kcal	63		0	NC	4		158	192	
Energy	kj	264				4		662	804	
Protein (N x 6.25)	g	4.45	0.131	28		1		11.17	13.57	
Total lipid (fat)	g	1.51	0.056	28		1		3.79	4.61	
Ash	g	2.25	0.015	27		1		5.65	6.86	
Carbohydrate, by difference	g	8.11		0	NC	4		20.36	24.74	
Fiber, total dietary	g	1.6		0		1		4.0	4.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		25		1		33	40	
Iron, Fe	mg	0.89	0.057	28		1		2.23	2.71	
Magnesium, Mg	mg	5		5		1		13	15	
Phosphorus, P	mg	32		4		1		80	98	
Potassium, K	mg	138		4		1		346	421	
Sodium, Na	mg	631		0		4		1584	1925	
Zinc, Zn	mg	1.23		6		1		3.09	3.75	
Copper, Cu	mg	0.145		4		1		0.364	0.442	
Manganese, Mn	mg	0.250		2		1		0.628	0.763	
Selenium, Se	mcg	2.2		2	A	1		5.5	6.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9	0.063	27		1		4.8	5.8	
Thiamin	mg	0.029	0.001	28		1		0.073	0.088	
Riboflavin	mg	0.039	0.001	28		1		0.098	0.119	
Niacin	mg	0.823	0.022	27		1		2.066	2.510	
Pantothenic acid	mg	0.280		0		4		0.703	0.854	
Vitamin B-6	mg	0.060	0.000	4		1		0.151	0.183	
Folate, total	mcg	8	0.902	3		1		21	26	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8	0.902	3		1		21	26	
Folate, DFE	mcg_DFE	8		0	NC	4		21	26	
Vitamin B-12	mcg	0.25		3		1		0.63	0.76	
Vitamin A, IU	IU	1508	257.016	8		1		3785	4599	
Vitamin A, RAE	mcg_RAE	75		0	NC	4		189	230	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.000		0		7		0.000	0.000	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.680		0		1		1.707	2.074	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.030		2		1		0.075	0.092	
15:0	g									
16:0	g	0.370		2		1		0.929	1.129	
17:0	g									
18:0	g	0.230		2		1		0.577	0.702	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.640		0		1		1.606	1.952	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.060		2		1		0.151	0.183	

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.560		2		1		1.406	1.708	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.090		0		1		0.226	0.275	
18:2 undifferentiated ... g	0.080		2		1		0.201	0.244	
18:3 undifferentiated ... g	0.010		2		1		0.025	0.031	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	4		0		1		10	12	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.038		0		1		0.095	0.116	
Threonine ... g	0.139		0		1		0.349	0.424	
Isoleucine ... g	0.168		0		1		0.422	0.512	
Leucine ... g	0.285		0		1		0.715	0.869	
Lysine ... g	0.274		0		1		0.688	0.836	
Methionine ... g	0.075		0		1		0.188	0.229	
Cystine ... g	0.031		0		1		0.078	0.095	
Phenylalanine ... g	0.163		0		1		0.409	0.497	
Tyrosine ... g	0.116		0		1		0.291	0.354	
Valine ... g	0.197		0		1		0.494	0.601	
Arginine ... g	0.208		0		1		0.522	0.634	
Histidine ... g	0.098		0		1		0.246	0.299	
Alanine ... g	0.253		0		1		0.635	0.772	
Aspartic acid ... g	0.375		0		1		0.941	1.144	
Glutamic acid ... g	1.121		0		1		2.814	3.419	
Glycine ... g	0.280		0		1		0.703	0.854	
Proline ... g	0.255		0		1		0.640	0.778	
Serine ... g	0.153		0		1		0.384	0.467	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 251g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06739
Soup, vegetable beef, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	86.00		1	A	1		256.28	116.96	
Energy....kcal	53		0	NC	4		158	72	
Energy....kj	222				4		661	302	
Protein....g	3.80		1	A	1		11.32	5.17	
Total lipid (fat)....g	0.80		1	A	1		2.38	1.09	
Ash....g	1.70		1	A	1		5.07	2.31	
Carbohydrate, by difference....g	7.70		0	NC	4		22.95	10.47	
Fiber, total dietary....g									
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	555		1	A	1		1654	755	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.231		1	A	1		0.688	0.314	
Fatty acids, total monounsaturated....g	0.176		1	A	1		0.524	0.239	
Fatty acids, total polyunsaturated....g	0.237		1	A	1		0.706	0.322	
Fatty acids, total trans....g									
Cholesterol....mg	5		1	A	1		15	7	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 298g: 1 package yields

Measure 2 = 136g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06100
Soup, vegetable beef, dehydrated, dry

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.64		4		1		0.79	3.43	
Energy	kcal	344		0	NC	4		58	255	
Energy	kj	1439				4		245	1065	
Protein (N x 6.25)	g	18.91		2		1		3.21	13.99	
Total lipid (fat)	g	7.20		2		1		1.22	5.33	
Ash	g	17.50		2		1		2.98	12.95	
Carbohydrate, by difference	g	51.74		0	NC	4		8.80	38.29	
Fiber, total dietary	g	1.8		0		4		0.3	1.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	84		0		4		14	62	
Iron, Fe	mg	5.51		1		1		0.94	4.08	
Magnesium, Mg	mg	151		0		4		26	112	
Phosphorus, P	mg	236		1		1		40	175	
Potassium, K	mg	483		0		4		82	357	
Sodium, Na	mg	6460		2		1		1098	4780	
Zinc, Zn	mg	1.75		2		1		0.30	1.30	
Copper, Cu	mg	0.198		2		1		0.034	0.147	
Manganese, Mn	mg	1.800		0		4		0.306	1.332	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.6		0		4		1.5	6.4	
Thiamin	mg	0.192		1		1		0.033	0.142	
Riboflavin	mg	0.231		1		1		0.039	0.171	
Niacin	mg	2.981		1		1		0.507	2.206	
Pantothenic acid	mg	1.700		0		4		0.289	1.258	
Vitamin B-6	mg	0.345		1		1		0.059	0.255	
Folate, total	mcg	51		0		4		9	38	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	51		0		4		9	38	
Folate, DFE	mcg_DFE	51		0	NC	4		9	38	
Vitamin B-12	mcg	2.00		0		4		0.34	1.48	
Vitamin A, IU	IU	1537		1		1		261	1137	
Vitamin A, RAE	mcg_RAE	77		0	NC	4		13	57	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.197		0		4		0.033	0.146	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	3.590		0		1		0.610	2.657	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.070		0		1		0.012	0.052	
13:0	g									
14:0	g	0.270		0		1		0.046	0.200	
15:0	g									
16:0	g	1.790		0		1		0.304	1.325	
17:0	g									
18:0	g	1.360		0		1		0.231	1.006	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	3.010		0		1		0.512	2.227	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.300		0		1		0.051	0.222	

NDB No. 06100
Soup, vegetable beef, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	2.590		0		1		0.440	1.917	
20:1 ... g	0.020		0		1		0.003	0.015	
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.290		0		1		0.049	0.215	
18:2 undifferentiated ... g	0.220		0		1		0.037	0.163	
18:3 undifferentiated ... g	0.040		0		1		0.007	0.030	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	8		0		1		1	6	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	z	7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 17g: 1 cup (8 fl oz)

Measure 2 = 74g: 1 packet

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06500
Soup, vegetable beef, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	94.15		0		1		238.20	1072.37	
Energy	kcal	21		0	NC	4		53	239	
Energy	kj	88				4		222	1001	
Protein (N x 6.25)	g	1.16		0		1		2.93	13.21	
Total lipid (fat)	g	0.44		0		1		1.11	5.01	
Ash	g	1.07		0		1		2.71	12.19	
Carbohydrate, by difference	g	3.17		0	NC	4		8.02	36.11	
Fiber, total dietary	g	0.2		0		4		0.5	2.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		4		13	57	
Iron, Fe	mg	0.34		0		1		0.86	3.87	
Magnesium, Mg	mg	9		0		4		23	103	
Phosphorus, P	mg	14		0		1		35	159	
Potassium, K	mg	30		0		4		76	342	
Sodium, Na	mg	396		0		1		1002	4510	
Zinc, Zn	mg	0.11		0		1		0.27	1.22	
Copper, Cu	mg	0.012		0		1		0.030	0.137	
Manganese, Mn	mg	0.100		0		4		0.253	1.139	
Selenium, Se	mcg	1.2		0	BFSN	4		3.0	13.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		4		1.3	5.7	
Thiamin	mg	0.012		0		1		0.030	0.137	
Riboflavin	mg	0.014		0		1		0.035	0.159	
Niacin	mg	0.183		0		1		0.463	2.084	
Pantothenic acid	mg	0.100		0		4		0.253	1.139	
Vitamin B-6	mg	0.021		0		1		0.053	0.239	
Folate, total	mcg	3		0		4		8	34	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		8	34	
Folate, DFE	mcg_DFE	3		0	NC	4		8	34	
Vitamin B-12	mcg	0.10		0		4		0.25	1.14	
Vitamin A, IU	IU	94		0		1		238	1071	
Vitamin A, RAE	mcg_RAE	5		0	NC	4		12	54	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.012		0		4		0.030	0.137	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.220		0		1		0.557	2.506	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		0		1		0.051	0.228	
15:0	g									
16:0	g	0.110		0		1		0.278	1.253	
17:0	g									
18:0	g	0.080		0		1		0.202	0.911	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.180		0		1		0.455	2.050	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		0		1		0.051	0.228	

NDB No. 06500
Soup, vegetable beef, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.160		0		1		0.405	1.822	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.020		0		1		0.051	0.228	
18:2 undifferentiated ... g	0.010		0		1		0.025	0.114	
18:3 undifferentiated ... g	0.000		0		1		0.000	0.000	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 1139g: 1 packet (36 fl oz prepared)

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06742
Soup, vegetable beef, microwavable, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	88.60		1	A	1		258.71	258.71	
Energy....kcal	44		0	NC	4		128	128	
Energy....kj	184				4		538	538	
Protein....g	6.20		1	A	1		18.10	18.10	
Total lipid (fat)....g	0.70		1	A	1		2.04	2.04	
Ash....g	1.20		1	A	1		3.50	3.50	
Carbohydrate, by difference....g	3.30		0	NC	4		9.64	9.64	
Fiber, total dietary....g	1.5		1	A	1		4.4	4.4	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	376		1	A	1		1098	1098	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.221		1	A	1		0.645	0.645	
Fatty acids, total monounsaturated....g	0.223		1	A	1		0.651	0.651	
Fatty acids, total polyunsaturated....g	0.112		1	A	1		0.327	0.327	
Fatty acids, total trans....g									
Cholesterol....mg	3		1	A	1		9	9	
Phytosterols....mg									

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

Common Measures:

Measure 1 = 292g: 1 package yields

Measure 2 = 292g: 1 serving

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06471
Soup, vegetable beef, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.61		0		1		223.53	543.25	
Energy	kcal	32		0	NC	4		78	190	
Energy	kj	134				4		327	794	
Protein (N x 6.25)	g	2.29		0		1		5.59	13.58	
Total lipid (fat)	g	0.78		0		1		1.90	4.63	
Ash	g	1.16		0		1		2.83	6.88	
Carbohydrate, by difference	g	4.17		0	NC	4		10.17	24.73	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		17	42	
Iron, Fe	mg	0.46		0		1		1.12	2.73	
Magnesium, Mg	mg	2		0		1		5	12	
Phosphorus, P	mg	17		0		1		41	101	
Potassium, K	mg	71		0		1		173	421	
Sodium, Na	mg	324		0		4		791	1921	
Zinc, Zn	mg	0.63		0		1		1.54	3.75	
Copper, Cu	mg	0.075		0		1		0.183	0.445	
Manganese, Mn	mg	0.129		0		1		0.315	0.765	
Selenium, Se	mcg	1.8	0.612	3	A	1		4.4	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		2.4	5.9	
Thiamin	mg	0.015		0		1		0.037	0.089	
Riboflavin	mg	0.020		0		1		0.049	0.119	
Niacin	mg	0.423		0		1		1.032	2.508	
Pantothenic acid	mg	0.140		0		4		0.342	0.830	
Vitamin B-6	mg	0.031		0		1		0.076	0.184	
Folate, total	mcg	4		0		1		10	25	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		10	25	
Folate, DFE	mcg_DFE	4		0	NC	4		10	25	
Vitamin B-12	mcg	0.13		0		1		0.32	0.77	
Vitamin A, IU	IU	775		0		1		1891	4596	
Vitamin A, RAE	mcg_RAE	39		0	NC	4		95	230	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.130		0		4		0.317	0.771	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.350		0		1		0.854	2.076	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		0		1		0.049	0.119	
15:0	g									
16:0	g	0.190		0		1		0.464	1.127	
17:0	g									
18:0	g	0.120		0		1		0.293	0.712	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.330		0		1		0.805	1.957	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.030		0		1		0.073	0.178	

NDB No. 06471

Soup, vegetable beef, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.290		0		1		0.708	1.720	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.050		0		1		0.122	0.297	
18:2 undifferentiated ... g	0.040		0		1		0.098	0.237	
18:3 undifferentiated ... g	0.010		0		1		0.024	0.059	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	2		0		1		5	12	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.020		0		1		0.049	0.119	
Threonine ... g	0.071		0		1		0.173	0.421	
Isoleucine ... g	0.086		0		1		0.210	0.510	
Leucine ... g	0.147		0		1		0.359	0.872	
Lysine ... g	0.141		0		1		0.344	0.836	
Methionine ... g	0.039		0		1		0.095	0.231	
Cystine ... g	0.016		0		1		0.039	0.095	
Phenylalanine ... g	0.084		0		1		0.205	0.498	
Tyrosine ... g	0.060		0		1		0.146	0.356	
Valine ... g	0.101		0		1		0.246	0.599	
Arginine ... g	0.107		0		1		0.261	0.635	
Histidine ... g	0.050		0		1		0.122	0.297	
Alanine ... g	0.130		0		1		0.317	0.771	
Aspartic acid ... g	0.193		0		1		0.471	1.144	
Glutamic acid ... g	0.576		0		1		1.405	3.416	
Glycine ... g	0.144		0		1		0.351	0.854	
Proline ... g	0.131		0		1		0.320	0.777	
Serine ... g	0.079		0		1		0.193	0.468	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.27	0.134	23		1		204.84	248.14	
Energy	kcal	66		0	NC	4		162	197	
Energy	kj	276				4		679	823	
Protein (N x 6.25)	g	2.42	0.044	23		1		5.95	7.21	
Total lipid (fat)	g	1.56	0.027	23		1		3.84	4.65	
Ash	g	2.06	0.018	23		1		5.07	6.14	
Carbohydrate, by difference	g	10.70		0	NC	4		26.32	31.89	
Fiber, total dietary	g	1.3		0		1		3.2	3.9	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.531	20		1		34	42	
Iron, Fe	mg	0.79	0.043	23		1		1.94	2.35	
Magnesium, Mg	mg	5		6		1		12	15	
Phosphorus, P	mg	32		2		1		79	95	
Potassium, K	mg	157		2		1		386	468	
Sodium, Na	mg	661	17.293	15		1		1626	1970	
Zinc, Zn	mg	0.65		6		1		1.60	1.93	
Copper, Cu	mg	0.125		2		1		0.308	0.373	
Manganese, Mn	mg	0.275		2		1		0.677	0.820	
Selenium, Se	mcg	2.2		0	BFSN	4		5.4	6.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9	0.170	23		1		4.7	5.7	
Thiamin	mg	0.042	0.002	23		1		0.103	0.125	
Riboflavin	mg	0.037	0.001	23		1		0.091	0.110	
Niacin	mg	0.789	0.025	23		1		1.941	2.351	
Pantothenic acid	mg	0.280		0		4		0.689	0.834	
Vitamin B-6	mg	0.046	0.000	3		1		0.113	0.137	
Folate, total	mcg	9		0		4		21	25	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		4		21	25	
Folate, DFE	mcg_DFE	9		0	NC	4		21	25	
Vitamin B-12	mcg	0.00		2		1		0.00	0.00	
Vitamin A, IU	IU	1707	132.832	3		1		4199	5087	
Vitamin A, RAE	mcg_RAE	85		0	NC	4		210	254	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.010		0		4		0.025	0.030	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.360		0		1		0.886	1.073	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		2		1		0.025	0.030	
15:0	g									
16:0	g	0.210		2		1		0.517	0.626	
17:0	g									
18:0	g	0.110		2		1		0.271	0.328	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.450		0		1		1.107	1.341	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.020		2		1		0.049	0.060	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.420		2		1		1.033	1.252	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.640		0		1		1.574	1.907	
18:2 undifferentiated ... g	0.550		2		1		1.353	1.639	
18:3 undifferentiated ... g	0.090		2		1		0.221	0.268	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	3	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.017		0		1		0.042	0.051	
Threonine ... g	0.059		0		1		0.145	0.176	
Isoleucine ... g	0.074		0		1		0.182	0.221	
Leucine ... g	0.134		0		1		0.330	0.399	
Lysine ... g	0.103		0		1		0.253	0.307	
Methionine ... g	0.025		0		1		0.062	0.075	
Cystine ... g	0.019		0		1		0.047	0.057	
Phenylalanine ... g	0.087		0		1		0.214	0.259	
Tyrosine ... g	0.048		0		1		0.118	0.143	
Valine ... g	0.102		0		1		0.251	0.304	
Arginine ... g	0.112		0		1		0.276	0.334	
Histidine ... g	0.041		0		1		0.101	0.122	
Alanine ... g	0.140		0		1		0.344	0.417	
Aspartic acid ... g	0.207		0		1		0.509	0.617	
Glutamic acid ... g	0.692		0		1		1.702	2.062	
Glycine ... g	0.223		0		1		0.549	0.665	
Proline ... g	0.184		0		1		0.453	0.548	
Serine ... g	0.082		0		1		0.202	0.244	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	91.50		0		1		220.52	536.19	
Energy	kcal	34		0	NC	4		82	199	
Energy	kj	142				4		343	834	
Protein (N x 6.25)	g	1.23		0		1		2.96	7.21	
Total lipid (fat)	g	0.79		0		1		1.90	4.63	
Ash	g	1.04		0		1		2.51	6.09	
Carbohydrate, by difference	g	5.44		0	NC	4		13.11	31.88	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0		1		17	41	
Iron, Fe	mg	0.40		0		1		0.96	2.34	
Magnesium, Mg	mg	3		0		1		7	18	
Phosphorus, P	mg	16		0		1		39	94	
Potassium, K	mg	80		0		1		193	469	
Sodium, Na	mg	336		0		1		810	1969	
Zinc, Zn	mg	0.33		0		1		0.80	1.93	
Copper, Cu	mg	0.064		0		1		0.154	0.375	
Manganese, Mn	mg	0.140		0		1		0.337	0.820	
Selenium, Se	mcg	1.1		0	RA	4		2.7	6.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		1		2.4	5.9	
Thiamin	mg	0.021		0		1		0.051	0.123	
Riboflavin	mg	0.019		0		1		0.046	0.111	
Niacin	mg	0.401		0		1		0.966	2.350	
Pantothenic acid	mg	0.140		0		4		0.337	0.820	
Vitamin B-6	mg	0.023		0		1		0.055	0.135	
Folate, total	mcg	4		0		4		10	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		10	23	
Folate, DFE	mcg_DFE	4		0	NC	4		10	23	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	867		0		1		2089	5081	
Vitamin A, RAE	mcg_RAE	43		0	NC	4		104	254	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.130		0		4		0.313	0.762	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.180		0		1		0.434	1.055	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.024	0.059	
15:0	g									
16:0	g	0.110		0		1		0.265	0.645	
17:0	g									
18:0	g	0.060		0		1		0.145	0.352	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.230		0		1		0.554	1.348	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.024	0.059	

NDB No. 06472

Soup, vegetable with beef broth, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.220		0		1		0.530	1.289	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.330		0		1		0.795	1.934	
18:2 undifferentiated ... g	0.280		0		1		0.675	1.641	
18:3 undifferentiated ... g	0.050		0		1		0.121	0.293	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	1		0		1		2	6	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.009		0		1		0.022	0.053	
Threonine ... g	0.030		0		1		0.072	0.176	
Isoleucine ... g	0.038		0		1		0.092	0.223	
Leucine ... g	0.068		0		1		0.164	0.398	
Lysine ... g	0.052		0		1		0.125	0.305	
Methionine ... g	0.013		0		1		0.031	0.076	
Cystine ... g	0.010		0		1		0.024	0.059	
Phenylalanine ... g	0.044		0		1		0.106	0.258	
Tyrosine ... g	0.024		0		1		0.058	0.141	
Valine ... g	0.052		0		1		0.125	0.305	
Arginine ... g	0.057		0		1		0.137	0.334	
Histidine ... g	0.021		0		1		0.051	0.123	
Alanine ... g	0.071		0		1		0.171	0.416	
Aspartic acid ... g	0.105		0		1		0.253	0.615	
Glutamic acid ... g	0.352		0		1		0.848	2.063	
Glycine ... g	0.113		0		1		0.272	0.662	
Proline ... g	0.094		0		1		0.227	0.551	
Serine ... g	0.042		0		1		0.101	0.246	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: **Protein** 3.8 **Fat** 9 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.58	0.130	13		1		210.19	472.06	
Energy	kcal	51		0	NC	4		122	275	
Energy	kj	213				4		512	1150	
Protein (N x 6.25)	g	1.46	0.031	10		1		3.50	7.87	
Total lipid (fat)	g	1.54	0.045	10		1		3.70	8.30	
Ash	g	1.50	0.021	10		1		3.60	8.09	
Carbohydrate, by difference	g	7.92		0	NC	4		19.01	42.69	
Fiber, total dietary	g	0.5		0		4		1.2	2.7	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23	1.176	10		1		55	124	
Iron, Fe	mg	0.68	0.063	10		1		1.63	3.67	
Magnesium, Mg	mg	3		0		4		7	16	
Phosphorus, P	mg	30		1		1		72	162	
Potassium, K	mg	165		1		1		396	889	
Sodium, Na	mg	421	8.393	10		1		1010	2269	
Zinc, Zn	mg	1.30		1		1		3.12	7.01	
Copper, Cu	mg	0.100		1		1		0.240	0.539	
Manganese, Mn	mg	0.200		1		1		0.480	1.078	
Selenium, Se	mcg	2.9		0	BFSN	4		7.0	15.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.5	0.224	10		1		6.0	13.5	
Thiamin	mg	0.030	0.002	10		1		0.072	0.162	
Riboflavin	mg	0.027	0.002	10		1		0.065	0.146	
Niacin	mg	0.500	0.021	10		1		1.200	2.695	
Pantothenic acid	mg	0.140		0		4		0.336	0.755	
Vitamin B-6	mg	0.080		1		1		0.192	0.431	
Folate, total	mcg	7	1.182	3		1		17	37	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7	1.182	3		1		17	37	
Folate, DFE	mcg_DFE	7		0	NC	4		17	37	
Vitamin B-12	mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU	IU	2449	223.965	10		1		5878	13200	
Vitamin A, RAE	mcg_RAE	122		0	NC	4		294	660	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.250		0		4		0.600	1.348	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.230		0		1		0.552	1.240	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.150		0		1		0.360	0.809	
17:0	g									
18:0	g	0.080		0		1		0.192	0.431	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.660		0		1		1.584	3.557	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.024	0.054	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.660		0		1		1.584	3.557	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.580		0		1		1.392	3.126	
18:2 undifferentiated ... g	0.540		0		1		1.296	2.911	
18:3 undifferentiated ... g	0.040		0		1		0.096	0.216	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.011		0		1		0.026	0.059	
Threonine ... g	0.045		0		1		0.108	0.243	
Isoleucine ... g	0.067		0		1		0.161	0.361	
Leucine ... g	0.113		0		1		0.271	0.609	
Lysine ... g	0.079		0		1		0.190	0.426	
Methionine ... g	0.011		0		1		0.026	0.059	
Cystine ... g	0.011		0		1		0.026	0.059	
Phenylalanine ... g	0.067		0		1		0.161	0.361	
Tyrosine ... g	0.034		0		1		0.082	0.183	
Valine ... g	0.079		0		1		0.190	0.426	
Arginine ... g	0.079		0		1		0.190	0.426	
Histidine ... g	0.034		0		1		0.082	0.183	
Alanine ... g	0.079		0		1		0.190	0.426	
Aspartic acid ... g	0.191		0		1		0.458	1.029	
Glutamic acid ... g	0.309		0		1		0.742	1.666	
Glycine ... g	0.056		0		1		0.134	0.302	
Proline ... g	0.056		0		1		0.134	0.302	
Serine ... g	0.056		0		1		0.134	0.302	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 539g: 1 can (19 oz), ready-to-serve

Calories Factors: **Protein** 4.1 **Fat** 9 **Carbohydrate** 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	84.91	0.433	27		1		208.88	253.03	
Energy	kcal	59		0	NC	4		145	176	
Energy	kj	247				4		607	736	
Protein (N x 6.25)	g	1.72	0.013	24		1		4.23	5.13	
Total lipid (fat)	g	1.58	0.032	24		1		3.89	4.71	
Ash	g	2.02	0.022	24		1		4.97	6.02	
Carbohydrate, by difference	g	9.78		0	NC	4		24.06	29.14	
Fiber, total dietary	g	0.5		0		4		1.2	1.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		21		1		42	51	
Iron, Fe	mg	0.88	0.084	24		1		2.16	2.62	
Magnesium, Mg	mg	6		2		1		15	18	
Phosphorus, P	mg	28		3		1		69	83	
Potassium, K	mg	171		3		1		421	510	
Sodium, Na	mg	672	12.681	19		1		1653	2003	
Zinc, Zn	mg	0.38		2		1		0.92	1.12	
Copper, Cu	mg	0.100		3		1		0.246	0.298	
Manganese, Mn	mg	0.375		2		1		0.923	1.118	
Selenium, Se	mcg	3.5		0	BFSN	4		8.6	10.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.107	23		1		3.0	3.6	
Thiamin	mg	0.044		21		1		0.108	0.131	
Riboflavin	mg	0.037		21		1		0.091	0.110	
Niacin	mg	0.747	0.029	24		1		1.838	2.226	
Pantothenic acid	mg	0.280		0		4		0.689	0.834	
Vitamin B-6	mg	0.045		2		1		0.111	0.134	
Folate, total	mcg	9	0.323	3		1		21	26	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9	0.323	3		1		21	26	
Folate, DFE	mcg_DFE	9		0	NC	4		21	26	
Vitamin B-12	mcg	0.00		2		1		0.00	0.00	
Vitamin A, IU	IU	2453	157.538	24		1		6034	7310	
Vitamin A, RAE	mcg_RAE	123		0	NC	4		302	365	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.260		0		4		0.640	0.775	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.240		0		1		0.590	0.715	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.160		0		1		0.394	0.477	
17:0	g									
18:0	g	0.080		0		1		0.197	0.238	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.680		0		1		1.673	2.026	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.010		0		1		0.025	0.030	

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.670		0		1		1.648	1.997	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.590		0		1		1.451	1.758	
18:2 undifferentiated ... g	0.550		0		1		1.353	1.639	
18:3 undifferentiated ... g	0.040		0		1		0.098	0.119	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.012		0		1		0.030	0.036	
Threonine ... g	0.061		0		1		0.150	0.182	
Isoleucine ... g	0.081		0		1		0.199	0.241	
Leucine ... g	0.121		0		1		0.298	0.361	
Lysine ... g	0.081		0		1		0.199	0.241	
Methionine ... g	0.020		0		1		0.049	0.060	
Cystine ... g	0.020		0		1		0.049	0.060	
Phenylalanine ... g	0.081		0		1		0.199	0.241	
Tyrosine ... g	0.040		0		1		0.098	0.119	
Valine ... g	0.081		0		1		0.199	0.241	
Arginine ... g	0.081		0		1		0.199	0.241	
Histidine ... g	0.040		0		1		0.098	0.119	
Alanine ... g	0.081		0		1		0.199	0.241	
Aspartic acid ... g	0.162		0		1		0.399	0.483	
Glutamic acid ... g	0.364		0		1		0.895	1.085	
Glycine ... g	0.061		0		1		0.150	0.182	
Proline ... g	0.121		0		1		0.298	0.361	
Serine ... g	0.061		0		1		0.150	0.182	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 246g: 1 cup

Measure 2 = 298g: 1 can (10.5 oz)

Calories Factors: **Protein** 2.5 **Fat** 8.5 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06468

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	92.33		0		1		222.52	541.05	
Energy	kcal	30		0	NC	4		72	176	
Energy	kj	126				4		303	736	
Protein (N x 6.25)	g	0.87		0		1		2.10	5.10	
Total lipid (fat)	g	0.80		0		1		1.93	4.69	
Ash	g	1.03		0		1		2.48	6.04	
Carbohydrate, by difference	g	4.97		0	NC	4		11.98	29.12	
Fiber, total dietary	g	0.2		0		4		0.5	1.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0		1		22	53	
Iron, Fe	mg	0.45		0		1		1.08	2.64	
Magnesium, Mg	mg	3		0		1		7	18	
Phosphorus, P	mg	14		0		1		34	82	
Potassium, K	mg	87		0		1		210	510	
Sodium, Na	mg	341		0		1		822	1998	
Zinc, Zn	mg	0.19		0		1		0.46	1.12	
Copper, Cu	mg	0.051		0		1		0.123	0.299	
Manganese, Mn	mg	0.191		0		1		0.460	1.119	
Selenium, Se	mcg	1.8	0.231	3	A	1		4.3	10.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.4	3.5	
Thiamin	mg	0.022		0		1		0.053	0.129	
Riboflavin	mg	0.019		0		1		0.046	0.111	
Niacin	mg	0.380		0		1		0.916	2.227	
Pantothenic acid	mg	0.140		0		4		0.337	0.820	
Vitamin B-6	mg	0.023		0		1		0.055	0.135	
Folate, total	mcg	4		0		1		11	26	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		11	26	
Folate, DFE	mcg_DFE	4		0	NC	4		11	26	
Vitamin B-12	mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU	IU	1247		0		1		3005	7307	
Vitamin A, RAE	mcg_RAE	62		0	NC	4		150	365	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E	mg_ATE	0.330		0		1		0.795	1.934	
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.120		0		1		0.289	0.703	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.080		0		1		0.193	0.469	
17:0	g									
18:0	g	0.040		0		1		0.096	0.234	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.340		0		1		0.819	1.992	
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.000		0		1		0.000	0.000	

NDB No. 06468

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.340		0		1		0.819	1.992	
20:1 ... g	0.000		0		1		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		1		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.300		0		1		0.723	1.758	
18:2 undifferentiated ... g	0.280		0		1		0.675	1.641	
18:3 undifferentiated ... g	0.020		0		1		0.048	0.117	
18:4 ... g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		1		0.000	0.000	
20:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:5 n-3 ... g	0.000		0		1		0.000	0.000	
22:6 n-3 ... g	0.000		0		1		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	0		0		1		0	0	
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.006		0		1		0.014	0.035	
Threonine ... g	0.031		0		1		0.075	0.182	
Isoleucine ... g	0.041		0		1		0.099	0.240	
Leucine ... g	0.061		0		1		0.147	0.357	
Lysine ... g	0.041		0		1		0.099	0.240	
Methionine ... g	0.010		0		1		0.024	0.059	
Cystine ... g	0.010		0		1		0.024	0.059	
Phenylalanine ... g	0.041		0		1		0.099	0.240	
Tyrosine ... g	0.020		0		1		0.048	0.117	
Valine ... g	0.041		0		1		0.099	0.240	
Arginine ... g	0.041		0		1		0.099	0.240	
Histidine ... g	0.020		0		1		0.048	0.117	
Alanine ... g	0.041		0		1		0.099	0.240	
Aspartic acid ... g	0.082		0		1		0.198	0.481	
Glutamic acid ... g	0.185		0		1		0.446	1.084	
Glycine ... g	0.031		0		1		0.075	0.182	
Proline ... g	0.061		0		1		0.147	0.357	
Serine ... g	0.031		0		1		0.075	0.182	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0		7		0.0	0.0	
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: **Protein** 2.5 **Fat** 8.5 **Carbohydrate** 4

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06178
USDA Commodity, salsa

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	89.70				1				
Energy	kcal	36				4				
Energy	kj	151				4				
Protein	g	1.50				1				
Total lipid (fat)	g	0.20				1				
Ash	g	1.60				1				
Carbohydrate, by difference	g	7.00				4				
Fiber, total dietary	g	1.4				1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12				1				
Iron, Fe	mg	2.24				1				
Magnesium, Mg	mg	16				1				
Phosphorus, P	mg	30				1				
Potassium, K	mg	270				1				
Sodium, Na	mg	430				1				
Zinc, Zn	mg	0.17				1				
Copper, Cu	mg	0.096				4				
Manganese, Mn	mg									
Selenium, Se	mcg	0.4		0	BFSN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.0				1				
Thiamin	mg	0.050				1				
Riboflavin	mg	0.030				1				
Niacin	mg	1.080				1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.149				4				
Folate, total	mcg	19				4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	19				4				
Folate, DFE	mcg_DFE	19		0	NC	4				
Vitamin B-12	mcg	0.00				7				
Vitamin A, IU	IU	550				1				
Vitamin A, RAE	mcg_RAE	28		0	NC	4				
Retinol	mcg	0		0	Z	7				
Vitamin E	mg_ATE	0.600				4				
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.029				4				
4:0	g	0.000				4				
6:0	g	0.000				4				
8:0	g	0.000				4				
10:0	g	0.000				4				
12:0	g	0.000				4				
13:0	g									
14:0	g	0.001				4				
15:0	g									
16:0	g	0.024				4				
17:0	g									
18:0	g	0.003				4				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.016				4				
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.001				4				

NDB No. 06178
USDA Commodity, salsa

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1 ... g									
18:1 undifferentiated ... g	0.016				4				
20:1 ... g	0.000				4				
22:1 undifferentiated ... g	0.000				4				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.107				4				
18:2 undifferentiated ... g	0.106				4				
18:3 undifferentiated ... g	0.001				4				
18:4 ... g	0.000				4				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000				4				
20:5 n-3 ... g	0.000				4				
22:5 n-3 ... g	0.000				4				
22:6 n-3 ... g	0.000				4				
Fatty acids, total trans ... g									
Cholesterol ... mg	0				7				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0				7				
Caffeine ... mg									
Theobromine ... mg									

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

Common Measures:

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 06143
USDA Commodity, spaghetti sauce, meatless, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	87.10		1	A	1				
Energy	kcal	48		0	NC	4				
Energy	kj	201				4				
Protein	g	1.20		1	A	1				
Total lipid (fat)	g	0.90		1	A	1				
Ash	g	2.10		1	A	1				
Carbohydrate, by difference	g	8.70		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g	4.70		0		4				
Sucrose	g	0.90		1	A	1				
Glucose (dextrose)	g	2.00		1	A	1				
Fructose	g	1.80		1	A	1				
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		1	A	1				
Iron, Fe	mg	0.90		1	A	1				
Magnesium, Mg	mg	13		1	A	1				
Phosphorus, P	mg	25		1	A	1				
Potassium, K	mg	292		1	A	1				
Sodium, Na	mg	590		1	A	1				
Zinc, Zn	mg	0.21		1	A	1				
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.9		1	A	1				
Thiamin	mg	0.030		1	A	1				
Riboflavin	mg	0.120		1	A	1				
Niacin	mg	0.730		1	A	1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.060		1	A	1				
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.00		1	A	1				
Vitamin A, IU	IU	335		0		4				
Vitamin A, RAE	mcg_RAE	17		0	NC	4				
Vitamin E	mg_ATE									
Vitamin D	IU									
Lipids:										
Fatty acids, total saturated	g	0.162		1	A	1				
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g									
15:0	g									
16:0	g	0.120		1	A	1				
17:0	g									
18:0	g	0.042		1	A	1				
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.210		1	A	1				

NDB No. 06143
USDA Commodity, spaghetti sauce, meatless, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g									
17:1 ... g									
18:1 undifferentiated ... g	0.210		1	A	1				
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.510		1	A	1				
18:2 undifferentiated ... g	0.453		1	A	1				
18:3 undifferentiated ... g	0.057		1	A	1				
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 ... g									
22:5 n-3 ... g									
22:6 n-3 ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	0		1	A	1				
Phytosterols ... mg									

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

Common Measures:

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

Food Group: 06 Soups, Sauces, and Gravies

USDA Nutrient Database for Standard Reference, Release 15 (2002)