

NDB No. 06979
Adobo fresco

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.963				4		43.093	2.693	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170				4		0.490	0.031	
17:1.....g									
18:1 undifferentiated.....g	14.713				4		42.373	2.648	
20:1.....g	0.061				4		0.176	0.011	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.044				4		5.887	0.368	
18:2 undifferentiated.....g	1.723				4		4.962	0.310	
18:3 undifferentiated.....g	0.341				4		0.982	0.061	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	126		0	FLA	4		361.680	22.605	
Carotene, alpha.....mcg	5		0	FLA	4		15.686	0.980	
Cryptoxanthin, beta.....mcg	6		0	FLA	4		17.416	1.089	
Lycopene.....mcg	411		0	FLA	4		1183.335	73.958	
Lutein + zeaxanthin.....mcg	123		0	FLA	4		353.671	22.104	

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

Common Measures:

Measure 1 = 288g: 1 cup

Measure 2 = 18g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

[illegible]

NDB No. 06963
Fish broth

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.121				4		0.295	0.037	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026				4		0.063	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.060				4		0.146	0.018	
20:1.....g	0.014				4		0.034	0.004	
22:1 undifferentiated.....g	0.008				4		0.020	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.162				4		0.395	0.049	
18:2 undifferentiated.....g	0.006				4		0.015	0.002	
18:3 undifferentiated.....g	0.006				4		0.015	0.002	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019				4		0.046	0.006	
20:5 n-3.....g	0.095				4		0.232	0.029	
22:5 n-3.....g	0.018				4		0.044	0.005	
22:6 n-3.....g	0.101				4		0.246	0.031	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.028	0.003	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.001	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.722	0.090	

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Gravy, CUSTOM FOODS, SUPERB Country Gravy Mix, dry

[illegible]

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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				</					

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:1 undifferentiated.....g	0.389		1	A	1		0.026	1.766	
17:1.....g									
18:1 undifferentiated.....g	3.102		1	A	1		0.208	14.083	
20:1.....g	0.092		1	A	1		0.006	0.418	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.938		1	A	1		0.063	4.259	
18:2 undifferentiated.....g	0.870		1	A	1		0.058	3.950	
18:3 undifferentiated.....g	0.068		1	A	1		0.005	0.309	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:1 undifferentiated.....g	0.326		1	A	1		1.480	0.022	
17:1.....g									
18:1 undifferentiated.....g	5.045		1	A	1		22.904	0.338	
20:1.....g	0.056		1	A	1		0.254	0.004	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.499		1	A	1		2.265	0.033	
18:2 undifferentiated.....g	0.448		1	A	1		2.034	0.030	
18:3 undifferentiated.....g	0.037		1	A	1		0.168	0.002	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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	
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:1 undifferentiated.....g	0.349		1	A	1		0.023	1.584	
17:1.....g									
18:1 undifferentiated.....g	4.744		1	A	1		0.318	21.538	
20:1.....g	0.070		1	A	1		0.005	0.318	
22:1 undifferentiated.....g	0.036		1	A	1		0.002	0.163	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.478		1	A	1		0.300	20.330	
18:2 undifferentiated.....g	4.023		1	A	1		0.270	18.264	
18:3 undifferentiated.....g	0.426		1	A	1		0.029	1.934	
18:4.....g	0.029		1	A	1		0.002	0.132	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06571

Gravy, CUSTOM FOODS, SUPERB Old-Fashioned BISCUIT Gravy Mlx, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
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	
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06985

Gravy, HEINZ Home Style Savory Beef Gravy

H.J. Heinz, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	89.97		1	A	1		51.28		
Energy.....kcal	39		0	NC	4		22		
Energy.....kj	165		0	NC	4		94		
Protein (N x 6.25).....g	1.09		1	A	1		0.62		
Total lipid (fat).....g	1.13		1	A	1		0.64		
Ash.....g	1.59		1	A	1		0.90		
Carbohydrate, by difference.....g	6.24		0	NC	4		3.55		
Fiber, total dietary.....g	0.7		1	A	1		0.4		
Sugars, total.....g	0.52		1	A	1		0.30		
Sucrose.....g	0.52		1	A	1		0.30		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	3.53		1	A	1		2.01		
Minerals:									
Calcium, Ca.....mg	6		1	A	1		4		
Iron, Fe.....mg	0.13		1	A	1		0.07		
Magnesium, Mg.....mg	3		1	A	1		2		
Phosphorus, P.....mg	10		1	A	1		5		
Potassium, K.....mg	22		1	A	1		12		
Sodium, Na.....mg	587		1	A	1		335		
Zinc, Zn.....mg	0.15		1	A	1		0.08		
Copper, Cu.....mg	0.019		1	A	1		0.011		
Manganese, Mn.....mg	0.027		1	A	1		0.015		
Selenium, Se.....mcg	2.2		1	A	1		1.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.007		1	A	1		0.004		
Riboflavin.....mg	0.022		1	A	1		0.013		
Niacin.....mg	0.172		1	A	1		0.098		
Pantothenic acid.....mg	0.086		1	A	1		0.049		
Vitamin B-6.....mg	0.014		1	A	1		0.008		
Folate, total.....mcg	4		1	A	1		3		
Folic acid.....mcg									
Folate, food.....mcg	4		1	A	1		3		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.09		1	A	1		0.05		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.400		0	NC	4		0.228		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.026		1	A	1		0.015		
15:0.....g	0.004		1	A	1		0.002		

NDB No. 06985

Gravy, HEINZ Home Style Savory Beef Gravy

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.224		1	A	1		0.128		
17:0.....g	0.011		1	A	1		0.006		
18:0.....g	0.134		1	A	1		0.076		
20:0.....g	0.001		1	A	1		0.001		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.432		0	NC	4		0.246		
14:1.....g	0.006		1	A	1		0.003		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.030		1	A	1		0.017		
17:1.....g	0.008		1	A	1		0.005		
18:1 undifferentiated.....g	0.384		1	A	1		0.219		
20:1.....g	0.004		1	A	1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0	NC	4		0.026		
18:2 undifferentiated.....g	0.042		1	A	1		0.024		
18:3 undifferentiated.....g	0.003		0	A	1		0.002		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.001		1	A	1		0.001		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	A	1		1		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 57g; 2 oz

NDB No. 06985
Gravy, HEINZ Home Style Savory Beef Gravy

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Gravy, HEINZ, HEINZ Home Style Savory Brown Gravy, canned

[illegible]

NDB No. 06579

Gravy, HEINZ, HEINZ Home Style Savory Brown Gravy, canned

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

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

Common Measures:

Measure 1 = 60g: .25 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06574
Gravy, NESTLE, TRIO 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06572
Gravy, NESTLE, TRIO 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06563
Gravy, NESTLE, TRIO Southern 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Gravy, NESTLE, TRIO 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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

NDB No. 06577
Gravy, NESTLE, TRIO 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.080		0		1		0.190	0.238	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.024	0.030	
17:1.....g									
18:1 undifferentiated.....g	0.070		0		1		0.167	0.209	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		1		0.024	0.030	
18:2 undifferentiated.....g	0.010		0		1		0.024	0.030	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06115
Gravy, au jus, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	4.683		0	BFFN	4		0.140		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		0	BFFN	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	1.989		0	BFFN	4		0.060		
20:1.....g	0.009		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230		0	BFFN	4		0.007		
18:2 undifferentiated.....g	0.205		0	BFFN	4		0.006		
18:3 undifferentiated.....g	0.024		0	BFFN	4		0.001		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
Fatty acids, total monounsaturated.....g	0.962		0		1		2.241	2.799	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.233	0.291	
17:1.....g									
18:1 undifferentiated.....g	0.852		0		1		1.985	2.479	
20:1.....g	0.010		0		1		0.023	0.029	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0		1		0.186	0.233	
18:2 undifferentiated.....g	0.070		0		1		0.163	0.204	
18:3 undifferentiated.....g	0.010		0		1		0.023	0.029	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.383	0.478	
Carotene, alpha.....mcg	0		0	FLA	4		0.007	0.009	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.010	0.013	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.885	2.354	

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

Common Measures:

Measure 1 = 233g: 1 cup

Measure 2 = 291g: 1 can

Calories Factors: Protein 3.5

Fat 9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06957
Gravy, brown instant, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	5.488		1	A	1		24.916	0.368	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.326		1	A	1		1.480	0.022	
17:1.....g									
18:1 undifferentiated.....g	5.045		1	A	1		22.904	0.338	
20:1.....g	0.056		1	A	1		0.254	0.004	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.499		1	A	1		2.265	0.033	
18:2 undifferentiated.....g	0.448		1	A	1		2.034	0.030	
18:3 undifferentiated.....g	0.037		1	A	1		0.168	0.002	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		3.642	0.054	
Carotene, alpha.....mcg	0		0	FLA	4		0.094	0.001	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.137	0.002	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	FLA	4		46.429	0.685	

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

Common Measures:

Measure 1 = 454g: 1 package

Measure 2 = 6.7g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06118
Gravy, brown, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.00		31	MA	12		0.30		
Energy.....kcal	367		0	NC	4		22		
Energy.....kj	1536				4		92		
Protein.....g	10.74		29	A	1		0.64		
Total lipid (fat).....g	9.61		27	MA	12		0.58		
Ash.....g	15.27		23	A	1		0.92		
Carbohydrate, by difference.....g	59.38		0	NC	4		3.56		
Fiber, total dietary.....g	2.0		7	A	1		0.1		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	132		10	A	1		8		
Iron, Fe.....mg	1.72		8	A	1		0.10		
Magnesium, Mg.....mg	34		1	A	1		2		
Phosphorus, P.....mg	203		1	A	1		12		
Potassium, K.....mg	262		1	A	1		16		
Sodium, Na.....mg	4843		22	A	1		291		
Zinc, Zn.....mg	1.11		4	A	1		0.07		
Copper, Cu.....mg	0.190	0.007	3	A	1		0.011		
Manganese, Mn.....mg	0.412		1	A	1		0.025		
Selenium, Se.....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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

NDB No. 06118
Gravy, brown, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4.452		0	BFFN	4		0.267		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.264		0	BFFN	4		0.016		
17:1.....g									
18:1 undifferentiated.....g	4.092		0	BFFN	4		0.246		
20:1.....g	0.045		0	BFFN	4		0.003		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.405		0	BFFN	4		0.024		
18:2 undifferentiated.....g	0.363		0	BFFN	4		0.022		
18:3 undifferentiated.....g	0.030		0	BFFN	4		0.002		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	2.550		0		1		6.069	7.599	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		0		1		0.381	0.477	
17:1.....g									
18:1 undifferentiated.....g	2.340		0		1		5.569	6.973	
20:1.....g	0.030		0		1		0.071	0.089	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.500		0		1		3.570	4.470	
18:2 undifferentiated.....g	1.420		0		1		3.380	4.232	
18:3 undifferentiated.....g	0.070		0		1		0.167	0.209	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.017	0.021	
Carotene, alpha.....mcg	0		0	FLA	4		0.006	0.007	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.009	0.011	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.543	1.931	

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

Common Measures:

Measure 1 = 238g: 1 cup

Measure 2 = 298g: 1 can

Calories Factors: Protein 3.4

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	4.648		0	BFFN	4		0.372	0.372	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.666		0	BFFN	4		0.053	0.053	
17:1.....g									
18:1 undifferentiated.....g	0.400		0	BFFN	4		0.032	0.032	
20:1.....g	0.051		0	BFFN	4		0.004	0.004	
22:1 undifferentiated.....g	0.014		0	BFFN	4		0.001	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.877		0	BFFN	4		0.150	0.150	
18:2 undifferentiated.....g	0.094		0	BFFN	4		0.008	0.008	
18:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 8.0g: 1 tbsp

Measure 2 = 8.0g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06958
Gravy, instant beef, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	3.659		1	A	1		0.245	16.612	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.389		1	A	1		0.026	1.766	
17:1.....g									
18:1 undifferentiated.....g	3.102		1	A	1		0.208	14.083	
20:1.....g	0.092		1	A	1		0.006	0.418	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.938		1	A	1		0.063	4.259	
18:2 undifferentiated.....g	0.870		1	A	1		0.058	3.950	
18:3 undifferentiated.....g	0.068		1	A	1		0.005	0.309	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.032	2.153	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.040	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.001	0.058	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2		0	FLA	4		0.154	10.457	

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

Common Measures:

Measure 1 = 6.7g: 1 serving

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06959
Gravy, instant turkey, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.250		1	A	1		0.352	23.835	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.349		1	A	1		0.023	1.584	
17:1.....g									
18:1 undifferentiated.....g	4.744		1	A	1		0.318	21.538	
20:1.....g	0.070		1	A	1		0.005	0.318	
22:1 undifferentiated.....g	0.036		1	A	1		0.002	0.163	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.478		1	A	1		0.300	20.330	
18:2 undifferentiated.....g	4.023		1	A	1		0.270	18.264	
18:3 undifferentiated.....g	0.426		1	A	1		0.029	1.934	
18:4.....g	0.029		1	A	1		0.002	0.132	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	FLA	4		0.214	14.526	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.038	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.001	0.058	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	6		0	FLA	4		0.406	27.532	

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

Common Measures:

Measure 1 = 6.7g: 1 serving

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Gravy, meat or poultry, prepared, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.50				4		206.50		
Energy.....kcal	53				4		125		
Energy.....kj	222				4		523		
Protein.....g	3.80				4		8.97		
Total lipid (fat).....g	2.40				4		5.66		
Ash.....g	0.14		0	NR	4		0.33		
Carbohydrate, by difference.....g	6.16		0	NR	4		14.54		
Fiber, total dietary.....g	0.3				4		0.7		
Sugars, total.....g	0.01		0	FLA	4		0.02		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6				4		14		
Iron, Fe.....mg	0.70				4		1.65		
Magnesium, Mg.....mg	2				4		5		
Phosphorus, P.....mg	30				4		71		
Potassium, K.....mg	81				4		191		
Sodium, Na.....mg	18				12		42		
Zinc, Zn.....mg	1.00				4		2.36		
Copper, Cu.....mg	0.100				4		0.236		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.6		0	CAZN	4		1.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0				4		0.0		
Thiamin.....mg	0.030				4		0.071		
Riboflavin.....mg	0.040				4		0.094		
Niacin.....mg	0.660				4		1.558		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.010				4		0.024		
Folate, total.....mcg	25		0	FLA	4		58		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	25		0	FLA	4		58		
Folate, DFE.....mcg_DFE	25		0	NC	4		58		
Vitamin B-12.....mcg	0.10				4		0.24		
Vitamin A, IU.....IU	0		0	FLA	4		0		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.06		0	FLA	4		0.15		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	1.003				4		2.367		
4:0.....g	0.000				4		0.000		
6:0.....g	0.000				4		0.000		
8:0.....g	0.000				4		0.000		
10:0.....g	0.007				4		0.017		
12:0.....g	0.008				4		0.019		
13:0.....g									
14:0.....g	0.076				4		0.179		
15:0.....g									
16:0.....g	0.583				4		1.376		
17:0.....g									
18:0.....g	0.288								

NDB No. 06977

Gravy, meat or poultry, prepared, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
	Points								
Fatty acids, total monounsaturated.....g	1.068				4		2.520		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.102				4		0.241		
17:1.....g									
18:1 undifferentiated.....g	0.917				4		2.164		
20:1.....g	0.005				4		0.012		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.095				4		0.224		
18:2 undifferentiated.....g	0.063				4		0.149		
18:3 undifferentiated.....g	0.026				4		0.061		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003				4		0.007		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	3				4		7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.012		
Carotene, alpha.....mcg	0		0	FLA	4		0.005		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.008		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.416		

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

Common Measures:

Measure 1 = 236g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

[illegible]

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	1.170		0		1		2.785	3.487	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.024	0.030	
17:1.....g									
18:1 undifferentiated.....g	1.150		0		1		2.737	3.427	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.020		0		1		2.428	3.040	
18:2 undifferentiated.....g	0.950		0		1		2.261	2.831	
18:3 undifferentiated.....g	0.070		0		1		0.167	0.209	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06122

Gravy, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.310		0		1		0.275		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		0		1		0.027		
17:1.....g									
18:1 undifferentiated.....g	1.140		0		1		0.239		
20:1.....g	0.010		0		1		0.002		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.140		0		1		0.029		
18:2 undifferentiated.....g	0.110		0		1		0.023		
18:3 undifferentiated.....g	0.020		0		1		0.004		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		1		1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.117		
Carotene, alpha.....mcg	0		0	FLA	4		0.005		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.007		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	9		0	FLA	4		1.870		

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

Common Measures:

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

Calories Factors: Protein 3.4**Fat 8.9****Carbohydrate 4****Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.900		0		1		0.216		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		1		0.019		
17:1.....g									
18:1 undifferentiated.....g	0.720		0		1		0.173		
20:1.....g	0.070		0		1		0.017		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.140		0		1		0.034		
18:2 undifferentiated.....g	0.080		0		1		0.019		
18:3 undifferentiated.....g	0.010		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06124
Gravy, pork, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.881		0	BFFN	4		0.260		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.217		0	BFFN	4		0.015		
17:1.....g									
18:1 undifferentiated.....g	3.571		0	BFFN	4		0.239		
20:1.....g	0.040		0	BFFN	4		0.003		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.454		0	BFFN	4		0.030		
18:2 undifferentiated.....g	0.418		0	BFFN	4		0.028		
18:3 undifferentiated.....g	0.035		0	BFFN	4		0.002		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....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	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.119		
Carotene, alpha.....mcg	0		0	FLA	4		0.001		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.002		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	10		0	FLA	4		0.637		

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

Common Measures:

Measure 1 = 6.7g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06125
Gravy, turkey, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.900		0		1		2.142	0.134	0.045
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		0		1		0.309	0.019	0.007
17:1.....g									
18:1 undifferentiated.....g	0.750		0		1		1.785	0.112	0.038
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.490		0		1		1.166	0.073	0.025
18:2 undifferentiated.....g	0.450		0		1		1.071	0.067	0.023
18:3 undifferentiated.....g	0.030		0		1		0.071	0.004	0.002
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0		1		0.024	0.001	0.001
20:5 n-3.....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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.020	0.001	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.009	0.001	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.013	0.001	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1		0	FLA	4		2.404	0.150	0.051

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

Common Measures:

Measure 1 = 238g: 1 cup
 Measure 2 = 14.9g: 1 tbsp
 Measure 3 = 5.0g: 1 tsp

Calories Factors: Protein 3.4

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.575		0	BFFN	4		0.180		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.171		0	BFFN	4		0.012		
17:1.....g									
18:1 undifferentiated.....g	2.327		0	BFFN	4		0.163		
20:1.....g	0.034		0	BFFN	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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	3.150		0		1		0.788		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	3.090		0		1		0.773		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.620		0		1		0.405		
18:2 undifferentiated.....g	1.520		0		1		0.380		
18:3 undifferentiated.....g	0.100		0		1		0.025		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06962
Peppers, hot, chili, immature green, canned, chili sauce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.068				4		0.167	0.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.067				4		0.164	0.010	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.012				4		0.029	0.002	
18:2 undifferentiated.....g	0.012				4		0.029	0.002	
18:3 undifferentiated.....g	0.001				4		0.002	0.000	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	333		0	FLA	4		814.999	49.898	
Carotene, alpha.....mcg	11		0	FLA	4		27.866	1.706	
Cryptoxanthin, beta.....mcg	25		0	FLA	4		60.280	3.691	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	358		0	FLA	4		878.179	53.766	

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06961
Peppers, hot, chili, mature red, canned, chili sauce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.411				4		1.007	0.062	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005				4		0.012	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.403				4		0.987	0.060	
20:1.....g	0.002				4		0.005	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.074				4		0.181	0.011	
18:2 undifferentiated.....g	0.069				4		0.169	0.010	
18:3 undifferentiated.....g	0.004				4		0.010	0.001	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	257		0	FLA	4		629.005	38.510	
Carotene, alpha.....mcg	17		0	FLA	4		42.119	2.579	
Cryptoxanthin, beta.....mcg	19		0	FLA	4		46.739	2.862	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	341		0	FLA	4		835.855	51.175	

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06969
Potato soup, instant, dry mix

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	1.185					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009					4			
17:1.....g									
18:1 undifferentiated.....g	1.141					4			
20:1.....g	0.032					4			
22:1 undifferentiated.....g	0.000					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.025					4			
18:2 undifferentiated.....g	0.966					4			
18:3 undifferentiated.....g	0.054					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	12					4			
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	FLA		4			
Theobromine.....mg	0		0	FLA		4			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	32		0	FLA		4			
Carotene, alpha.....mcg	7		0	FLA		4			
Cryptoxanthin, beta.....mcg	0		0	FLA		4			
Lycopene.....mcg	2		0	FLA		4			
Lutein + zeaxanthin.....mcg	59		0	FLA		4			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Sauce, CUSTOM FOODS, RED LABEL All Purpose Italian Sauce Mix, dry

[illegible]

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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	
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06308
Sauce, KRAFT Barbecue Sauce Hickory Smoke

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.60		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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

NDB No. 06308
Sauce, KRAFT Barbecue Sauce Hickory Smoke

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06307
Sauce, KRAFT Barbecue Sauce Original

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

NDB No. 06307
Sauce, KRAFT Barbecue Sauce Original

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 65g: .25 cup

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 30g: 2 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

NDB No. 06139
Sauce, LA VICTORIA, LA VICTORIA Chunky Chili Dip, salsa, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....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 = 30g: 2 tbsp

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 60g: .25 cup

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

Sauce, LA VICTORIA, LA VICTORIA Green Chile Salsa, Mild

[illegible]

Common Measures:

Carbohydrate

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

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 15g: 1 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 15g: 1 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 16g: 1 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 16g: 1 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 30g: 2 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 30g: 2 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 30g: 2 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 30g: 2 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 30g: 2 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 30g: 2 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

NDB No. 06272
Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Hot
Common Measures:
Measure 1 = 30g: 2 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 30g: 2 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
				USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

NDB No. 06270

Sauce, LA VICTORIA, LA VICTORIA Thick 'N Chunky Salsa, Mild

Common Measures:

Measure 1 = 30g: 2 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

NDB No. 06276
Sauce, LA VICTORIA, Mole Poblano

Common Measures:
Measure 1 = 57g: 2 oz

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 72g: .25 cup

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
				USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

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

Common Measures:
Measure 1 = 30g: 2 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

NDB No. 06261
Sauce, LA VICTORIA, Salsa Brava, Hot
Common Measures:
Measure 1 = 5.0g: 1 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	84.40		1	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		</							

NDB No. 06933

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	310		1	A	1		387.500		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 125g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
	Points								
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06921

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

NDB No. 06921
Sauce, NESTLE, CHEF-MATE Basic Cheddar Cheese Sauce, ready-to-serve
Measure 2 = 3005g: 1 package
Measure 3 = 62g: 1 serving

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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	0.0

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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								

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Sauce, NESTLE, LJ MINOR Creole Sauce, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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.

NDB No. 06910

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

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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:1 undifferentiated.....g	0.399		0	FLM	4				
17:1.....g									
18:1 undifferentiated.....g	13.006		0	FLM	4				
20:1.....g	0.000		0	FLM	4				
22:1 undifferentiated.....g	0.000		0	FLM	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.610		0	FLM	4				
18:2 undifferentiated.....g	7.845		0	FLM	4				
18:3 undifferentiated.....g	0.745		0	FLM	4				
18:4.....g	0.000		0	FLM	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4				
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06713
Sauce, NESTLE, TRIO 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									
Carotenoids:									
Carotene, beta.....mcg	340		1	A	1		442.000		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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.

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

Common Measures:
Measure 1 = 130g: 2 tbsp

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
				USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<u>Proximates:</u>									
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									
<u>Minerals:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06960
Sauce, alfredo mix, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Fatty acids, total monounsaturated.....g	13.669		0	FLM	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.399		0	FLM	4				
17:1.....g									
18:1 undifferentiated.....g	13.006		0	FLM	4				
20:1.....g	0.000		0	FLM	4				
22:1 undifferentiated.....g	0.000		0	FLM	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.610		0	FLM	4				
18:2 undifferentiated.....g	7.845		0	FLM	4				
18:3 undifferentiated.....g	0.745		0	FLM	4				
18:4.....g	0.000		0	FLM	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4				
20:5 n-3.....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	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	23		0	FLA	4				
Carotene, alpha.....mcg	0		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	0		0	FLA	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	13		0	FLA	4		32.060	1.193	
Carotene, alpha.....mcg	0		0	FLA	4		0.002	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.003	0.000	
Lycopene.....mcg	429		0	FLA	4		1072.923	39.913	
Lutein + zeaxanthin.....mcg	3		0	FLA	4		7.755	0.288	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

Sauce, barbeque, low sodium, commercially canned

Refuse: 0%

[illegible]

NDB No. 06975

Sauce, barbeque, low sodium, commercially canned

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.549				4		1.373	0.051	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005				4		0.013	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.372				4		0.930	0.035	
20:1.....g	0.035				4		0.088	0.003	
22:1 undifferentiated.....g	0.130				4		0.325	0.012	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.902				4		2.255	0.084	
18:2 undifferentiated.....g	0.772				4		1.930	0.072	
18:3 undifferentiated.....g	0.127				4		0.318	0.012	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	459		0	FLA	4		1148.382	42.720	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	123		0	FLA	4		307.815	11.451	
Lycopene.....mcg	909		0	FLA	4		2272.184	84.525	
Lutein + zeaxanthin.....mcg	235		0	FLA	4		588.276	21.884	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 9.3g: 1 packet

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06720
Sauce, cheese sauce mix, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	6.868		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.196		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	6.497		0	BFFN	4				
20:1.....g	0.052		0	BFFN	4				
22:1 undifferentiated.....g	0.000		0	BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.983		0	BFFN	4				
18:2 undifferentiated.....g	0.825		0	BFFN	4				
18:3 undifferentiated.....g	0.134		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	BFFN	4				
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	8.440		0		1		2.954		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.540		0		1		0.189		
17:1.....g									
18:1 undifferentiated.....g	7.640		0		1		2.674		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.660		0		1		1.281		
18:2 undifferentiated.....g	3.260		0		1		1.141		
18:3 undifferentiated.....g	0.400		0		1		0.140		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....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	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	19		0	FLA	4		6.497		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

Measure 1 = 35g: 1 packet

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	3.823		0	FLM	4		2.408		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.264		0	FLM	4		0.166		
17:1.....g									
18:1 undifferentiated.....g	3.437		0	FLM	4		2.165		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.599		0	FLM	4		1.637		
18:2 undifferentiated.....g	2.369		0	FLM	4		1.492		
18:3 undifferentiated.....g	0.230		0	FLM	4		0.145		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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	
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.963		2	A	1		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.963		2	A	1		0.154		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.698		2	A	1		0.272		
18:2 undifferentiated.....g	1.524		2	A	1		0.244		
18:3 undifferentiated.....g	0.175		2	A	1		0.028		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3.....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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	4		0	FLA	4		0.575		
Carotene, alpha.....mcg	0		0	FLA	4		0.001		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.002		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	45		0	FLA	4		7.177		

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Sauce, hollandaise, with butterfat, dehydrated, prepared with water

Refuse: 0%

[illegible]

NDB No. 06555

Sauce, hollandaise, with butterfat, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.290		0		1		5.931	4.672	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		0		1		0.466	0.367	
17:1.....g									
18:1 undifferentiated.....g	2.010		0		1		5.206	4.100	
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	0.360		0		1		0.932	0.734	
18:2 undifferentiated.....g	0.250		0		1		0.648	0.510	
18:3 undifferentiated.....g	0.100		0		1		0.259	0.204	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0		1		0.026	0.020	
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	20		0		1		52	41	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	13		0	FLA	4		34.391	27.088	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		2.279	1.795	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	33		0	FLA	4		84.484	66.543	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (8 fl oz)

Measure 2 = 204g: 1 packet, prepared

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Sauce, hollandaise, with vegetable oil, dehydrated, dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06166

Sauce, homemade, white, medium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	4.420		0		1		11.050	5.525	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0		1		0.105	0.053	
17:1.....g									
18:1 undifferentiated.....g	4.375		0		1		10.938	5.469	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.862		0		1		7.155	3.578	
18:2 undifferentiated.....g	2.713		0		1		6.783	3.391	
18:3 undifferentiated.....g	0.148		0		1		0.370	0.185	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	20		0	FLA	4		48.997	24.498	
Carotene, alpha.....mcg	0		0	FLA	4		0.012	0.006	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.018	0.009	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		3.228	1.614	

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

NDB No. 06166
Sauce, homemade, white, medium

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

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06167
Sauce, homemade, white, thick

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.851		0		1		14.628	7.314	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		1		0.095	0.048	
17:1.....g									
18:1 undifferentiated.....g	5.809		0		1		14.523	7.261	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.914		0		1		9.785	4.893	
18:2 undifferentiated.....g	3.722		0		1		9.305	4.653	
18:3 undifferentiated.....g	0.192		0		1		0.480	0.240	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	26		0	FLA	4		64.587	32.294	
Carotene, alpha.....mcg	0		0	FLA	4		0.019	0.009	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.027	0.013	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2		0	FLA	4		4.886	2.443	

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

NDB No. 06167
Sauce, homemade, white, thick

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

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06165
Sauce, homemade, white, thin

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	2.670		0		1		6.675	3.338	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.113	0.056	
17:1.....g									
18:1 undifferentiated.....g	2.621		0		1		6.553	3.276	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.586		0		1		3.965	1.983	
18:2 undifferentiated.....g	1.491		0		1		3.728	1.864	
18:3 undifferentiated.....g	0.095		0		1		0.238	0.119	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	12		0	FLA	4		29.966	14.983	
Carotene, alpha.....mcg	0		0	FLA	4		0.008	0.004	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.011	0.005	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.967	0.984	

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

NDB No. 06165
Sauce, homemade, white, thin

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

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06137

Sauce, mole poblano, dry mix, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.12		1	A	1		10.92	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	15		1	AS	1		39	19	
Vitamin A, RAE.....mcg_RAE	1		1	AS	1		2	1	
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Carotenoids:									
Carotene, beta.....mcg	9		1	A	1		23.585	11.303	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 265g: 1 cup, sauce

Measure 2 = 127g: .5 cup

NDB No. 06137

Sauce, mole poblano, dry mix, single brand

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06136

Sauce, mole poblano, prepared from recipe

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	2992		1	AS	1		7240	3740	
Vitamin A, RAE.....mcg_RAE	150		1	AS	1		362	187	
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Carotenoids:									
Carotene, beta.....mcg	1282		1	A	1		3102.198	1602.375	
Carotene, alpha.....mcg	199		1	A	1		480.612	248.250	
Cryptoxanthin, beta.....mcg	828		1	A	1		2002.792	1034.500	
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 242g: 1 cup, sauce

Measure 2 = 125g: .5 cup

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

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

[illegible]

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.073		2	A	1		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		2	A	1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.067		2	A	1		0.012		
20:1.....g	0.001		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.066		2	A	1		0.012		
18:2 undifferentiated.....g	0.062		2	A	1		0.011		
18:3 undifferentiated.....g	0.002		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3.....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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

Measure 1 = 18g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Proximates:									
Water.....g	82.40	1.227	6	A	1		206.00	103.00	103.00
Energy.....kcal	74		0	NC	4		186	93	93
Energy.....kj	311		0	NC	4		777	388	388
Protein.....g	1.95	0.034	6	A	1		4.87	2.44	2.44
Total lipid (fat).....g	2.38	0.388	6	A	1		5.94	2.97	2.97
Ash.....g	2.01	0.078	6	A	1		5.02	2.51	2.51
Carbohydrate, by difference.....g	11.27		0	NC	4		28.17	14.08	14.08
Fiber, total dietary.....g	0.4	0.037	6	A	1		1.0	0.5	0.5
Sugars, total.....g	8.88		0	NC	4		22.20	11.10	11.10
Sucrose.....g	0.57	0.173	6	A	1		1.44	0.72	0.72
Glucose (dextrose).....g	4.05	0.369	6	A	1		10.13	5.07	5.07
Fructose.....g	2.43	0.153	6	A	1		6.06	3.03	3.03
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose.....g	1.83	0.432	6	A	1		4.57	2.28	2.28
Galactose.....g									
Starch.....g	5.10	0.767	6	A	1		12.76	6.38	6.38
Minerals:									
Calcium, Ca.....mg	27	1.382	6	A	1		67	33	33
Iron, Fe.....mg	0.85	0.127	6	A	1		2.12	1.06	1.06
Magnesium, Mg.....mg	21	0.488	6	A	1		54	27	27
Phosphorus, P.....mg	36	0.481	6	A	1		89	44	44
Potassium, K.....mg	376	9.770	6	A	1		939	469	469
Sodium, Na.....mg	481	32.287	6	A	1		1201	601	601
Zinc, Zn.....mg	0.54	0.013	6	A	1		1.35	0.67	0.67
Copper, Cu.....mg	0.188	0.014	6	A	1		0.470	0.235	0.235
Manganese, Mn.....mg	0.160	0.006	6	A	1		0.400	0.200	0.200
Selenium, Se.....mcg	1.4	0.182	6	A	1		3.4	1.7	1.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.1	0.665	5	A	1		7.8	3.9	3.9
Thiamin.....mg	0.024	0.002	5	A	1		0.061	0.031	0.031
Riboflavin.....mg	0.061	0.005	6	A	1		0.153	0.077	0.077
Niacin.....mg	3.917	1.255	5	A	1		9.792	4.896	4.896
Pantothenic acid.....mg	0.076	0.008	6	A	1		0.189	0.095	0.095
Vitamin B-6.....mg	0.173	0.023	6	A	1		0.433	0.217	0.217
Folate, total.....mcg	11		0	FLA	4		27	13	13
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	11		0	FLA	4		27	13	13
Folate, DFE.....mcg_DFE	11		0	NC	4		27	13	13
Vitamin B-12.....mcg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin A, IU.....IU	540		0	NC	4		1349	675	675
Vitamin A, RAE.....mcg_RAE	27		0	NC	4		68	34	34
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.04		0	FLA	4		5.11	2.55	2.55
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.9		2	A	1		34.7	17.4	17.4
Lipids:									
Fatty acids, total saturated.....g	0.325	0.036	5	NC	4		0.814	0.407	0.407
4:0.....g	0.001		0	FLA	4		0.003	0.002	0.002
6:0.....g	0.001		0	FLA	4		0.001	0.001	0.001
8:0.....g	0.000		0	FLA	4		0.001	0.000	0.000
10:0.....g</									

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.325	0.036	5	A	1		0.814	0.407	0.407
17:0.....g									
18:0.....g	0.098		0	FLA	4		0.244	0.122	0.122
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.763	0.200	6	NC	4		1.907	0.953	0.953
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLA	4		0.021	0.011	0.011
17:1.....g									
18:1 undifferentiated.....g	0.763	0.200	6	A	1		1.907	0.953	0.953
20:1.....g	0.000		0	FLA	4		0.001	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	0.948	0.148	6	NC	4		2.369	1.184	1.184
18:2 undifferentiated.....g	0.867	0.127	6	A	1		2.168	1.084	1.084
18:3 undifferentiated.....g	0.160	0.025	3	A	1		0.401	0.200	0.200
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		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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	324	30.755	6	A	1		809.167	404.583	404.583
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lycopene.....mcg	17199	651.481	6	A	1		42997.917	21498.958	21498.958
Lutein + zeaxanthin.....mcg	0	0.000	6	A	1		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 4**Fat 9****Carbohydrate 4****Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.240		0	FLA	4		0.732	0.046	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.006	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.236		0	FLA	4		0.720	0.045	
20:1.....g	0.001		0	FLA	4		0.003	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.588		0	FLA	4		1.793	0.112	
18:2 undifferentiated.....g	0.516		0	FLA	4		1.574	0.098	
18:3 undifferentiated.....g	0.069		0	FLA	4		0.210	0.013	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	26		0	A	1		78.202	4.872	
Carotene, alpha.....mcg	0		0	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	A	1		0.000	0.000	
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 305g: 1 cup

Measure 2 = 19g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06168

Sauce, ready-to-serve, pepper or hot

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.030		0		1		0.001	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		1		1		0.001	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.009	0.002	
18:2 undifferentiated.....g	0.195		1		1		0.009	0.002	
18:3 undifferentiated.....g	0.001		1		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Carotenoids:									
Carotene, beta.....mcg	91		0	FLA	4		4.278	1.092	
Carotene, alpha.....mcg	6		0	FLA	4		0.286	0.073	
Cryptoxanthin, beta.....mcg	7		0	FLA	4		0.318	0.081	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	121		0	FLA	4		5.685	1.452	

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

NDB No. 06168

Sauce, ready-to-serve, pepper or hot

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.061		0		1		0.003	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.058		1		1		0.003	0.001	
20:1.....g									
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									
<u>Amino Acids:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.025		0	FLA	4		0.065	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1	FLA	4		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.025		1	FLA	4		0.065	0.008	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.115		0	FLA	4		0.298	0.038	
18:2 undifferentiated.....g	0.109		1	FLA	4		0.282	0.036	
18:3 undifferentiated.....g	0.005		1	FLA	4		0.013	0.002	
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		3	A	1		0	0	
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	175	29.282	3	A	1		454.113	57.860	
Carotene, alpha.....mcg	0	0.000	3	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1		0.000	0.000	
Lycopene.....mcg	10515	138.011	3	A	1		27233.850	3469.950	
Lutein + zeaxanthin.....mcg	0	0.000	3	A	1		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 33g: 2 tablespoon

Calories Factors: Protein 2.44

Fat 8.87

Carbohydrate 3.57

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06142

Sauce, sofrito, prepared from recipe

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....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 = 14.9g: 1 tbsp

Measure 2 = 103g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06976
Sauce, spaghetti, low sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Points	Code				
<hr/>									
Fatty acids, total monounsaturated.....g	3.307				4		8.268		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036				4		0.090		
17:1.....g									
18:1 undifferentiated.....g	3.254				4		8.135		
20:1.....g	0.013				4		0.033		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.518				4		1.295		
18:2 undifferentiated.....g	0.488				4		1.220		
18:3 undifferentiated.....g	0.035				4		0.088		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	356		0	FLA	4		889.758		
Carotene, alpha.....mcg	25		0	FLA	4		62.169		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		1.317		
Lycopene.....mcg	18647		0	FLA	4		46617.777		
Lutein + zeaxanthin.....mcg	96		0	FLA	4		240.417		

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06109

Sauce, stroganoff, dehydrated, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u> <u>measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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	9.81		0	FLA	4		28.25	1.77	3.53
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		0	FLA	4		0.01	0.00	0.00
Vitamin A, IU.....IU	0		0	FLA	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	0.0
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									

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000 0.000 0.000
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
17:1.....g							
18:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
20:1.....g	0.000		0		4		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000 0.000 0.000
18:2 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
18:3 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
18:4.....g	0.000		0		4		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
20:5 n-3.....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	0		0	FLA	4		0 0 0
Theobromine.....mg	0		0	FLA	4		0 0 0
Carotenoids:							
Carotene, beta.....mcg	0		0	FLA	4		0.000 0.000 0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000 0.000 0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000 0.000 0.000
Lycopene.....mcg	0		0	FLA	4		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000 0.000 0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

Sauce, teriyaki, ready-to-serve, reduced sodium

[illegible]

NDB No. 06189

Sauce, teriyaki, ready-to-serve, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<hr/>									
Fatty acids, total monounsaturated.....g	0.000					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000					4			
17:1.....g									
18:1 undifferentiated.....g	0.000					4			
20:1.....g	0.000					4			
22:1 undifferentiated.....g	0.000					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000					4			
18:2 undifferentiated.....g	0.000					4			
18:3 undifferentiated.....g	0.000					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					4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					4			
Caffeine.....mg	0		0	FLA		4			
Theobromine.....mg	0		0	FLA		4			
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA		4			
Carotene, alpha.....mcg	0		0	FLA		4			
Cryptoxanthin, beta.....mcg	0		0	FLA		4			
Lycopene.....mcg	0		0	FLA		4			
Lutein + zeaxanthin.....mcg	0		0	FLA		4			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Sauce, tomato chili sauce, bottled, no salt, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.00				1		185.64	11.56	
Energy.....kcal	104				1		284	18	
Energy.....kj	435				1		1188	74	
Protein.....g	2.50				1		6.83	0.43	
Total lipid (fat).....g	0.30				1		0.82	0.05	
Ash.....g	0.48		0	NR	4		1.30	0.08	
Carbohydrate, by difference.....g	28.73		0	NR	4		78.42	4.88	
Fiber, total dietary.....g	0.5		0	FLA	4		1.3	0.1	
Sugars, total.....g	23.83		0	FLA	4		65.06	4.05	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20				1		55	3	
Iron, Fe.....mg	0.80				1		2.18	0.14	
Magnesium, Mg.....mg	12				1		33	2	
Phosphorus, P.....mg	52				1		142	9	
Potassium, K.....mg	370				1		1010	63	
Sodium, Na.....mg	20				1		55	3	
Zinc, Zn.....mg	0.16				1		0.44	0.03	
Copper, Cu.....mg	0.130				1		0.355	0.022	
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.1		0	BFSN	4		3.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	16.0				1		43.7	2.7	
Thiamin.....mg	0.090				1		0.246	0.015	
Riboflavin.....mg	0.070				1		0.191	0.012	
Niacin.....mg	1.600				1		4.368	0.272	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.160				4		0.437	0.027	
Folate, total.....mcg	10		0	FLA	4		28	2	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	10		0	FLA	4		28	2	
Folate, DFE.....mcg_DFE	10		0	NC	4		28	2	
Vitamin B-12.....mcg	0.00				7		0.00	0.00	
Vitamin A, IU.....IU	199		0	FLA	4		542	34	
Vitamin A, RAE.....mcg_RAE	10		0	FLA	4		27	2	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.25		0	FLA	4		0.69	0.04	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.2		0	FLA	4		3.3	0.2	
Lipids:									
Fatty acids, total saturated.....g	0.044				4		0.120	0.007	
4:0.....g	0.000				4		0.000	0.000	
6:0.....g	0.000				4		0.000	0.000	
8:0.....g	0.000				4		0.000	0.000	
10:0.....g	0.000				4		0.000	0.000	
12:0.....g	0.001				4		0.003	0.000	
13:0.....g									
14:0.....g	0.003				4		0.008	0.001	
15:0.....g									

NDB No. 06973

Sauce, tomato chili sauce, bottled, no salt, low sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.042				4		0.115	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.040				4		0.109	0.007	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.137				4		0.374	0.023	
18:2 undifferentiated.....g	0.129				4		0.352	0.022	
18:3 undifferentiated.....g	0.008				4		0.022	0.001	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	119		0	FLA	4		325.434	20.265	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	1103		0	FLA	4		3012.316	187.580	
Lutein + zeaxanthin.....mcg	33		0	FLA	4		89.393	5.567	

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

Common Measures:

Measure 1 = 273g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06972

Sauce, tomato chili sauce, bottled, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.038				4		0.104	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002				4		0.005	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.036				4		0.098	0.002	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.154				4		0.420	0.009	
18:2 undifferentiated.....g	0.142				4		0.388	0.009	
18:3 undifferentiated.....g	0.012				4		0.033	0.001	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	402		0	FLA	4		1096.439	24.098	
Carotene, alpha.....mcg	13		0	FLA	4		34.763	0.764	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	12819		0	FLA	4		34996.993	769.165	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		2.293	0.050	

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

Common Measures:

Measure 1 = 273g: 1 cup

Measure 2 = 6.0g: 1 packet

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06971
Sauce, worcestershire

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.000				4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	43		0	FLA	4		118.351	7.316	
Carotene, alpha.....mcg	1		0	FLA	4		3.970	0.245	
Cryptoxanthin, beta.....mcg	3		0	FLA	4		8.783	0.543	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	48		0	FLA	4		132.494	8.191	

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

Common Measures:

Measure 1 = 275g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, CAMPBELL'S Chicken Noodle, canned, condensed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, CAMPBELL'S HEALTHY REQUEST CREAM OF CHICKEN, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.80			MA	12				
Energy.....kcal	58			MC	9				
Energy.....kj	243				9				
Protein.....g	1.80			MC	9				
Total lipid (fat).....g	1.30			MA	12				
Ash.....g	1.50			MA	12				
Carbohydrate, by difference.....g	9.50			MC	9				
Fiber, total dietary.....g	0.4			MA	12				
Sugars, total.....g	0.75		0	FLA	4				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11			MA	12				
Iron, Fe.....mg	0.20			MA	12				
Magnesium, Mg.....mg	2			FLM	4				
Phosphorus, P.....mg	23			FLM	4				
Potassium, K.....mg	272			MA	12				
Sodium, Na.....mg	357			MA	12				
Zinc, Zn.....mg	0.13			FLM	4				
Copper, Cu.....mg	0.034			FLM	4				
Manganese, Mn.....mg	0.055			FLM	4				
Selenium, Se.....mcg	6.3		0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0			MA	12				
Thiamin.....mg	0.005			FLM	4				
Riboflavin.....mg	0.022			FLM	4				
Niacin.....mg	0.637			FLM	4				
Pantothenic acid.....mg	0.040			FLM	4				
Vitamin B-6.....mg	0.012			FLM	4				
Folate, total.....mcg	2		0	FLA	4				
Folic acid.....mcg	0		0	FLA	4				
Folate, food.....mcg	2		0	FLA	4				
Folate, DFE.....mcg_DFE	2		0	NC	4				
Vitamin B-12.....mcg	0.05			FLM	4				
Vitamin A, IU.....IU	43		0	NC	4				
Vitamin A, RAE.....mcg_RAE	10		0	FLA	4				
Retinol.....mcg	10		0	FLA	4				
Vitamin E (alpha-tocopherol).....mg	0.13		0	FLA	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.0		0	FLA	4				
Lipids:									
Fatty acids, total saturated.....g	0.500			MA	12				
4:0.....g	0.015			FLM	4				
6:0.....g	0.009			FLM	4				
8:0.....g	0.005			FLM	4				
10:0.....g	0.011			FLM	4				
12:0.....g	0.013			FLM	4				
13:0.....g									
14:0.....g	0.051			FLM	4				
15:0.....g									
16:0.....g	0.267			FLM	4				
17:0.....g									
18:0.....g	0.115			FLM	4				
20:0.....g									

NDB No. 06195

Soup, CAMPBELL'S HEALTHY REQUEST CREAM OF CHICKEN, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Fatty acids, total monounsaturated.....g	0.400						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028			FLM		4			
17:1.....g									
18:1 undifferentiated.....g	0.369			FLM		4			
20:1.....g	0.002			FLM		4			
22:1 undifferentiated.....g	0.000			FLM		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400			MA		12			
18:2 undifferentiated.....g	0.232			FLM		4			
18:3 undifferentiated.....g	0.017			FLM		4			
18:4.....g	0.000			FLM		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006			FLM		4			
20:5 n-3.....g	0.000			FLM		4			
22:5 n-3.....g	0.001			FLM		4			
22:6 n-3.....g	0.002			FLM		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	6			MA		12			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z		7			
Caffeine.....mg	0		0	FLA		4			
Theobromine.....mg	0		0	FLA		4			
Carotenoids:									
Carotene, beta.....mcg	6		0	FLA		4			
Carotene, alpha.....mcg	0		0	FLA		4			
Cryptoxanthin, beta.....mcg	0		0	FLA		4			
Lycopene.....mcg	0		0	FLA		4			
Lutein + zeaxanthin.....mcg	0		0	FLA		4			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, CAMPBELL'S HEALTHY REQUEST Chicken with Rice, canned, condensed

[illegible]

NDB No. 06029

Soup, CAMPBELL'S HEALTHY REQUEST Chicken with Rice, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.649		0	FLM	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.083		0	FLM	4				
17:1.....g									
18:1 undifferentiated.....g	0.541		0	FLM	4				
20:1.....g	0.018		0	FLM	4				
22:1 undifferentiated.....g	0.000		0	FLM	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0	MA	12				
18:2 undifferentiated.....g	0.299		0	FLM	4				
18:3 undifferentiated.....g	0.020		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	0.011		0	FLM	4				
20:5 n-3.....g	0.001		0	FLM	4				
22:5 n-3.....g	0.002		0	FLM	4				
22:6 n-3.....g	0.004		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	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	467		0	FLA	4				
Carotene, alpha.....mcg	215		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	27		0	FLA	4				
Lutein + zeaxanthin.....mcg	21		0	FLA	4				

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

Common Measures:**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, CAMPBELL'S HEALTHY REQUEST SPLIT PEA 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
Proximates:									
Water.....g	82.80			MC	9				
Energy.....kcal	68			MC	9				
Energy.....kj	285				9				
Protein.....g	4.00			MC	9				
Total lipid (fat).....g	0.70			MC	9				
Ash.....g	1.00			MC	9				
Carbohydrate, by difference.....g	11.40			MC	9				
Fiber, total dietary.....g	1.9			MC	9				
Sugars, total.....g	0.13		0	FLA	4				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16			MC	9				
Iron, Fe.....mg	0.70			MC	9				
Magnesium, Mg.....mg	14			FLM	4				
Phosphorus, P.....mg	54			FLM	4				
Potassium, K.....mg	204			MC	9				
Sodium, Na.....mg	196			MC	9				
Zinc, Zn.....mg	0.49			FLM	4				
Copper, Cu.....mg	0.100			FLM	4				
Manganese, Mn.....mg	0.198			FLM	4				
Selenium, Se.....mcg	0.3		0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0			MC	9				
Thiamin.....mg	0.083			FLM	4				
Riboflavin.....mg	0.038			FLM	4				
Niacin.....mg	0.695			FLM	4				
Pantothenic acid.....mg	0.250			FLM	4				
Vitamin B-6.....mg	0.048			FLM	4				
Folate, total.....mcg	28		0	FLA	4				
Folic acid.....mcg	0		0	FLA	4				
Folate, food.....mcg	28		0	FLA	4				
Folate, DFE.....mcg_DFE	28		0	NC	4				
Vitamin B-12.....mcg	0.03			FLM	4				
Vitamin A, IU.....IU	596		0	NC	4				
Vitamin A, RAE.....mcg_RAE	30		0	NC	4				
Retinol.....mcg	0		0	FLA	4				
Vitamin E (alpha-tocopherol).....mg	0.06		0	FLA	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	FLA	4				
Lipids:									
Fatty acids, total saturated.....g	0.200			MC	9				
4:0.....g	0.000			FLM	4				
6:0.....g	0.000			FLM	4				
8:0.....g	0.000			FLM	4				
10:0.....g	0.000			FLM	4				
12:0.....g	0.100			FLM	4				
13:0.....g									
14:0.....g	0.008			FLM	4				
15:0.....g									
16:0.....g	0.129			FLM	4				
17:0.....g									
18:0.....g	0.057			FLM	4				
20:0.....g									

NDB No. 06193

Soup, CAMPBELL'S HEALTHY REQUEST SPLIT PEA 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Fatty acids, total monounsaturated.....g	0.282			FLM	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023			FLM	4				
17:1.....g									
18:1 undifferentiated.....g	0.257			FLM	4				
20:1.....g	0.002			FLM	4				
22:1 undifferentiated.....g	0.000			FLM	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.135			FLM	4				
18:2 undifferentiated.....g	0.115			FLM	4				
18:3 undifferentiated.....g	0.019			FLM	4				
18:4.....g	0.000			FLM	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			FLM	4				
20:5 n-3.....g	0.000			FLM	4				
22:5 n-3.....g	0.000			FLM	4				
22:6 n-3.....g	0.000			FLM	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	3			MC	9				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	290		0	FLA	4				
Carotene, alpha.....mcg	135		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	11		0	FLA	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, CAMPBELL, HEALTHY REQUEST Chicken Broth, canned, ready-to-serve

[illegible]

NDB No. 06194

Soup, CAMPBELL, HEALTHY REQUEST Chicken Broth, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.045			FLC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006			FLC	4				
17:1.....g									
18:1 undifferentiated.....g	0.037			FLC	4				
20:1.....g	0.001			FLC	4				
22:1 undifferentiated.....g	0.000			FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021			FLC	4				
18:2 undifferentiated.....g	0.019			FLC	4				
18:3 undifferentiated.....g	0.001			FLC	4				
18:4.....g	0.000			FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			FLC	4				
20:5 n-3.....g	0.000			FLC	4				
22:5 n-3.....g	0.000			FLC	4				
22:6 n-3.....g	0.000			FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0			MA	12				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			MA	12				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4				
Carotene, alpha.....mcg	0		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	0		0	FLA	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06286

Soup, LIPTON, CUP-A-SOUP BROCCOLI & CHEESE, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors: Protein Fat Carbohydrate Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	14450		0	MC	9		2023		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors: Protein Fat Carbohydrate Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06289

Soup, LIPTON, CUP-A-SOUP CHICKEN NOODLE WITH MEAT

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	777		0	MC	9		777		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06290

Soup, LIPTON, CUP-A-SOUP CREAM OF CHICKEN, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06295

Soup, LIPTON, CUP-A-SOUP CREAM OF MUSHROOM, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors: ProteinFatCarbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors: ProteinFatCarbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	257		0	MC	9		41		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	13290		0	MC	9		1861		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06296

Soup, LIPTON, CUP-A-SOUP SPRING VEGETABLE, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	13580		0	MC	9		1765		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors: Protein Fat Carbohydrate Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors: ProteinFatCarbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors: Protein Fat Carbohydrate Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	8317		0	MC	9		1081		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors: Protein Fat Carbohydrate Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06300

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1551		0	MC	9		465		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

NDB No. 06300
Soup, LIPTON, KETTLE CREATIONS CHICKEN WITH PASTA & BEAN, Mix, Dry

Calories Factors: Protein Fat Carbohydrate Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1297		0	MC	9		467		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors:	Protein	Fat	Carbohydrate	Food Group:
				06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06031

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1185		0	MC	9		415		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors: Protein Fat Carbohydrate Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06724

Soup, LIPTON, RECIPE SECRETS BEEFY ONION, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06723

Soup, LIPTON, RECIPE SECRETS FIESTA HERB WITH RED, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors: Protein Fat Carbohydrate Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

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

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06305

Soup, LIPTON, RECIPE SECRETS SAVORY HERB WITH GARLIC, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

NDB No. 06305
Soup, LIPTON, RECIPE SECRETS SAVORY HERB WITH GARLIC, Mix, Dry

Calories Factors: Protein Fat Carbohydrate Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06301
Soup, LIPTON, RECIPE SECRETS VEGETABLE, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

NDB No. 06301
Soup, LIPTON, RECIPE SECRETS VEGETABLE, Mix, Dry

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06281
Soup, LIPTON, SOUP SECRETS CHICKEN NOODLE, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

NDB No. 06281
Soup, LIPTON, SOUP SECRETS CHICKEN NOODLE, Mix, Dry

Calories Factors: Protein Fat Carbohydrate Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06279

Soup, LIPTON, SOUP SECRETS EXTRA NOODLE, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	73		0	MC	9		17		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

NDB No. 06279
Soup, LIPTON, SOUP SECRETS EXTRA NOODLE, Mix, Dry

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06283
Soup, LIPTON, SOUP SECRETS GIGGLE NOODLE, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	99		0	MC	9		19		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

NDB No. 06283
Soup, LIPTON, SOUP SECRETS GIGGLE NOODLE, Mix, Dry

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06284

Soup, LIPTON, SOUP SECRETS NOODLE WITH REAL CHICKEN BROTH, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	114		0	MC	9		18		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

NDB No. 06284
Soup, LIPTON, SOUP SECRETS NOODLE WITH REAL CHICKEN BROTH, Mix, Dry

Calories Factors: Protein Fat Carbohydrate Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06282
Soup, LIPTON, SOUP SECRETS RING-O-NOODLE

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	105		0	MC	9		18		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

NDB No. 06282
Soup, LIPTON, SOUP SECRETS RING-O-NOODLE

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 06 Soups, Sauces, and Gravies
-------------------	---------	-----	--------------	---

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06280
Soup, LIPTON, SOUP SECRETS SPIRAL PASTA SOUP, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	94		0	MC	9		17		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

NDB No. 06280
Soup, LIPTON, SOUP SECRETS SPIRAL PASTA SOUP, Mix, Dry

Calories Factors: Protein Fat Carbohydrate Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06582

Soup, NISSIN, CUP NOODLES, Ramen Noodle, chicken flavor, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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									
Carotenoids:									
Carotene, beta.....mcg	330		1	A	1		211.200		
Carotene, alpha.....mcg	90		1	A	1		57.600		
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 64g: 1 container, individual

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, NISSIN, OODLES OF NOODLES TOP RAMEN Ramen Noodle, Oriental flavor, 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
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		

NDB No. 06581

Soup, NISSIN, OODLES OF NOODLES TOP RAMEN Ramen Noodle, Oriental flavor, dry form

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

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

Common Measures:

Measure 1 = 42g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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									
Carotenoids:									
Carotene, beta.....mcg	330		1	A	1		1775.400	788.700	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 538g: 1 package yields

Measure 2 = 239g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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									
Carotenoids:									
Carotene, beta.....mcg	500		1	A	1		2265.000	1205.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 453g: 1 package yields

Measure 2 = 241g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06198

Soup, PROGRESSO HEALTHY CLASSICS BEEF 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
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				
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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		

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
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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		

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		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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		
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	594		0	FLA	4		1443.211		
Carotene, alpha.....mcg	214		0	FLA	4		519.847		
Cryptoxanthin, beta.....mcg	122		0	FLA	4		296.450		
Lycopene.....mcg	0		0	FLA	4		0.249		
Lutein + zeaxanthin.....mcg	108		0	FLA	4		262.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06205

Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.370		0	FLM	4		0.936		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0	FLM	4		0.061		
17:1.....g									
18:1 undifferentiated.....g	0.345		0	FLM	4		0.873		
20:1.....g	0.001		0	FLM	4		0.003		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.168		0	FLM	4		0.425		
18:2 undifferentiated.....g	0.147		0	FLM	4		0.372		
18:3 undifferentiated.....g	0.021		0	FLM	4		0.053		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....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	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	314		0	FLA	4		793.167		
Carotene, alpha.....mcg	35		0	FLA	4		88.117		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		1.325		
Lycopene.....mcg	7		0	FLA	4		17.356		
Lutein + zeaxanthin.....mcg	1287		0	FLA	4		3254.877		

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

Common Measures:

Measure 1 = 253g: 1 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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		
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	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	303		0	FLA	4		742.391		
Carotene, alpha.....mcg	49		0	FLA	4		120.768		
Cryptoxanthin, beta.....mcg	5		0	FLA	4		11.627		
Lycopene.....mcg	4016		0	FLA	4		9840.130		
Lutein + zeaxanthin.....mcg	396		0	FLA	4		970.315		

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

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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				

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06984
Soup, SWANSON Chicken Broth 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	98.10		1	A	1		117.72		
Energy.....kcal	4		0	NC	4		5		
Energy.....kj	18		0	NC	4		21		
Protein (N x 6.25).....g	0.54		1	A	1		0.65		
Total lipid (fat).....g	0.17		1	A	1		0.21		
Ash.....g	1.05		1	A	1		1.26		
Carbohydrate, by difference.....g	0.14		0	NC	4		0.16		
Fiber, total dietary.....g	0.0		1	A	1		0.0		
Sugars, total.....g	0.15		1	A	1		0.18		
Sucrose.....g	0.00		1	A	1		0.00		
Glucose (dextrose).....g	0.15		1	A	1		0.18		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca.....mg	4		1	A	1		5		
Iron, Fe.....mg	0.14		1	A	1		0.16		
Magnesium, Mg.....mg	1		1	A	1		2		
Phosphorus, P.....mg	11		1	A	1		13		
Potassium, K.....mg	30		1	A	1		36		
Sodium, Na.....mg	409		1	A	1		491		
Zinc, Zn.....mg	0.02		1	A	1		0.03		
Copper, Cu.....mg	0.019		1	A	1		0.022		
Manganese, Mn.....mg	0.011		1	A	1		0.013		
Selenium, Se.....mcg	2.2		1	A	1		2.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.007		1	A	1		0.009		
Riboflavin.....mg	0.021		1	A	1		0.025		
Niacin.....mg	0.558		1	A	1		0.670		
Pantothenic acid.....mg	0.120		1	A	1		0.144		
Vitamin B-6.....mg	0.014		1	A	1		0.017		
Folate, total.....mcg	1		1	A	1		1		
Folic acid.....mcg									
Folate, food.....mcg	1		1	A	1		1		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.20		1	A	1		0.24		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.000		0	NC	4		0.000		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 06984
Soup, SWANSON Chicken Broth 99% Fat Free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.000		1	A	1		0.000		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.000		1	A	1		0.000		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.000		1	A	1		0.000		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000		
18:2 undifferentiated.....g	0.000		1	A	1		0.000		
18:3 undifferentiated.....g	0.000		0	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									

Amino Acids:

Tryptophan.....g
Threonine.....g
Isoleucine.....g
Leucine.....g
Lysine.....g
Methionine.....g
Cystine.....g
Phenylalanine.....g
Tyrosine.....g
Valine.....g
Arginine.....g
Histidine.....g
Alanine.....g
Aspartic acid.....g
Glutamic acid.....g
Glycine.....g
Proline.....g
Serine.....g
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 = 120g: 1 cup

NDB No. 06984
Soup, SWANSON Chicken Broth 99% Fat Free

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06190

Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.415			FLM	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015			FLM	4				
17:1.....g									
18:1 undifferentiated.....g	0.400			FLM	4				
20:1.....g	0.000			FLM	4				
22:1 undifferentiated.....g	0.000			FLM	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.269			FLM	4				
18:2 undifferentiated.....g	0.229			FLM	4				
18:3 undifferentiated.....g	0.040			FLM	4				
18:4.....g	0.000			FLM	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			FLM	4				
20:5 n-3.....g	0.000			FLM	4				
22:5 n-3.....g	0.000			FLM	4				
22:6 n-3.....g	0.000			FLM	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	2			FLM	4				
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	349		0	FLA	4				
Carotene, alpha.....mcg	145		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	915		0	FLA	4				
Lutein + zeaxanthin.....mcg	36		0	FLA	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06731

Soup, bean with bacon, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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									
Carotenoids:									
Carotene, beta.....mcg	110		1	A	1		358.600	148.500	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 326g: 1 package yields

Measure 2 = 135g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	11		0	FLA	4		30.226	3.775	
Carotene, alpha.....mcg	0		0	FLA	4		1.017	0.127	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	752		0	FLA	4		1992.860	248.920	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.078	0.010	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	2.080		0		1		5.470	6.635	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		1		1		0.289	0.351	
17:1.....g									
18:1 undifferentiated.....g	1.930		1		1		5.076	6.157	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.250		0		1		3.288	3.988	
18:2 undifferentiated.....g	0.950		1		1		2.499	3.031	
18:3 undifferentiated.....g	0.270		1		1		0.710	0.861	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Fatty acids, total monounsaturated.....g	1.090		0		1		2.725	6.616	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.150	0.364	
17:1.....g									
18:1 undifferentiated.....g	1.010		0		1		2.525	6.131	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.660		0		1		1.650	4.006	
18:2 undifferentiated.....g	0.500		0		1		1.250	3.035	
18:3 undifferentiated.....g	0.140		0		1		0.350	0.850	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
<u>Amino Acids:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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						

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	1.580		0		1		3.839	8.627	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		0		1		0.219	0.491	
17:1.....g									
18:1 undifferentiated.....g	1.440		0		1		3.499	7.862	
20:1.....g	0.040		0		1		0.097	0.218	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.390		0		1		0.948	2.129	
18:2 undifferentiated.....g	0.360		0		1		0.875	1.966	
18:3 undifferentiated.....g	0.040		0		1		0.097	0.218	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	336		0	FLA	4		903.840	1095.361	
Carotene, alpha.....mcg	118		0	FLA	4		316.809	383.940	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	5946		0	FLA	4		15994.828	19384.067	
Lutein + zeaxanthin.....mcg	9		0	FLA	4		24.275	29.419	

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

NDB No. 06004

Soup, bean with pork, canned, condensed, commercial

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, bean with pork, canned, prepared with equal volume water, commercial

	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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	1.09		0	FLA	4		2.76	0.35	6.71
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	FLA	4		888	111	2155
Vitamin A, RAE.....mcg_RAE	18		0	FLA	4		45	6	109
Retinol.....mcg	0		0	FLA	4		1	0	1
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLA	4		0.75	0.09	1.81
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.2		0	FLA	4		3.0	0.4	7.4
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.	

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	172		0	FLA	4		434.572	54.279	1054.653
Carotene, alpha.....mcg	77		0	FLA	4		194.116	24.245	471.096
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	525		0	FLA	4		1328.706	165.957	3224.607
Lutein + zeaxanthin.....mcg	6		0	FLA	4		14.874	1.858	36.097

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

NDB No. 06404

Soup, bean with pork, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06978

Soup, beef and mushroom, low sodium, chunk style

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<hr/>									
Fatty acids, total monounsaturated.....g	0.394				4		0.989		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025				4		0.063		
17:1.....g									
18:1 undifferentiated.....g	0.367				4		0.921		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068				4		0.171		
18:2 undifferentiated.....g	0.062				4		0.156		
18:3 undifferentiated.....g	0.004				4		0.010		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002				4		0.005		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	6				4		15		
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	961		0	FLA	4		2412.247		
Carotene, alpha.....mcg	438		0	FLA	4		1100.293		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	722		0	FLA	4		1811.127		
Lutein + zeaxanthin.....mcg	47		0	FLA	4		117.964		

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

Common Measures:

Measure 1 = 251g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06032

Soup, beef broth bouillon and consomme, canned, condensed, commercial

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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	0.00		0	FLA	4		0.00	0.00	
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	FLA	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.02		0	FLA	4		0.05	0.07	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	
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									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	

NDB No. 06032

Soup, beef broth bouillon and consomme, canned, condensed, commercial

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	0.00		0	FLA	4		0.00	0.00	0.00
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	FLA	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.01	0.03	0.02
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	0.0
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									

NDB No. 06008

Soup, beef broth or bouillon canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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
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	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (8 fl oz)

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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.164	0.020	0.123
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06432

Soup, beef broth, bouillon, consommé, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06076
Soup, beef broth, cubed, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06476

Soup, beef broth, cubed, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total 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
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	0		0	FLA	4		0 0 0
Theobromine.....mg	0		0	FLA	4		0 0 0
Carotenoids:							
Carotene, beta.....mcg	1		0	FLA	4		1.421 0.178 1.067
Carotene, alpha.....mcg	0		0	FLA	4		0.000 0.000 0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000 0.000 0.000
Lycopene.....mcg	0		0	FLA	4		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	3		0	FLA	4		6.796 0.852 5.104

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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				

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.510		0		1		1.244	3.024	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0		1		0.122	0.297	
17:1.....g									
18:1 undifferentiated.....g	0.440		0		1		1.074	2.609	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		1		0.122	0.297	
18:2 undifferentiated.....g	0.040		0		1		0.098	0.237	
18:3 undifferentiated.....g	0.010		0		1		0.024	0.059	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1026		0	FLA	4		145.668	94.377	
Carotene, alpha.....mcg	309		0	FLA	4		43.824	28.393	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.057	0.037	
Lycopene.....mcg	893		0	FLA	4		126.805	82.155	
Lutein + zeaxanthin.....mcg	537		0	FLA	4		76.312	49.441	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (8 fl oz)

Measure 2 = 9.2g: 1 packet

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, beef noodle, canned, condensed, commercial

Refuse: 0%

[illegible]

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	120		0	FLA	4		300.676	300.676	365.363
Carotene, alpha.....mcg	0		0	FLA	4		0.016	0.016	0.019
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.122	0.122	0.149
Lycopene.....mcg	8507		0	FLA	4		21351.614	21351.614	25945.188
Lutein + zeaxanthin.....mcg	4		0	FLA	4		9.581	9.581	11.642

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

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

Calories Factors: **Protein** 4.1 **Fat** 8.9 **Carbohydrate** 4.1

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	0.55		0	FLA	4		1.33	0.17	3.24
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	50		0	FLA	4		123	15	298
Vitamin A, RAE.....mcg_RAE	3		0	FLA	4		7	1	18
Retinol.....mcg	1		0	FLA	4		1	0	3
Vitamin E (alpha-tocopherol).....mg	0.28		0	FLA	4		0.68	0.08	1.65
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	FLA	4		1.3	0.2	3.0
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									

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	29		0	FLA	4		70.761	8.845	171.972
Carotene, alpha.....mcg	0		0	FLA	4		0.015	0.002	0.036
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.112	0.014	0.273
Lycopene.....mcg	2056		0	FLA	4		5016.630	627.079	12192.056
Lutein + zeaxanthin.....mcg	4		0	FLA	4		8.802	1.100	21.392

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

NDB No. 06409

Soup, beef noodle, canned, prepared with equal volume water, commercial

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, beef stroganoff, canned, chunky style, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.90				4		191.76		
Energy.....kcal	98				1		235		
Energy.....kj	410				1		984		
Protein.....g	5.10				1		12.24		
Total lipid (fat).....g	4.60				1		11.04		
Ash.....g	1.40		0	NR	4		3.36		
Carbohydrate, by difference.....g	9.00			NC	4		21.60		
Fiber, total dietary.....g	0.6				4		1.4		
Sugars, total.....g	1.91		0	FLA	4		4.59		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20				1		48		
Iron, Fe.....mg	0.88				1		2.11		
Magnesium, Mg.....mg	2				4		5		
Phosphorus, P.....mg	50				4		120		
Potassium, K.....mg	140				4		336		
Sodium, Na.....mg	435				1		1044		
Zinc, Zn.....mg	1.10				4		2.64		
Copper, Cu.....mg	0.100				4		0.240		
Manganese, Mn.....mg									
Selenium, Se.....mcg	7.6		0	BFSN	4		18.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0				1		0.0		
Thiamin.....mg	0.040				1		0.096		
Riboflavin.....mg	0.090				1		0.216		
Niacin.....mg	0.100				1		0.240		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060				4		0.144		
Folate, total.....mcg	67		0	FLA	4		160		
Folic acid.....mcg	10		0	FLA	4		25		
Folate, food.....mcg	56		0	FLA	4		135		
Folate, DFE.....mcg_DFE	74		0	NC	4		178		
Vitamin B-12.....mcg	0.26				4		0.62		
Vitamin A, IU.....IU	820		0	FLA	4		1968		
Vitamin A, RAE.....mcg_RAE	84		0	FLA	4		201		
Retinol.....mcg	51		0	FLA	4		123		
Vitamin E (alpha-tocopherol).....mg	0.41		0	FLA	4		0.99		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	102.8		0	FLA	4		246.8		
Lipids:									
Fatty acids, total saturated.....g	2.324				4		5.578		
4:0.....g	0.082				4		0.197		
6:0.....g	0.048				4		0.115		
8:0.....g	0.028				4		0.067		
10:0.....g	0.066				4		0.158		
12:0.....g	0.073				4		0.175		
13:0.....g									
14:0.....g	0.307				4		0.737		
15:0.....g									
16:0.....g	1.123				4		2.695		
17:0.....g									

NDB No. 06980

Soup, beef stroganoff, canned, chunky style, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	1.556				4		3.734		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.127				4		0.305		
17:1.....g									
18:1 undifferentiated.....g	1.388				4		3.331		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.246				4		0.590		
18:2 undifferentiated.....g	0.193				4		0.463		
18:3 undifferentiated.....g	0.047				4		0.113		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006				4		0.014		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21				4		50		
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	365		0	FLA	4		875.335		
Carotene, alpha.....mcg	49		0	FLA	4		117.298		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		2.699		
Lycopene.....mcg	14		0	FLA	4		32.557		
Lutein + zeaxanthin.....mcg	386		0	FLA	4		926.605		

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

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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									
Carotenoids:									
Carotene, beta.....mcg	1080		1	A	1		5821.200	2624.400	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 539g: 1 package yields

Measure 2 = 243g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
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									
Carotenoids:									
Carotene, beta.....mcg	340		1	A	1		1060.800	431.800	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 312g: 1 package yields

Measure 2 = 127g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06070

Soup, beef, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	536		0	FLA	4		1285.874	2887.858	
Carotene, alpha.....mcg	234		0	FLA	4		560.612	1259.041	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.005	0.011	
Lycopene.....mcg	1325		0	FLA	4		3179.261	7140.090	
Lutein + zeaxanthin.....mcg	36		0	FLA	4		86.983	195.349	

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

NDB No. 06070

Soup, beef, canned, chunky, ready-to-serve

Calories Factors: Protein 4.1

Fat 9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06002

Soup, black bean, 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	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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	220		0	FLA	4		565.253	686.221	
Carotene, alpha.....mcg	83		0	FLA	4		213.644	259.365	
Cryptoxanthin, beta.....mcg	8		0	FLA	4		20.362	24.720	
Lycopene.....mcg	471		0	FLA	4		1211.593	1470.883	
Lutein + zeaxanthin.....mcg	27		0	FLA	4		70.511	85.600	

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

NDB No. 06002

Soup, black bean, canned, condensed, commercial

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, black bean, 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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	0.08		0	FLA	4		0.20	0.02	0.48
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	193		0	NC	4		476	59	1155
Vitamin A, RAE.....mcg_RAE	10		0	FLA	4		24	3	58
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.10		0	FLA	4		0.24	0.03	0.58
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6		0	FLA	4		1.5	0.2	3.6
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									

NDB No. 06402

Soup, black bean, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	96		0	FLA	4		237.642	29.729	577.268
Carotene, alpha.....mcg	31		0	FLA	4		75.805	9.483	184.142
Cryptoxanthin, beta.....mcg	8		0	FLA	4		19.570	2.448	47.540
Lycopene.....mcg	0		0	FLA	4		0.037	0.005	0.090
Lutein + zeaxanthin.....mcg	18		0	FLA	4		45.519	5.694	110.572

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

NDB No. 06402

Soup, black bean, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06981

Soup, bouillon cubes and granules, low sodium, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	5.365				4		0.139	0.193	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.561				4		0.015	0.020	
17:1.....g									
18:1 undifferentiated.....g	4.645				4		0.121	0.167	
20:1.....g	0.110				4		0.003	0.004	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.485				4		0.117	0.161	
18:2 undifferentiated.....g	4.324				4		0.112	0.156	
18:3 undifferentiated.....g	0.130				4		0.003	0.005	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	13				4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	264		0	FLA	4		6.868	9.510	
Carotene, alpha.....mcg	70		0	FLA	4		1.826	2.528	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.039	0.054	
Lycopene.....mcg	19		0	FLA	4		0.507	0.702	
Lutein + zeaxanthin.....mcg	272		0	FLA	4		7.060	9.775	

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

Common Measures:

Measure 1 = 2.6g: 1 tsp

Measure 2 = 3.6g: 1 cube

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, broccoli cheese, canned, condensed, commercial

[illegible]

NDB No. 06584

Soup, broccoli cheese, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.000		0	MA	12		6.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0	MA	12		0.052		
17:1.....g									
18:1 undifferentiated.....g	1.979		0	MA	12		6.036		
20:1.....g	0.000		0	MA	12		0.000		
22:1 undifferentiated.....g	0.000		0	MA	12		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.700		0	MA	12		5.185		
18:2 undifferentiated.....g	1.535		0	MA	12		4.682		
18:3 undifferentiated.....g	0.165		0	MA	12		0.503		
18:4.....g	0.000		0	MA	12		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MA	12		0.000		
20:5 n-3.....g	0.000		0	MA	12		0.000		
22:5 n-3.....g	0.000		0	MA	12		0.000		
22:6 n-3.....g	0.000		0	MA	12		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0	MA	12		12		
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	435		0	FLA	4		1325.822		
Carotene, alpha.....mcg	0		0	FLA	4		0.006		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.009		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	540		0	FLA	4		1645.976		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	39		0	FLA	4		101.368	123.061	
Carotene, alpha.....mcg	0		0	FLA	4		0.008	0.010	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.012	0.015	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		2.178	2.644	

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

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

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

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	1.630		0		1		4.091	9.927	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		0		1		0.402	0.974	
17:1.....g									
18:1 undifferentiated.....g	1.390		0		1		3.489	8.465	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		1		0.452	1.096	
18:2 undifferentiated.....g	0.110		0		1		0.276	0.670	
18:3 undifferentiated.....g	0.070		0		1		0.176	0.426	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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		

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.200		0		1		2.964	7.200	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		0		1		0.321	0.780	
17:1.....g									
18:1 undifferentiated.....g	1.010		0		1		2.495	6.060	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.296	0.720	
18:2 undifferentiated.....g	0.070		0		1		0.173	0.420	
18:3 undifferentiated.....g	0.050		0		1		0.124	0.300	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (8 fl oz)

Measure 2 = 4.8g: 1 cube

Calories Factors: Protein 4.2

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
Fatty acids, total monounsaturated.....g	0.050		0		1		0.122	0.091	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.024	0.018	
17:1.....g									
18:1 undifferentiated.....g	0.040		0		1		0.097	0.073	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.040		0		1		0.097	0.073	
18:2 undifferentiated.....g	0.040		0		1		0.097	0.073	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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
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
Carotenoids:							
Carotene, beta.....mcg	0		0	FLA	4		0.000 0.000 0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000 0.000 0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000 0.000 0.000
Lycopene.....mcg	0		0	FLA	4		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000 0.000 0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (8 fl oz)

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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	8		0	FLA	4		20.343	2.543	15.257
Carotene, alpha.....mcg	2		0	FLA	4		4.641	0.580	3.480
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.098	0.012	0.074
Lycopene.....mcg	1		0	FLA	4		1.288	0.161	0.966
Lutein + zeaxanthin.....mcg	13		0	FLA	4		31.706	3.963	23.780

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	0.00		0	FLA	4		0.00	0.00	0.00
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	NC	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		0	FLA	4		0.03	0.00	0.04
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0	0.0	0.0
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			</						

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06183

Soup, chicken broth, canned, less/reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000			MC	9		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000			MC	9		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000			MC	9		0.000		
20:1.....g	0.000			MC	9		0.000		
22:1 undifferentiated.....g	0.000			MC	9		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000			MC	9		0.000		
18:2 undifferentiated.....g	0.000			MC	9		0.000		
18:3 undifferentiated.....g	0.000			MC	9		0.000		
18:4.....g	0.000			MC	9		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			MC	9		0.000		
20:5 n-3.....g	0.000			MC	9		0.000		
22:5 n-3.....g	0.000			MC	9		0.000		
22:6 n-3.....g	0.000			MC	9		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0			MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06413

Soup, chicken broth, canned, prepared with equal volume water, commercial

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u> <u>measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, chicken broth, low sodium, canned

[illegible]

NDB No. 06970

Soup, chicken broth, low sodium, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
	Points								
Fatty acids, total monounsaturated.....g	0.274				4		0.658		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032				4		0.077		
17:1.....g									
18:1 undifferentiated.....g	0.232				4		0.557		
20:1.....g	0.011				4		0.026		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.126				4		0.302		
18:2 undifferentiated.....g	0.116				4		0.278		
18:3 undifferentiated.....g	0.011				4		0.026		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06725

Soup, chicken corn chowder, chunky, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
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									
Carotenoids:									
Carotene, beta.....mcg	690		1	A	1		3719.100	1656.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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									
Carotenoids:									
Carotene, beta.....mcg	57		0	FLA	4		143.331	174.167	
Carotene, alpha.....mcg	0		0	FLA	4		0.205	0.249	
Cryptoxanthin, beta.....mcg	2		0	FLA	4		5.198	6.317	
Lycopene.....mcg	1416		0	FLA	4		3554.274	4318.938	
Lutein + zeaxanthin.....mcg	74		0	FLA	4		186.738	226.913	

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

NDB No. 06017

Soup, chicken gumbo, canned, condensed, commercial

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, chicken gumbo, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Proximates:</u>									
Water.....g	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	1.02		0	FLA	4		2.50	0.31	6.08
Starch.....g									
<u>Minerals:</u>									
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
<u>Vitamins:</u>									
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	55		0	NC	4		134	17	327
Vitamin A, RAE.....mcg_RAE	3		0	FLA	4		7	1	17
Retinol.....mcg	0		0	FLA	4		0	0	1
Vitamin E (alpha-tocopherol).....mg	0.15		0	FLA	4		0.35	0.04	0.86
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.6		0	FLA	4		6.4	0.8	15.5
<u>Lipids:</u>									
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

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	32		0	FLA	4		77.154	9.644	187.510
Carotene, alpha.....mcg	0		0	FLA	4		0.199	0.025	0.484
Cryptoxanthin, beta.....mcg	2		0	FLA	4		5.054	0.632	12.282
Lycopene.....mcg	990		0	FLA	4		2415.178	301.897	5869.676
Lutein + zeaxanthin.....mcg	28		0	FLA	4		67.381	8.423	163.757

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

NDB No. 06417

Soup, chicken gumbo, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06726

Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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

NDB No. 06726
Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand

Calories Factors: ProteinFatCarbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	FLA	4		7.352	8.934	
Carotene, alpha.....mcg	0		0	FLA	4		0.006	0.007	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.008	0.010	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.531	1.860	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	1.650		0		1		4.026	9.785	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.244	0.593	
17:1.....g									
18:1 undifferentiated.....g	1.510		0		1		3.684	8.954	
20:1.....g	0.020		0		1		0.049	0.119	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.950		0		1		2.318	5.634	
18:2 undifferentiated.....g	0.900		0		1		2.196	5.337	
18:3 undifferentiated.....g	0.040		0		1		0.098	0.237	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06128

Soup, chicken noodle mix, dehydrated, dry form

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.94	0.844	4	A	1		3.66	0.55	
Energy.....kcal	377		0	NC	4		279	42	
Energy.....kj	1576		0	NC	4		1166	175	
Protein (N x 6.25).....g	15.42	1.082	4	A	1		11.41	1.71	
Total lipid (fat).....g	6.51	0.561	4	A	1		4.82	0.72	
Ash.....g	10.80	0.881	4	A	1		7.99	1.20	
Carbohydrate, by difference.....g	62.32		0	NC	4		46.12	6.92	
Fiber, total dietary.....g	3.2		2	A	1		2.3	0.4	
Sugars, total.....g	1.90		2	A	1		1.40	0.21	
Sucrose.....g	1.11		2	A	1		0.82	0.12	
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.78		2	A	1		0.58	0.09	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	50.83		2	A	1		37.61	5.64	
Minerals:									
Calcium, Ca.....mg	55	0.733	4	A	1		41	6	
Iron, Fe.....mg	2.44	0.514	4	A	1		1.81	0.27	
Magnesium, Mg.....mg	38	1.344	4	A	1		28	4	
Phosphorus, P.....mg	195	5.662	4	A	1		144	22	
Potassium, K.....mg	306	23.607	4	A	1		226	34	
Sodium, Na.....mg	3643	350.667	4	A	1		2696	404	
Zinc, Zn.....mg	1.65	0.285	4	A	1		1.22	0.18	
Copper, Cu.....mg	0.286	0.125	4	A	1		0.212	0.032	
Manganese, Mn.....mg	0.468	0.019	4	A	1		0.346	0.052	
Selenium, Se.....mcg	32.4	7.972	4	A	1		24.0	3.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	
Thiamin.....mg	0.575		2	A	1		0.426	0.064	
Riboflavin.....mg	0.381		2	A	1		0.282	0.042	
Niacin.....mg	4.880		2	A	1		3.611	0.542	
Pantothenic acid.....mg	0.895		2	A	1		0.662	0.099	
Vitamin B-6.....mg	0.236		2	A	1		0.174	0.026	
Folate, total.....mcg	71		2	A	1		53	8	
Folic acid.....mcg	62		0	NC	4		46	7	
Folate, food.....mcg	9	0.215	3		1		7	1	
Folate, DFE.....mcg_DFE	115		0	NC	4		85	13	
Vitamin B-12.....mcg	0.75		2	A	1		0.56	0.08	
Vitamin A, IU.....IU	44		0	NC	4		33	5	
Vitamin A, RAE.....mcg_RAE	8		0	NC	4		6	1	
Retinol.....mcg	8		0	FLA	4		6	1	
Vitamin E (alpha-tocopherol).....mg	0.33		1	A	1		0.24	0.04	
Tocopherol, beta.....mg	0.04		1	A	1		0.03	0.00	
Tocopherol, gamma.....mg	0.66		1	A	1		0.49	0.07	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		0	FLA	4		0.1	0.0	
Lipids:									
Fatty acids, total saturated.....g	1.947		2	NC	4		1.441	0.216	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.020		1	A	1		0.015	0.002	
12:0.....g	0.025		2	A	1		0.019	0.003	
13:0.....g	0.004		1	A	1		0.003	0.000	
14:0.....g	0.110		2	A	1		0.081	0.012	
15:0.....g	0.020		2	A	1				

NDB No. 06128

Soup, chicken 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
15:0.....g	0.020			A	1		0.015	0.002	
16:0.....g	1.350		2	A	1		0.999	0.150	
17:0.....g	0.020		2	A	1		0.015	0.002	
18:0.....g	0.400		2	A	1		0.296	0.044	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.010		1	A	1		0.007	0.001	
24:0.....g	0.010		1	A	1		0.007	0.001	
Fatty acids, total monounsaturated.....g	2.263		2	NC	4		1.675	0.251	
14:1.....g	0.020		2	A	1		0.015	0.002	
15:1.....g	0.010		2	A	1		0.007	0.001	
16:1 undifferentiated.....g	0.235		2	A	1		0.174	0.026	
17:1.....g	0.035		2	A	1		0.026	0.004	
18:1 undifferentiated.....g	1.928		2	A	1		1.427	0.214	
20:1.....g	0.030		2	A	1		0.022	0.003	
22:1 undifferentiated.....g	0.010		1	A	1		0.007	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.390		2	NC	4		1.028	0.154	
18:2 undifferentiated.....g	1.295		2	A	1		0.958	0.144	
18:3 undifferentiated.....g	0.050		2	A	1		0.037	0.006	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.010		2	A	1		0.007	0.001	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		2	A	1		0.026	0.004	
20:5 n-3.....g	0.001		0	FLA	4		0.001	0.000	
22:5 n-3.....g	0.002		0	FLA	4		0.002	0.000	
22:6 n-3.....g	0.004		0	FLA	4		0.003	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0	MC	9		55	8	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.146		1	A	1		0.108	0.016	
Threonine.....g	0.610		1	A	1		0.451	0.068	
Isoleucine.....g	0.687		1	A	1		0.508	0.076	
Leucine.....g	1.157		1	A	1		0.856	0.128	
Lysine.....g	0.805		1	A	1		0.596	0.089	
Methionine.....g	0.264		1	A	1		0.195	0.029	
Cystine.....g	0.165		1	A	1		0.122	0.018	
Phenylalanine.....g	0.726		1	A	1		0.537	0.081	
Tyrosine.....g	0.473		1	A	1		0.350	0.053	
Valine.....g	0.764		1	A	1		0.565	0.085	
Arginine.....g	0.880		1	A	1		0.651	0.098	
Histidine.....g	0.400		1	A	1		0.296	0.044	
Alanine.....g	0.750		1	A	1		0.555	0.083	
Aspartic acid.....g	1.112		1	A	1		0.823	0.123	
Glutamic acid.....g	3.884		1	A	1		2.874	0.431	
Glycine.....g	0.666		1	A	1		0.493	0.074	
Proline.....g	1.312		1	A	1		0.971	0.146	
Serine.....g	0.740		1	A	1		0.548	0.082	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	9		0	FLA	4		6.748	1.012	
Carotene, alpha.....mcg	4		0	FLA	4		2.947	0.442	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.431	0.065	
Lycopene.....mcg	0		0	FLA	4		0.001	0.000	
Lutein + zeaxanthin.....mcg	43		0	FLA	4		31.567	4.735	

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

NDB No. 06128

Soup, chicken noodle mix, dehydrated, dry form

Common Measures:

Measure 1 = 74g: 1 packet

Measure 2 = 11.1g: 1 packet (6 fl oz)

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
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									
Carotenoids:									
Carotene, beta.....mcg	130		1	A	1		396.500	396.500	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 305g: 1 package yields

Measure 2 = 305g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06018

Soup, chicken noodle, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	244		0	FLA	4		585.242	1314.356	
Carotene, alpha.....mcg	109		0	FLA	4		261.326	586.894	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.216	0.485	
Lycopene.....mcg	0		0	FLA	4		0.128	0.287	
Lutein + zeaxanthin.....mcg	26		0	FLA	4		61.804	138.802	

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

NDB No. 06018

Soup, chicken noodle, canned, chunky, ready-to-serve

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.48	0.234	8	A	1		215.21	215.21	260.70
Energy.....kcal	53		0	NC	4		129	129	157
Energy.....kj	220		0	NC	4		541	541	656
Protein (N x 6.25).....g	2.59	0.043	8	A	1		6.37	6.37	7.71
Total lipid (fat).....g	1.94	0.106	8	A	1		4.77	4.77	5.78
Ash.....g	1.96	0.075	8	A	1		4.83	4.83	5.85
Carbohydrate, by difference.....g	6.03		0	NC	4		14.82	14.82	17.96
Fiber, total dietary.....g	0.0		2	A	1		0.0	0.0	0.0
Sugars, total.....g	0.00		2	A	1		0.00	0.00	0.00
Sucrose.....g	0.00		2	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	0.00
Fructose.....g	0.00		2	A	1		0.00	0.00	0.00
Lactose.....g	0.00		2	A	1		0.00	0.00	0.00
Maltose.....g	0.00		2	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	5.36		2	A	1		13.18	13.18	15.96
Minerals:									
Calcium, Ca.....mg	9	0.223	8	A	1		22	22	27
Iron, Fe.....mg	1.35	0.221	8	A	1		3.32	3.32	4.02
Magnesium, Mg.....mg	8	0.392	8	A	1		19	19	23
Phosphorus, P.....mg	35	1.396	8	A	1		86	86	104
Potassium, K.....mg	44	1.566	8	A	1		107	107	130
Sodium, Na.....mg	706	5.069	8	A	1		1738	1738	2105
Zinc, Zn.....mg	0.32	0.018	8	A	1		0.78	0.78	0.94
Copper, Cu.....mg	0.121	0.022	8	A	1		0.297	0.297	0.359
Manganese, Mn.....mg	0.104	0.009	8	A	1		0.255	0.255	0.308
Selenium, Se.....mcg	9.9		2	A	1		24.4	24.4	29.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.017	51		1		0.0	0.0	0.0
Thiamin.....mg	0.113	0.022	4	A	1		0.278	0.278	0.337
Riboflavin.....mg	0.093	0.019	4	A	1		0.228	0.228	0.277
Niacin.....mg	1.103	0.169	4	A	1		2.714	2.714	3.288
Pantothenic acid.....mg	0.152		2	A	1		0.373	0.373	0.451
Vitamin B-6.....mg	0.000		2	A	1		0.000	0.000	0.000
Folate, total.....mcg	28	5.421	4	A	1		69	69	84
Folic acid.....mcg	14		0	FLA	4		35	35	42
Folate, food.....mcg	14		0	NC	4		34	34	42
Folate, DFE.....mcg_DFE	38		0	NC	4		94	94	114
Vitamin B-12.....mcg	0.00		2	A	1		0.00	0.00	0.00
Vitamin A, IU.....IU	784		0	NC	4		1928	1928	2336
Vitamin A, RAE.....mcg_RAE	41		0	NC	4		100	100	122
Retinol.....mcg	2		0	FLA	4		5	5	6
Vitamin E (alpha-tocopherol).....mg	0.07		0	FLA	4		0.16	0.16	0.20
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.1	0.1	0.1
Lipids:									
Fatty acids, total saturated.....g	0.536		2	NC	4		1.317	1.317	1.596
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	0.002		2	A	1		0.005	0.005	0.006
13:0.....g									
14:0.....g	0.011		2	A	1		0.026	0.026	0.031
15:0.....g	0.002		2	A	1		0.005	0.005	0.006

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
16:0.....g	0.401		2	A	1		0.985	0.985	1.193
17:0.....g	0.005		2	A	1		0.012	0.012	0.015
18:0.....g	0.109		2	A	1		0.268	0.268	0.325
20:0.....g	0.006		1	A	1		0.015	0.015	0.018
22:0.....g	0.005		1	A	1		0.012	0.012	0.015
24:0.....g	0.002		1	A	1		0.005	0.005	0.006
Fatty acids, total monounsaturated.....g	0.855		2	NC	4		2.102	2.102	2.546
14:1.....g	0.005		2	A	1		0.011	0.011	0.013
15:1.....g	0.008		2	A	1		0.018	0.018	0.022
16:1 undifferentiated.....g	0.106		2	A	1		0.261	0.261	0.316
17:1.....g	0.017		2	A	1		0.042	0.042	0.051
18:1 undifferentiated.....g	0.696		2	A	1		1.711	1.711	2.073
20:1.....g	0.016		2	A	1		0.039	0.039	0.048
22:1 undifferentiated.....g	0.008		2	A	1		0.020	0.020	0.024
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.540		2	NC	4		1.328	1.328	1.609
18:2 undifferentiated.....g	0.491		2	A	1		1.207	1.207	1.462
18:3 undifferentiated.....g	0.037		2	A	1		0.090	0.090	0.109
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.004		2	A	1		0.009	0.009	0.010
20:3 undifferentiated.....g	0.002		2	A	1		0.005	0.005	0.006
20:4 undifferentiated.....g	0.008		2	A	1		0.018	0.018	0.022
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		2	A	1		27	27	32
Phytosterols.....mg	0		0	FLA	4		1	1	1
Amino Acids:									
Tryptophan.....g	0.054		2	A	1		0.133	0.133	0.161
Threonine.....g	0.083		2	A	1		0.205	0.205	0.249
Isoleucine.....g	0.093		2	A	1		0.228	0.228	0.276
Leucine.....g	0.160		2	A	1		0.392	0.392	0.475
Lysine.....g	0.101		2	A	1		0.249	0.249	0.302
Methionine.....g	0.038		2	A	1		0.092	0.092	0.112
Cystine.....g	0.028		2	A	1		0.068	0.068	0.083
Phenylalanine.....g	0.106		2	A	1		0.262	0.262	0.317
Tyrosine.....g	0.069		2	A	1		0.169	0.169	0.205
Valine.....g	0.104		2	A	1		0.256	0.256	0.310
Arginine.....g	0.120		2	A	1		0.295	0.295	0.358
Histidine.....g	0.056		2	A	1		0.139	0.139	0.168
Alanine.....g	0.095		2	A	1		0.234	0.234	0.283
Aspartic acid.....g	0.144		2	A	1		0.354	0.354	0.429
Glutamic acid.....g	0.800		2	A	1		1.969	1.969	2.385
Glycine.....g	0.089		2	A	1		0.219	0.219	0.265
Proline.....g	0.196		2	A	1		0.482	0.482	0.583
Serine.....g	0.111		2	A	1		0.273	0.273	0.330
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	391		1	A	1		961.860	961.860	1165.180
Carotene, alpha.....mcg	151		1	A	1		371.460	371.460	449.980
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.300	0.300	0.363
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	10		0	FLA	4		23.471	23.471	28.432

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

NDB No. 06019

Soup, chicken noodle, canned, condensed, commercial

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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	0.11		0	FLA	4		0.26	0.03	0.63
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	289		0	NC	4		696	87	1692
Vitamin A, RAE.....mcg_RAE	15		0	NC	4		37	5	90
Retinol.....mcg	1		0	FLA	4		3	0	6
Vitamin E (alpha-tocopherol).....mg	0.04		0	FLA	4		0.09	0.01	0.22
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.1	0.0	0.1
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					</				

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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	171		0	FLA	4		412.347	51.501	1002.636
Carotene, alpha.....mcg	0		0	FLA	4		0.023	0.003	0.055
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.174	0.022	0.422
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	6		0	FLA	4		13.588	1.697	33.039

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

NDB No. 06419

Soup, chicken noodle, canned, prepared with equal volume water, commercial

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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									
Carotenoids:									
Carotene, beta.....mcg	520		1	A	1		2802.800	1263.600	
Carotene, alpha.....mcg	250		1	A	1		1347.500	607.500	
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 539g: 1 package yields

Measure 2 = 243g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, chicken noodle, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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	0.51		0	FLA	4		1.22	1.28	0.96
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	11		0	NC	4		27	29	21
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		2	2	2
Retinol.....mcg	0		0	FLA	4		1	1	1
Vitamin E (alpha-tocopherol).....mg	0.05		0	FLA	4		0.11	0.11	0.09
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.4		0	FLA	4		3.5	3.6	2.7
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									

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	5		0	FLA	4		13.002	13.652	10.239
Carotene, alpha.....mcg	1		0	FLA	4		3.440	3.613	2.709
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.138	0.145	0.108
Lycopene.....mcg	0		0	FLA	4		0.953	1.000	0.750
Lutein + zeaxanthin.....mcg	8		0	FLA	4		18.351	19.268	14.451

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06966
Soup, chicken noodle, low sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.371				4		0.913	1.132	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050				4		0.123	0.153	
17:1.....g									
18:1 undifferentiated.....g	0.308				4		0.758	0.939	
20:1.....g	0.008				4		0.020	0.024	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.228				4		0.561	0.695	
18:2 undifferentiated.....g	0.193				4		0.475	0.589	
18:3 undifferentiated.....g	0.009				4		0.022	0.027	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013				4		0.032	0.040	
20:5 n-3.....g	0.001				4		0.002	0.003	
22:5 n-3.....g	0.002				4		0.005	0.006	
22:6 n-3.....g	0.004				4		0.010	0.012	
Fatty acids, total trans.....g									
Cholesterol.....mg	3				4		7	9	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	143		0	FLA	4		351.408	435.689	
Carotene, alpha.....mcg	65		0	FLA	4		160.251	198.686	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.647	0.802	
Lycopene.....mcg	0		0	FLA	4		0.176	0.218	
Lutein + zeaxanthin.....mcg	13		0	FLA	4		31.044	38.490	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 305g: 1 can (10.75 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06085
Soup, chicken rice 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.600		0		1		1.440	3.234	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		1		0.192	0.431	
17:1.....g									
18:1 undifferentiated.....g	0.500		0		1		1.200	2.695	
20:1.....g	0.020		0		1		0.048	0.108	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0		1		0.672	1.509	
18:2 undifferentiated.....g	0.260		0		1		0.624	1.401	
18:3 undifferentiated.....g	0.010		0		1		0.024	0.054	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1183		0	FLA	4		2839.474	6376.985	
Carotene, alpha.....mcg	529		0	FLA	4		1269.990	2852.186	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		1.872	4.203	
Lycopene.....mcg	13		0	FLA	4		31.996	71.857	
Lutein + zeaxanthin.....mcg	96		0	FLA	4		230.371	517.375	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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
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	0		0	FLA	4		0 0 0
Theobromine.....mg	0		0	FLA	4		0 0 0
Carotenoids:							
Carotene, beta.....mcg	1		0	FLA	4		2.695 0.337 2.133
Carotene, alpha.....mcg	0		0	FLA	4		0.000 0.000 0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000 0.000 0.000
Lycopene.....mcg	0		0	FLA	4		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	1		0	FLA	4		2.830 0.354 2.240

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06208

Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.605			FLC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.065			FLC	4				
17:1.....g									
18:1 undifferentiated.....g	1.507			FLC	4				
20:1.....g	0.000			FLC	4				
22:1 undifferentiated.....g	0.000			FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.974			FLC	4				
18:2 undifferentiated.....g	0.871			FLC	4				
18:3 undifferentiated.....g	0.092			FLC	4				
18:4.....g	0.000			FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005			FLC	4				
20:5 n-3.....g	0.000			FLC	4				
22:5 n-3.....g	0.001			FLC	4				
22:6 n-3.....g	0.002			FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	7			FLC	4				
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	186		0	FLA	4				
Carotene, alpha.....mcg	77		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	54		0	FLA	4				
Lutein + zeaxanthin.....mcg	33		0	FLA	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Fatty acids, total monounsaturated.....g	0.900		0		1		2.160	4.851	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		0		1		0.288	0.647	
17:1.....g									
18:1 undifferentiated.....g	0.750		0		1		1.800	4.043	
20:1.....g	0.020		0		1		0.048	0.108	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		1.008	2.264	
18:2 undifferentiated.....g	0.390		0		1		0.936	2.102	
18:3 undifferentiated.....g	0.020		0		1		0.048	0.108	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, chicken vegetable, canned, condensed, commercial

	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
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	1.15		0	FLA	4		2.83	0.35	3.43
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	2136		0	NC	4		5255	658	6366
Vitamin A, RAE.....mcg_RAE	109		0	NC	4		268	34	324
Retinol.....mcg	2		0	FLA	4		6	1	7
Vitamin E (alpha-tocopherol).....mg	0.25		0	FLA	4		0.62	0.08	0.76
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.3		0	FLA	4		8.1	1.0	9.9
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					</				

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1042		0	FLA	4		2564.533	321.088	3106.630
Carotene, alpha.....mcg	466		0	FLA	4		1145.761	143.453	1387.954
Cryptoxanthin, beta.....mcg	3		0	FLA	4		7.929	0.993	9.605
Lycopene.....mcg	328		0	FLA	4		806.467	100.972	976.939
Lutein + zeaxanthin.....mcg	73		0	FLA	4		180.775	22.634	218.987

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

NDB No. 06025

Soup, chicken vegetable, canned, condensed, commercial

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	0.72		0	FLA	4		1.73	0.22	4.21
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	768		0	NC	4		1852	231	4502
Vitamin A, RAE.....mcg_RAE	42		0	FLA	4		101	13	246
Retinol.....mcg	4		0	FLA	4		10	1	25
Vitamin E (alpha-tocopherol).....mg	0.17		0	FLA	4		0.42	0.05	1.01
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.5		0	FLA	4		8.3	1.0	20.2
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									

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	369		0	FLA	4		889.971	111.154	2163.997
Carotene, alpha.....mcg	163		0	FLA	4		393.687	49.170	957.263
Cryptoxanthin, beta.....mcg	3		0	FLA	4		7.841	0.979	19.066
Lycopene.....mcg	54		0	FLA	4		131.335	16.403	319.347
Lutein + zeaxanthin.....mcg	47		0	FLA	4		113.383	14.161	275.695

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

NDB No. 06425

Soup, chicken vegetable, canned, prepared with equal volume water, commercial

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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									
Carotenoids:									
Carotene, beta.....mcg	770		1	A	1		3495.800	1848.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 454g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06012

Soup, chicken with dumplings, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	119		0	FLA	4		291.872	353.569	
Carotene, alpha.....mcg	48		0	FLA	4		117.596	142.453	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.375	0.454	
Lycopene.....mcg	0		0	FLA	4		0.058	0.070	
Lutein + zeaxanthin.....mcg	18		0	FLA	4		44.065	53.379	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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. 06012

Soup, chicken with dumplings, canned, condensed, commercial

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, chicken with dumplings, canned, prepared with equal volume water, commercial

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.33		0	FLA	4		0.79	0.10	1.92
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	218		0	NC	4		525	66	1276
Vitamin A, RAE.....mcg_RAE	19		0	FLA	4		45	6	110
Retinol.....mcg	9		0	FLA	4		23	3	55
Vitamin E (alpha-tocopherol).....mg	0.23		0	FLA	4		0.56	0.07	1.36
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	FLA	4		4.2	0.5	10.1
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

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	93		0	FLA	4		223.290	27.888	542.937
Carotene, alpha.....mcg	38		0	FLA	4		92.456	11.547	224.809
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.186	0.023	0.451
Lycopene.....mcg	0		0	FLA	4		0.045	0.006	0.110
Lutein + zeaxanthin.....mcg	10		0	FLA	4		24.436	3.052	59.417

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

NDB No. 06412

Soup, chicken with dumplings, canned, prepared with equal volume water, commercial

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06023

Soup, chicken with 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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	165		0	FLA	4		406.991	493.021	
Carotene, alpha.....mcg	77		0	FLA	4		189.970	230.127	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.093	0.113	
Lutein + zeaxanthin.....mcg	6		0	FLA	4		14.556	17.633	

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

NDB No. 06023

Soup, chicken with rice, canned, condensed, commercial

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	
Fatty acids, total monounsaturated.....g	0.380		0		1		
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.030		0		1		
17:1.....g							
18:1 undifferentiated.....g	0.340		0		1		
20:1.....g	0.000		0		1		
22:1 undifferentiated.....g	0.000		0		1		
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.170		0		1		
18:2 undifferentiated.....g	0.160		0		1		
18:3 undifferentiated.....g	0.010		0		1		
18:4.....g	0.000		0		1		
20:2 n-6 c.c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		
20:5 n-3.....g	0.000		0		1		
22:5 n-3.....g	0.000		0		1		
22:6 n-3.....g	0.000		0		1		
Fatty acids, total trans.....g							
Cholesterol.....mg	3		0		1		
Phytosterols.....mg							
Amino Acids:							
Tryptophan.....g	0.017		0		1		
Threonine.....g	0.059		0		1		
Isoleucine.....g	0.074		0		1		
Leucine.....g	0.112		0		1		
Lysine.....g	0.104		0		1		
Methionine.....g	0.038		0		1		
Cystine.....g	0.021		0		1		
Phenylalanine.....g	0.063		0		1		
Tyrosine.....g	0.051		0		1		
Valine.....g	0.078		0		1		
Arginine.....g	0.097		0		1		
Histidine.....g	0.042		0		1		
Alanine.....g	0.080		0		1		
Aspartic acid.....g	0.132		0		1		
Glutamic acid.....g	0.232		0		1		
Glycine.....g	0.071		0		1		
Proline.....g	0.062		0		1		
Serine.....g	0.057		0		1		
Hydroxyproline.....g							
Others:							
Alcohol, ethyl.....g	0.0		0		7		
Caffeine.....mg	0		0	FLA	4		
Theobromine.....mg	0		0	FLA	4		
Carotenoids:							
Carotene, beta.....mcg	90		0	FLA	4		
Carotene, alpha.....mcg	42		0	FLA	4		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		
Lycopene.....mcg	0		0	FLA	4		
Lutein + zeaxanthin.....mcg	4		0	FLA	4		

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

Common Measures:

Measure 1 = 241g: 1 cup (8 fl oz)

Measure 2 = 30.1g: 1 fl oz

Measure 3 = 586g: 1 can (10.5 oz), prepared

NDB No. 06423

Soup, chicken with rice, canned, prepared with equal volume water, commercial

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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									
Carotenoids:									
Carotene, beta.....mcg	260		1	A	1		774.800	325.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 298g: 1 package yields

Measure 2 = 125g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, chicken, canned, chunky, ready-to-serve, commercial

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<u>Proximates:</u>									
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	0 .53		0	FLA	4		1 .26	1 .32	1 .60
Starch.....g									
<u>Minerals:</u>									
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
<u>Vitamins:</u>									
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	511		0	NC	4		1226	1282	1558
Vitamin A, RAE.....mcg_RAE	27		0	NC	4		65	68	83
Retinol.....mcg	2		0	FLA	4		5	5	6
Vitamin E (alpha-tocopherol).....mg	0 .13		0	FLA	4		0 .31	0 .33	0 .40
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2 .5		0	FLA	4		5 .9	6 .2	7 .5
<u>Lipids:</u>									
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									

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	249		0	FLA	4		598.020	625.429	759.983
Carotene, alpha.....mcg	104		0	FLA	4		248.950	260.360	316.373
Cryptoxanthin, beta.....mcg	3		0	FLA	4		7.734	8.088	9.829
Lycopene.....mcg	73		0	FLA	4		174.627	182.631	221.922
Lutein + zeaxanthin.....mcg	56		0	FLA	4		133.463	139.580	169.609

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

NDB No. 06015

Soup, chicken, canned, chunky, ready-to-serve, commercial

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06026

Soup, chili beef, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	578		0	FLA	4		1520.183	1843.872	
Carotene, alpha.....mcg	26		0	FLA	4		67.556	81.941	
Cryptoxanthin, beta.....mcg	140		0	FLA	4		368.904	447.454	
Lycopene.....mcg	3801		0	FLA	4		9996.192	12124.659	
Lutein + zeaxanthin.....mcg	166		0	FLA	4		435.866	528.674	

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

NDB No. 06026

Soup, chili beef, canned, condensed, commercial

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, chili beef, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	0.54		0	FLA	4		1.34	0.17	3.26
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	592		0	NC	4		1479	185	3591
Vitamin A, RAE.....mcg_RAE	30		0	NC	4		74	9	180
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.61		0	FLA	4		1.52	0.19	3.69
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8		0	FLA	4		4.5	0.6	10.9
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									

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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	308		0	FLA	4		770.058	96.103	1869.700
Carotene, alpha.....mcg	20		0	FLA	4		49.064	6.123	119.128
Cryptoxanthin, beta.....mcg	74		0	FLA	4		185.526	23.154	450.456
Lycopene.....mcg	1592		0	FLA	4		3980.903	496.817	9665.632
Lutein + zeaxanthin.....mcg	72		0	FLA	4		179.728	22.430	436.380

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

NDB No. 06426

Soup, chili beef, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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	1.67		0	FLA	4		4.02	0.50	9.02
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	1340		0	NC	4		3217	402	7224
Vitamin A, RAE.....mcg_RAE	70		0	NC	4		168	21	377
Retinol.....mcg	3		0	FLA	4		8	1	18
Vitamin E (alpha-tocopherol).....mg	0.67		0	FLA	4		1.60	0.20	3.59
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.3		0	FLA	4		8.0	1.0	17.9
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			</						

NDB No. 06027

Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	662		0	FLA	4		1589.976	198.747	3570.821
Carotene, alpha.....mcg	270		0	FLA	4		647.215	80.902	1453.538
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.001
Lycopene.....mcg	5112		0	FLA	4		12269.648	1533.706	27555.584
Lutein + zeaxanthin.....mcg	33		0	FLA	4		80.374	10.047	180.507

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	399		0	FLA	4		1002.128	1217.725	
Carotene, alpha.....mcg	87		0	FLA	4		217.733	264.577	
Cryptoxanthin, beta.....mcg	15		0	FLA	4		38.181	46.395	
Lycopene.....mcg	6426		0	FLA	4		16129.884	19600.058	
Lutein + zeaxanthin.....mcg	27		0	FLA	4		67.080	81.512	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, clam chowder, manhattan, canned, prepared with equal volume water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	0.44		0	FLA	4		1.07	0.13	2.59
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	408		0	NC	4		995	124	2417
Vitamin A, RAE.....mcg_RAE	23		0	FLA	4		57	7	138
Retinol.....mcg	3		0	FLA	4		8	1	20
Vitamin E (alpha-tocopherol).....mg	0.14		0	FLA	4		0.33	0.04	0.81
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.9		0	FLA	4		7.1	0.9	17.2
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									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	197		0	FLA	4		481.398	60.175	1169.955
Carotene, alpha.....mcg	79		0	FLA	4		192.292	24.036	467.332
Cryptoxanthin, beta.....mcg	2		0	FLA	4		5.128	0.641	12.462
Lycopene.....mcg	576		0	FLA	4		1404.743	175.593	3413.987
Lutein + zeaxanthin.....mcg	21		0	FLA	4		50.152	6.269	121.886

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.348	0.422	
Carotene, alpha.....mcg	0		0	FLA	4		0.004	0.004	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.005	0.006	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		2.857	3.472	

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

NDB No. 06030

Soup, clam chowder, new england, canned, condensed, commercial

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	1.56		0	FLA	4		3.86	3.86	0.48
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	78		0	NC	4		193	193	24
Vitamin A, RAE.....mcg_RAE	23		0	NC	4		56	56	7
Retinol.....mcg	23		0	FLA	4		56	56	7
Vitamin E (alpha-tocopherol).....mg	0.18		0	FLA	4		0.46	0.46	0.06
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		0	FLA	4		2.3	2.3	0.3
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									

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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		4.264	4.264	0.533
Carotene, alpha.....mcg	0		0	FLA	4		0.003	0.003	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.005	0.005	0.001
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	3		0	FLA	4		6.536	6.536	0.817

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

NDB No. 06230

Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, clam chowder, new england, canned, prepared with equal volume water, commercial

[illegible]

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				Amount in edible portion 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	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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.658	0.082	1.598
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.000	0.003
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.002	0.000	0.005
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2		0	FLA	4		4.111	0.514	9.991

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

NDB No. 06430

Soup, clam chowder, new england, canned, prepared with equal volume water, commercial

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06089

Soup, consomme with gelatin, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		4.444	0.555	20.009
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	127		0	FLA	4		315.788	39.442	1421.678
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
Fatty acids, total monounsaturated.....g	0.280		0		1		0.683	1.033	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.280		0		1		0.683	1.033	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.160		0		1		0.390	0.590	
18:2 undifferentiated.....g	0.150		0		1		0.366	0.554	
18:3 undifferentiated.....g	0.010		0		1		0.024	0.037	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06001

Soup, cream of asparagus, 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	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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	256		0	FLA	4		641.411	779.404	
Carotene, alpha.....mcg	0		0	FLA	4		0.011	0.013	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.015	0.019	
Lycopene.....mcg	13		0	FLA	4		31.417	38.177	
Lutein + zeaxanthin.....mcg	326		0	FLA	4		819.077	995.293	

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

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

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

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, cream of asparagus, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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	

NDB No. 06201

Soup, cream of asparagus, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.840		0		1		2.083	5.057	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0		1		0.124	0.301	
17:1.....g									
18:1 undifferentiated.....g	0.760		0		1		1.885	4.575	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0		1		2.232	5.418	
18:2 undifferentiated.....g	0.860		0		1		2.133	5.177	
18:3 undifferentiated.....g	0.040		0		1		0.099	0.241	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.390		0		1		0.952	2.313	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.049	0.119	
17:1.....g									
18:1 undifferentiated.....g	0.360		0		1		0.878	2.135	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0		1		1.854	4.507	
18:2 undifferentiated.....g	0.730		0		1		1.781	4.329	
18:3 undifferentiated.....g	0.020		0		1		0.049	0.119	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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						

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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</	

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	151		0	FLA	4		377.768	459.040	
Carotene, alpha.....mcg	0		0	FLA	4		0.008	0.009	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.011	0.013	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	155		0	FLA	4		387.989	471.460	

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

NDB No. 06010

Soup, cream of celery, canned, condensed, commercial

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
Fatty acids, total monounsaturated.....g	0.990		0		1		2.455	5.960	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.149	0.361	
17:1.....g									
18:1 undifferentiated.....g	0.900		0		1		2.232	5.418	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0		1		2.654	6.441	
18:2 undifferentiated.....g	1.020		0		1		2.530	6.140	
18:3 undifferentiated.....g	0.050		0		1		0.124	0.301	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, cream of celery, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

NDB No. 06410

Soup, cream of celery, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
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	
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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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		
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06016

Soup, cream of chicken, canned, condensed, commercial

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	82.75	0.283	6	A	1		207.70	252.38	
Energy.....kcal	89		0	NC	4		225	273	
Energy.....kj	374		0	NC	4		940	1142	
Protein (N x 6.25).....g	2.38	0.021	6	A	1		5.97	7.25	
Total lipid (fat).....g	5.77	0.392	6	A	1		14.47	17.58	
Ash.....g	1.95	0.029	6	A	1		4.89	5.94	
Carbohydrate, by difference.....g	7.16		0	NC	4		17.98	21.85	
Fiber, total dietary.....g	0.0		2	A	1		0.0	0.0	
Sugars, total.....g	0.29		2	A	1		0.72	0.87	
Sucrose.....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	0.29		2	A	1		0.72	0.87	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	8.97		2	A	1		22.51	27.35	
Minerals:									
Calcium, Ca.....mg	14	0.718	6	A	1		34	41	
Iron, Fe.....mg	1.06	0.166	6	A	1		2.66	3.24	
Magnesium, Mg.....mg	4	0.068	6	A	1		10	13	
Phosphorus, P.....mg	31	0.753	6	A	1		78	95	
Potassium, K.....mg	49	1.900	6	A	1		122	148	
Sodium, Na.....mg	655	6.406	6	A	1		1644	1998	
Zinc, Zn.....mg	0.29	0.030	6	A	1		0.72	0.87	
Copper, Cu.....mg	0.128	0.029	6	A	1		0.321	0.390	
Manganese, Mn.....mg	0.068	0.014	6	A	1		0.171	0.207	
Selenium, Se.....mcg	1.9		1	A	1		4.8	5.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1	0.014	13		1		0.3	0.3	
Thiamin.....mg	0.013	0.003	3	A	1		0.034	0.041	
Riboflavin.....mg	0.046	0.005	3	A	1		0.116	0.141	
Niacin.....mg	0.392	0.015	3	A	1		0.983	1.195	
Pantothenic acid.....mg	0.192		1	A	1		0.482	0.586	
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	
Folate, total.....mcg	2		1	A	1		5	6	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	2		0	NC	4		5	6	
Folate, DFE.....mcg_DFE	2		0	NC	4		5	6	
Vitamin B-12.....mcg	0.00		1	A	1		0.00	0.00	
Vitamin A, IU.....IU	182		0	NC	4		457	555	
Vitamin A, RAE.....mcg_RAE	43		0	NC	4		108	131	
Retinol.....mcg	41		0	FLA	4		102	124	
Vitamin E (alpha-tocopherol).....mg	0.54		0	FLA	4		1.35	1.64	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.1		0	FLA	4		10.2	12.4	
Lipids:									
Fatty acids, total saturated.....g	1.602	0.324	3	NC	4		4.020	4.885	
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	0.009		2	A	1		0.022	0.027	
12:0.....g	0.018		2	A	1		0.045	0.055	
13:0.....g	0.010		1	A	1		0.025	0.031	
14:0.....g	0.086	0.017	3	A	1		0.215	0.262	
15:0.....g	0.024	0.012	3	A	1		0.060	0.073	

NDB No. 06016

Soup, cream of chicken, 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
16:0.....g	1.103	0.235	3	A	1		2.768	3.364	
17:0.....g	0.026	0.018	3	A	1		0.065	0.079	
18:0.....g	0.300	0.059	3	A	1		0.752	0.914	
20:0.....g	0.008	0.002	3	A	1		0.021	0.025	
22:0.....g	0.011	0.001	3	A	1		0.027	0.033	
24:0.....g	0.023	0.007	3	A	1		0.059	0.071	
Fatty acids, total monounsaturated.....g	2.045	0.601	3	NC	4		5.133	6.237	
14:1.....g	0.026	0.014	3	A	1		0.064	0.078	
15:1.....g	0.035	0.019	3	A	1		0.087	0.106	
16:1 undifferentiated.....g	0.306	0.114	3	A	1		0.769	0.934	
17:1.....g	0.065	0.047	3	A	1		0.163	0.198	
18:1 undifferentiated.....g	1.557	0.427	3	A	1		3.909	4.750	
20:1.....g	0.035	0.002	3	A	1		0.088	0.107	
22:1 undifferentiated.....g	0.032		2	A	1		0.080	0.097	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.048	0.402	3	NC	4		2.630	3.196	
18:2 undifferentiated.....g	1.001	0.396	3	A	1		2.513	3.054	
18:3 undifferentiated.....g	0.035	0.011	3	A	1		0.087	0.105	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.010		2	A	1		0.024	0.029	
20:3 undifferentiated.....g	0.004		1	A	1		0.010	0.012	
20:4 undifferentiated.....g	0.010		1	A	1		0.025	0.031	
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	0.789	3	A	1		20	25	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	28		0	FLA	4		69.394	84.324	
Carotene, alpha.....mcg	0		0	FLA	4		0.014	0.017	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.021	0.025	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		3.727	4.529	

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

NDB No. 06016

Soup, cream of chicken, canned, condensed, commercial

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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06955

Soup, cream of chicken, canned, condensed, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.400								
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028			FLM	4				
17:1.....g									
18:1 undifferentiated.....g	0.369			FLM	4				
20:1.....g	0.002			FLM	4				
22:1 undifferentiated.....g	0.000			FLM	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400			MA	12				
18:2 undifferentiated.....g	0.232			FLM	4				
18:3 undifferentiated.....g	0.017			FLM	4				
18:4.....g	0.000			FLM	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006			FLM	4				
20:5 n-3.....g	0.000			FLM	4				
22:5 n-3.....g	0.001			FLM	4				
22:6 n-3.....g	0.002			FLM	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	6			MA	12				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	205		0	FLA	4				
Carotene, alpha.....mcg	94		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	7		0	FLA	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06736

Soup, cream of chicken, canned, condensed, single brand

Refuse: 0%

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

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

Common Measures:

Measure 1 = 305g: 1 package yields

Measure 2 = 126g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	1.340		0		1		3.270	0.409	7.946
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		0		1		0.293	0.037	0.712
17:1.....g									
18:1 undifferentiated.....g	1.210		0		1		2.952	0.369	7.175
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.610		0		1		1.488	0.186	3.617
18:2 undifferentiated.....g	0.580		0		1		1.415	0.177	3.439
18:3 undifferentiated.....g	0.030		0		1		0.073	0.009	0.178
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Points									
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	82		0	FLA	4		213.131	26.621	160.053
Carotene, alpha.....mcg	5		0	FLA	4		13.922	1.739	10.455
Cryptoxanthin, beta.....mcg	18		0	FLA	4		46.206	5.771	34.699
Lycopene.....mcg	1		0	FLA	4		3.865	0.483	2.903
Lutein + zeaxanthin.....mcg	50		0	FLA	4		130.077	16.247	97.683

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.800		0		1		4.464	0.558	10.836
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		0		1		0.397	0.050	0.963
17:1.....g									
18:1 undifferentiated.....g	1.600		0		1		3.968	0.496	9.632
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.660		0		1		1.637	0.205	3.973
18:2 undifferentiated.....g	0.610		0		1		1.513	0.189	3.672
18:3 undifferentiated.....g	0.050		0		1		0.124	0.016	0.301
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06043

Soup, cream of mushroom, canned, condensed, commercial

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	83.85	0.150	6	A	1		210.47	210.47	255.74
Energy.....kcal	85		0	NC	4		213	213	259
Energy.....kj	355		0	NC	4		892	892	1084
Protein (N x 6.25).....g	1.61	0.026	6	A	1		4.03	4.03	4.90
Total lipid (fat).....g	5.89	0.128	6	A	1		14.78	14.78	17.96
Ash.....g	1.93	0.010	6	A	1		4.85	4.85	5.90
Carbohydrate, by difference.....g	6.72		0	NC	4		16.87	16.87	20.50
Fiber, total dietary.....g	0.0	0.000	3	A	1		0.0	0.0	0.0
Sugars, total.....g	0.12	0.118	3	A	1		0.30	0.30	0.36
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose.....g	0.12	0.118	3	A	1		0.30	0.30	0.36
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g	7.57	1.275	3	A	1		18.99	18.99	23.08
Minerals:									
Calcium, Ca.....mg	12	0.212	6	A	1		30	30	36
Iron, Fe.....mg	1.11	0.404	6	A	1		2.77	2.77	3.37
Magnesium, Mg.....mg	4	0.205	6	A	1		10	10	12
Phosphorus, P.....mg	26	1.582	6	A	1		66	66	81
Potassium, K.....mg	62	2.111	6	A	1		155	155	188
Sodium, Na.....mg	645	7.489	6	A	1		1618	1618	1966
Zinc, Zn.....mg	0.20	0.022	6	A	1		0.51	0.51	0.62
Copper, Cu.....mg	0.153	0.024	6	A	1		0.384	0.384	0.467
Manganese, Mn.....mg	0.082	0.008	6	A	1		0.205	0.205	0.250
Selenium, Se.....mcg	2.4	0.500	3	A	1		6.0	6.0	7.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin.....mg	0.043	0.024	3	A	1		0.109	0.109	0.132
Riboflavin.....mg	0.045	0.011	3	A	1		0.113	0.113	0.137
Niacin.....mg	0.424	0.004	3	A	1		1.065	1.065	1.294
Pantothenic acid.....mg	0.234		2	A	1		0.586	0.586	0.712
Vitamin B-6.....mg	0.000	0.000	3	A	1		0.000	0.000	0.000
Folate, total.....mcg	2		1	A	1		5	5	6
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	2		0	NC	4		5	5	6
Folate, DFE.....mcg_DFE	2		0	NC	4		5	5	6
Vitamin B-12.....mcg	0.00		1	A	1		0.00	0.00	0.00
Vitamin A, IU.....IU	29		0	NC	4		73	73	89
Vitamin A, RAE.....mcg_RAE	8		0	NC	4		20	20	25
Retinol.....mcg	8		0	FLA	4		20	20	24
Vitamin E (alpha-tocopherol).....mg	0.81		0	FLA	4		2.05	2.05	2.49
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	FLA	4		4.3	4.3	5.2
Lipids:									
Fatty acids, total saturated.....g	1.339	0.029	3	NC	4		3.361	3.361	4.084
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	0.005		1	A	1		0.013	0.013	0.015
10:0.....g	0.013		1	A	1		0.033	0.033	0.040
12:0.....g	0.015		2	A	1		0.038	0.038	0.046
13:0.....g									
14:0.....g	0.074	0.004	3	A	1		0.186	0.186	0.226
15:0.....g	0.007	0.000	3	A	1		0.018	0.018	0.022

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
16:0.....g	1.019	0.024	3	A	1		2.558	2.558	3.108
17:0.....g	0.009	0.002	3	A	1		0.023	0.023	0.027
18:0.....g	0.167	0.003	3	A	1		0.420	0.420	0.510
20:0.....g	0.020	0.001	3	A	1		0.050	0.050	0.061
22:0.....g	0.017	0.002	3	A	1		0.044	0.044	0.053
24:0.....g	0.014		2	A	1		0.034	0.034	0.041
Fatty acids, total monounsaturated.....g	1.110	0.068	3	NC	4		2.785	2.785	3.384
14:1.....g	0.005	0.001	3	A	1		0.013	0.013	0.016
15:1.....g	0.018	0.008	3	A	1		0.046	0.046	0.056
16:1 undifferentiated.....g	0.041	0.006	3	A	1		0.102	0.102	0.124
17:1.....g	0.020	0.001	3	A	1		0.050	0.050	0.061
18:1 undifferentiated.....g	0.975	0.071	3	A	1		2.448	2.448	2.975
20:1.....g	0.023	0.004	3	A	1		0.057	0.057	0.069
22:1 undifferentiated.....g	0.027	0.005	3	A	1		0.069	0.069	0.083
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.431	0.291	3	NC	4		3.592	3.592	4.365
18:2 undifferentiated.....g	1.402	0.294	3	A	1		3.520	3.520	4.277
18:3 undifferentiated.....g	0.018	0.005	3	A	1		0.046	0.046	0.056
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.004		1	A	1		0.010	0.010	0.012
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		1	A	1		0	0	0
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		4.209	4.209	5.114
Carotene, alpha.....mcg	0		0	FLA	4		0.008	0.008	0.009
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.011	0.011	0.014
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1		0	FLA	4		2.025	2.025	2.460

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

NDB No. 06043

Soup, cream of mushroom, canned, condensed, commercial

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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06182

Soup, cream of mushroom, canned, condensed, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.440			FLM	4		1.104		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014			FLM	4		0.035		
17:1.....g									
18:1 undifferentiated.....g	0.421			FLM	4		1.057		
20:1.....g	0.000			FLM	4		0.000		
22:1 undifferentiated.....g	0.000			FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.560			FLM	4		1.406		
18:2 undifferentiated.....g	0.530			FLM	4		1.330		
18:3 undifferentiated.....g	0.036			FLM	4		0.090		
18:4.....g	0.000			FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			FLM	4		0.000		
20:5 n-3.....g	0.000			FLM	4		0.000		
22:5 n-3.....g	0.000			FLM	4		0.000		
22:6 n-3.....g	0.000			FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	3			MC	9		8		
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		1.212		
Carotene, alpha.....mcg	0		0	FLA	4		0.002		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.003		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.561		

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

Common Measures:

Measure 1 = 251g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06243

Soup, cream of mushroom, 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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	FLA	4		6.404	15.545	
Carotene, alpha.....mcg	0		0	FLA	4		0.005	0.012	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.007	0.017	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.289	3.129	

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

NDB No. 06243

Soup, cream of mushroom, canned, prepared with equal volume milk, commercial

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		2.796	6.794	
Carotene, alpha.....mcg	0		0	FLA	4		0.005	0.013	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.007	0.018	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.339	3.254	

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

NDB No. 06443

Soup, cream of mushroom, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06968

Soup, cream of mushroom, low sodium, ready-to-serve, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.704				4		1.718	4.175	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030				4		0.073	0.178	
17:1.....g									
18:1 undifferentiated.....g	0.664				4		1.620	3.938	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.739				4		4.243	10.312	
18:2 undifferentiated.....g	1.719				4		4.194	10.194	
18:3 undifferentiated.....g	0.010				4		0.024	0.059	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1				4		2	6	
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	FLA	4		3.358	8.161	
Carotene, alpha.....mcg	0		0	FLA	4		0.003	0.006	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.004	0.009	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.681	1.656	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	13		0	FLA	4		33.824	41.100	
Carotene, alpha.....mcg	0		0	FLA	4		0.006	0.007	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.546	0.663	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	FLA	4		24.447	29.707	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	1.320		0		1		3.274	7.946	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.149	0.361	
17:1.....g									
18:1 undifferentiated.....g	1.230		0		1		3.050	7.405	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.640		0		1		1.587	3.853	
18:2 undifferentiated.....g	0.580		0		1		1.438	3.492	
18:3 undifferentiated.....g	0.070		0		1		0.174	0.421	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.860		0		1		2.098	5.100	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.049	0.119	
17:1.....g									
18:1 undifferentiated.....g	0.840		0		1		2.050	4.981	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.600		0		1		1.464	3.558	
18:2 undifferentiated.....g	0.550		0		1		1.342	3.262	
18:3 undifferentiated.....g	0.040		0		1		0.098	0.237	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	1.69		0	FLA	4		4.25	5.16	
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	68		0	FLA	4		172	209	
Vitamin A, RAE.....mcg_RAE	19		0	FLA	4		47	57	
Retinol.....mcg	19		0	FLA	4		46	56	
Vitamin E (alpha-tocopherol).....mg	0.07		0	FLA	4		0.17	0.20	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		0	FLA	4		2.8	3.4	
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	

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		10.197	12.390	
Carotene, alpha.....mcg	0		0	FLA	4		0.003	0.004	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.021	0.025	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5		0	FLA	4		11.600	14.096	

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

NDB No. 06053

Soup, cream of potato, canned, condensed

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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	

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.700		0		1		1.736	4.214	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0		1		0.124	0.301	
17:1.....g									
18:1 undifferentiated.....g	0.610		0		1		1.513	3.672	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230		0		1		0.570	1.385	
18:2 undifferentiated.....g	0.190		0		1		0.471	1.144	
18:3 undifferentiated.....g	0.040		0		1		0.099	0.241	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.230		0		1		0.561	1.364	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.024	0.059	
17:1.....g									
18:1 undifferentiated.....g	0.200		0		1		0.488	1.186	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0		1		0.415	1.008	
18:2 undifferentiated.....g	0.160		0		1		0.390	0.949	
18:3 undifferentiated.....g	0.010		0		1		0.024	0.059	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, cream of shrimp, canned, prepared with equal volume milk, commercial

[illegible]

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	20		0	FLA	4		49.014	6.127	118.978
Carotene, alpha.....mcg	0		0	FLA	4		0.003	0.000	0.008
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.005	0.001	0.012
Lycopene.....mcg	1131		0	FLA	4		2803.812	350.476	6806.027
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.899	0.112	2.183

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

Common Measures:

Measure 1 = 248g: 1 cup (8 fl oz)

Measure 2 = 31.0g: 1 fl oz

Measure 3 = 602g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3**Fat** 8.9**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	13		0	FLA	4		30.713	74.644	
Carotene, alpha.....mcg	0		0	FLA	4		0.003	0.008	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.005	0.011	
Lycopene.....mcg	797		0	FLA	4		1943.727	4723.894	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.828	2.013	

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

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 593g: 1 can (10.75 oz), prepared

Calories Factors: Protein 4.3**Fat** 8.9**Carbohydrate** 3.9**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, cream of vegetable, dehydrated, dry

	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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	9.34		0	FLA	4		2.24	1.68	2.24
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	11996		0	FLA	4		2879	2159	2879
Vitamin A, RAE.....mcg_RAE	600		0	FLA	4		144	108	144
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.41		0	FLA	4		0.58	0.43	0.58
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	32.9		0	FLA	4		7.9	5.9	7.9
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									

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	5620		0	FLA	4		1348.891	1011.668	1348.891
Carotene, alpha.....mcg	2820		0	FLA	4		676.917	507.688	676.917
Cryptoxanthin, beta.....mcg	334		0	FLA	4		80.179	60.135	80.179
Lycopene.....mcg	2		0	FLA	4		0.441	0.331	0.441
Lutein + zeaxanthin.....mcg	920		0	FLA	4		220.718	165.538	220.718

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	0.17		0	FLA	4		0.44	0.33	
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	1		0	NC	4		3	2	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.17		0	FLA	4		0.45	0.33	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		0	FLA	4		1.8	1.3	
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								

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		1.557	1.168	
Carotene, alpha.....mcg	0		0	FLA	4		0.378	0.284	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.017	0.013	
Lycopene.....mcg	0		0	FLA	4		0.103	0.077	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		3.534	2.650	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.330		0		1		0.818	1.825	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.099	0.221	
17:1.....g									
18:1 undifferentiated.....g	0.270		0		1		0.670	1.493	
20:1.....g	0.010		0		1		0.025	0.055	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0		1		0.372	0.830	
18:2 undifferentiated.....g	0.140		0		1		0.347	0.774	
18:3 undifferentiated.....g	0.010		0		1		0.025	0.055	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06036

Soup, gazpacho, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.010		0		4		0.024	0.037	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.008		0		4		0.020	0.030	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		4		0.073	0.111	
18:2 undifferentiated.....g	0.022		0		4		0.054	0.081	
18:3 undifferentiated.....g	0.003		0		4		0.007	0.011	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	69		0	FLA	4		167.264	252.953	
Carotene, alpha.....mcg	1		0	FLA	4		2.870	4.341	
Cryptoxanthin, beta.....mcg	8		0	FLA	4		20.690	31.290	
Lycopene.....mcg	915		0	FLA	4		2231.834	3375.192	
Lutein + zeaxanthin.....mcg	26		0	FLA	4		63.235	95.631	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	0.32		0	FLA	4		0.81	0.81	3.66
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	14		0	FLA	4		35	35	158
Vitamin A, RAE.....mcg_RAE	1		0	FLA	4		2	2	8
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.07		0	FLA	4		0.17	0.17	0.77
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	FLA	4		1.0	1.0	4.4
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					</				

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	7		0	FLA	4		17.519	17.519	78.837
Carotene, alpha.....mcg	3		0	FLA	4		7.076	7.076	31.842
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.002	0.002	0.009
Lycopene.....mcg	5		0	FLA	4		11.755	11.755	52.896
Lutein + zeaxanthin.....mcg	3		0	FLA	4		6.682	6.682	30.070

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.520		0		1		1.290	2.948	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.074	0.170	
17:1.....g									
18:1 undifferentiated.....g	0.470		0		1		1.166	2.665	
20:1.....g	0.010		0		1		0.025	0.057	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.130		0		1		0.322	0.737	
18:2 undifferentiated.....g	0.120		0		1		0.298	0.680	
18:3 undifferentiated.....g	0.010		0		1		0.025	0.057	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	1.91		0	FLA	4		4.58	10.28	10.28
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	1783		0	NC	4		4280	9611	9611
Vitamin A, RAE.....mcg_RAE	89		0	NC	4		214	481	481
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.67		0	FLA	4		1.60	3.60	3.60
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.2		0	FLA	4		7.6	17.1	17.1
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									

NDB No. 06039

Soup, minestrone, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	885		0	FLA	4		2124.004	4770.159	4770.159
Carotene, alpha.....mcg	370		0	FLA	4		887.455	1993.076	1993.076
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.002	0.004	0.004
Lycopene.....mcg	5963		0	FLA	4		14311.877	32142.090	32142.090
Lutein + zeaxanthin.....mcg	45		0	FLA	4		108.654	244.020	244.020

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

Common Measures:

Measure 1 = 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	920		1	A	1		2263.200	2741.600	
Carotene, alpha.....mcg	210		1	A	1		516.600	625.800	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	1480		1	A	1		3640.800	4410.400	
Lutein + zeaxanthin.....mcg	150		1	A	1		369.000	447.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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. 06040
Soup, minestrone, canned, condensed, commercial

Calories Factors: Protein 3.7 Fat 8.9 Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.290		0		1		0.699	1.699	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.024	0.059	
17:1.....g									
18:1 undifferentiated.....g	0.270		0		1		0.651	1.582	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		0		1		1.109	2.696	
18:2 undifferentiated.....g	0.400		0		1		0.964	2.344	
18:3 undifferentiated.....g	0.060		0		1		0.145	0.352	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, minestrone, canned, reduced sodium, ready-to-serve

	<u>Amount in 100 grams of edible portion</u>		<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units	Mean	Std. Error	Number of Data Deriv Source Confidence Points Code Code Code Measure 1 Measure 2 Measure 3		
<u>Proximates:</u>					
Water.....g	87 .30				4
Energy.....kcal	50				4
Energy.....kj	209				4
Protein.....g	2 .00				4
Total lipid (fat).....g	0 .80				4
Ash.....g	1 .26		0	FLA	4
Carbohydrate, by difference.....g	9 .00				4
Fiber, total dietary.....g	2 .4				4
Sugars, total.....g	2 .00		0	FLA	4
Starch.....g					
<u>Minerals:</u>					
Calcium, Ca.....mg	20				4
Iron, Fe.....mg	0 .72				4
Magnesium, Mg.....mg	13				4
Phosphorus, P.....mg	34				4
Potassium, K.....mg	186				4
Sodium, Na.....mg	215				4
Zinc, Zn.....mg	0 .32				4
Copper, Cu.....mg	0 .083				4
Manganese, Mn.....mg					
Selenium, Se.....mcg	2 .1		0	BFSN	4
<u>Vitamins:</u>					
Vitamin C, total ascorbic acid.....mg	5 .7				4
Thiamin.....mg	0 .060				4
Riboflavin.....mg	0 .040				4
Niacin.....mg	0 .640				4
Pantothenic acid.....mg					
Vitamin B-6.....mg	0 .060				4
Folate, total.....mcg	16		0	FLA	4
Folic acid.....mcg	1		0	FLA	4
Folate, food.....mcg	14		0	FLA	4
Folate, DFE.....mcg_DFE	17		0	NC	4
Vitamin B-12.....mcg	0 .00				4
Vitamin A, IU.....IU	665		0	NC	4
Vitamin A, RAE.....mcg_RAE	33		0	FLA	4
Retinol.....mcg	0		0	FLA	4
Vitamin E (alpha-tocopherol).....mg	0 .70		0	FLA	4
Tocopherol, beta.....mg					
Tocopherol, gamma.....mg					
Tocopherol, delta.....mg					
Vitamin D.....IU					
Vitamin K (phylloquinone).....mcg	5 .8		0	FLA	4
<u>Lipids:</u>					
Fatty acids, total saturated.....g	0 .140				4
4:0.....g	0 .007				4
6:0.....g	0 .003				4
8:0.....g	0 .001				4
10:0.....g	0 .004				4
12:0.....g	0 .005				4
13:0.....g					
14:0.....g	0 .009				4
15:0.....g					
16:0.....g	0 .086				4
17:0.....g					
18:0.....g	0 .025				4
20:0.....g					
22:0.....g					
24:0.....g					

NDB No. 06177

Soup, minestrone, canned, reduced sodium, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.280					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004					4			
17:1.....g									
18:1 undifferentiated.....g	0.230					4			
20:1.....g	0.000					4			
22:1 undifferentiated.....g	0.000					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.250					4			
18:2 undifferentiated.....g	0.216					4			
18:3 undifferentiated.....g	0.033					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					4			
Phytosterols.....mg									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	FLA		4			
Theobromine.....mg	0		0	FLA		4			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	349		0	FLA		4			
Carotene, alpha.....mcg	99		0	FLA		4			
Cryptoxanthin, beta.....mcg	0		0	FLA		4			
Lycopene.....mcg	6359		0	FLA		4			
Lutein + zeaxanthin.....mcg	90		0	FLA		4			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, minestrone, dehydrated, prepared with water

[illegible]

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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	

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.800		0		1		2.008	2.440	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.410		0		1		1.000	2.431	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.410		0		1		1.000	2.431	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0		1		0.708	1.720	
18:2 undifferentiated.....g	0.280		0		1		0.683	1.660	
18:3 undifferentiated.....g	0.010		0		1		0.024	0.059	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, mushroom with beef stock, canned, condensed, commercial

[illegible]

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	100		0	FLA	4		250.635	304.556	125.817
Carotene, alpha.....mcg	0		0	FLA	4		0.002	0.002	0.001
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.003	0.003	0.001
Lycopene.....mcg	6632		0	FLA	4		16647.141	20228.598	8356.732
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.486	0.590	0.244

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.580		0		1		1.415	3.439	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.098	0.237	
17:1.....g									
18:1 undifferentiated.....g	0.520		0		1		1.269	3.084	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0		1		0.781	1.898	
18:2 undifferentiated.....g	0.280		0		1		0.683	1.660	
18:3 undifferentiated.....g	0.040		0		1		0.098	0.237	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	6		0	FLA	4		16.073	12.325	
Carotene, alpha.....mcg	0		0	FLA	4		0.007	0.005	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.010	0.008	
Lycopene.....mcg	164		0	FLA	4		413.892	317.372	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.827	1.401	

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

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 194g: 1 packet (6 fl oz prepared)

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06094

Soup, onion mix, dehydrated, dry form

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.79	0.204	4	A	1		1.48	0.27	
Energy.....kcal	303		0	NC	4		118	22	
Energy.....kj	1269		0	NC	4		495	90	
Protein (N x 6.25).....g	7.48	0.811	4	A	1		2.92	0.53	
Total lipid (fat).....g	5.09	2.156	4	A	1		1.99	0.36	
Ash.....g	23.31	0.765	4	A	1		9.09	1.66	
Carbohydrate, by difference.....g	60.32		0	NC	4		23.52	4.28	
Fiber, total dietary.....g	6.6		2	A	1		2.6	0.5	
Sugars, total.....g	4.65		2	A	1		1.81	0.33	
Sucrose.....g	4.52		2	A	1		1.76	0.32	
Glucose (dextrose).....g	0.00		2	A	1		0.00	0.00	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.12		2	A	1		0.05	0.01	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	8.84		2	A	1		3.45	0.63	
Minerals:									
Calcium, Ca.....mg	143	20.489	4	A	1		56	10	
Iron, Fe.....mg	4.00	1.956	4	A	1		1.56	0.28	
Magnesium, Mg.....mg	60	0.905	4	A	1		23	4	
Phosphorus, P.....mg	211	5.103	4	A	1		82	15	
Potassium, K.....mg	721	11.332	4	A	1		281	51	
Sodium, Na.....mg	8031	510.021	4	A	1		3132	570	
Zinc, Zn.....mg	1.12	0.089	4	A	1		0.44	0.08	
Copper, Cu.....mg	0.353	0.061	4	A	1		0.137	0.025	
Manganese, Mn.....mg	0.665	0.041	4	A	1		0.259	0.047	
Selenium, Se.....mcg	5.0		2	A	1		2.0	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	22.2		2	A	1		8.7	1.6	
Thiamin.....mg	0.279		2	A	1		0.109	0.020	
Riboflavin.....mg	0.274		2	A	1		0.107	0.019	
Niacin.....mg	1.472		2	A	1		0.574	0.104	
Pantothenic acid.....mg	0.854		2	A	1		0.333	0.061	
Vitamin B-6.....mg	0.582		2	A	1		0.227	0.041	
Folate, total.....mcg	0		2	A	1		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		2	A	1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	5		0	NC	4		2	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.15		1	A	1		0.06	0.01	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.66		1	A	1		0.26	0.05	
Tocopherol, delta.....mg	0.28		1	A	1		0.11	0.02	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.4		0	FLA	4		0.5	0.1	
Lipids:									
Fatty acids, total saturated.....g	0.296		2	NC	4		0.115	0.021	
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	0.001		1	A	1		0.000	0.000	
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1				

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
15:0.....g	0.000			A	1		0.000	0.000	
16:0.....g	0.150		2	A	1		0.059	0.011	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.125		2	A	1		0.049	0.009	
20:0.....g	0.010		2	A	1		0.004	0.001	
22:0.....g	0.010		2	A	1		0.004	0.001	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.794		2	NC	4		0.310	0.056	
14:1.....g									
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g	0.010		2	A	1		0.004	0.001	
18:1 undifferentiated.....g	0.769		2	A	1		0.300	0.055	
20:1.....g	0.015		2	A	1		0.006	0.001	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.208		2	NC	4		0.081	0.015	
18:2 undifferentiated.....g	0.193		2	A	1		0.075	0.014	
18:3 undifferentiated.....g	0.010		2	A	1		0.004	0.001	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.005		2	A	1		0.002	0.000	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	FLA	4		1.163	0.212	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	9		0	FLA	4		3.510	0.639	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	FLA	4		2.900	3.513	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		2.441	2.957	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	1.26		0	FLA	4		3.04	7.39	
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	1		0	FLA	4		2	4	
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.08		0	FLA	4		0.20	0.48	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	FLA	4		0.6	1.6	
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								

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.953	2.317	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		2.876	6.994	

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

Common Measures:

Measure 1 = 241g: 1 cup

Measure 2 = 586g: 1 can (10.5 oz), prepared

Calories Factors: Protein 2.5

Fat 8.5

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.622	0.466	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.879	1.405	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.80		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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		5.812	6.027	0.727
Carotene, alpha.....mcg	0		0	FLA	4		0.002	0.002	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.003	0.003	0.000
Lycopene.....mcg	11		0	FLA	4		25.962	26.919	3.245
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.350	1.400	0.169

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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	

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.850		0		1		2.083	5.058	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.147	0.357	
17:1.....g									
18:1 undifferentiated.....g	0.750		0		1		1.838	4.463	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.130		0		1		0.319	0.774	
18:2 undifferentiated.....g	0.090		0		1		0.221	0.536	
18:3 undifferentiated.....g	0.030		0		1		0.074	0.179	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.380		0		1		0.916	2.227	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.048	0.117	
17:1.....g									
18:1 undifferentiated.....g	0.330		0		1		0.795	1.934	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.169	0.410	
18:2 undifferentiated.....g	0.050		0		1		0.121	0.293	
18:3 undifferentiated.....g	0.010		0		1		0.024	0.059	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		4.151	5.035	
Carotene, alpha.....mcg	0		0	FLA	4		0.004	0.005	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.006	0.007	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		1.047	1.270	

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

NDB No. 06049

Soup, pea, green, canned, condensed, commercial

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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	

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
Fatty acids, total monounsaturated.....g	0.860		0		1		2.184	5.298	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.152	0.370	
17:1.....g									
18:1 undifferentiated.....g	0.770		0		1		1.956	4.743	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.533	1.294	
18:2 undifferentiated.....g	0.170		0		1		0.432	1.047	
18:3 undifferentiated.....g	0.040		0		1		0.102	0.246	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	47		0	FLA	4		118.694	288.189	
Carotene, alpha.....mcg	2		0	FLA	4		5.600	13.597	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.003	0.007	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	262		0	FLA	4		655.926	1592.589	

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

NDB No. 06449

Soup, pea, green, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, pea, green, mix, dehydrated, dry form

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.570		0		1		2.904	0.720	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, pea, green, mix, dehydrated, prepared with water

[illegible]

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	11		0	FLA	4		28.607	21.745	
Carotene, alpha.....mcg	0		0	FLA	4		1.329	1.010	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	58		0	FLA	4		156.893	119.262	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, pea, low sodium, with water

Refuse: 0%

[illegible]

NDB No. 06965

Soup, pea, low sodium, with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Points	Code				
Fatty acids, total monounsaturated.....g	0.410				4		1.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021				4		0.053		
17:1.....g									
18:1 undifferentiated.....g	0.380				4		0.950		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.154				4		0.385		
18:2 undifferentiated.....g	0.144				4		0.360		
18:3 undifferentiated.....g	0.021				4		0.053		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	31		0	FLA	4		78.339		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	29		0	FLA	4		73.323		

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

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06050

Soup, pea, split with ham, canned, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.680		0		1		1.632	3.665	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.072	0.162	
17:1.....g									
18:1 undifferentiated.....g	0.630		0		1		1.512	3.396	
20:1.....g	0.010		0		1		0.024	0.054	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0		1		0.576	1.294	
18:2 undifferentiated.....g	0.220		0		1		0.528	1.186	
18:3 undifferentiated.....g	0.020		0		1		0.048	0.108	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	995		0	FLA	4		2388.730	5364.690	
Carotene, alpha.....mcg	445		0	FLA	4		1068.440	2399.539	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.523	1.174	
Lutein + zeaxanthin.....mcg	78		0	FLA	4		188.031	422.286	

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

NDB No. 06050

Soup, pea, split with ham, canned, chunky, ready-to-serve

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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									
<u>Amino Acids:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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	

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.710		0		1		1.796	4.359	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.076	0.184	
17:1.....g									
18:1 undifferentiated.....g	0.660		0		1		1.670	4.052	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.250		0		1		0.633	1.535	
18:2 undifferentiated.....g	0.230		0		1		0.582	1.412	
18:3 undifferentiated.....g	0.020		0		1		0.051	0.123	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
<u>Amino Acids:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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 (alpha-tocopherol).....mg	0.07		0		4		0.17	0.21	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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				

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	190		0	FLA	4		458.403	1114.623	
Carotene, alpha.....mcg	79		0	FLA	4		189.932	461.827	
Cryptoxanthin, beta.....mcg	2		0	FLA	4		5.072	12.332	
Lycopene.....mcg	576		0	FLA	4		1387.472	3373.687	
Lutein + zeaxanthin.....mcg	13		0	FLA	4		31.323	76.162	

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

NDB No. 06452

Soup, pepperpot, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06728

Soup, potato ham chowder, chunky, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06583

Soup, ramen noodle, any flavor, 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	6.400		0	FLA	4		2.752	5.440	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0	FLA	4		0.021	0.042	
17:1.....g									
18:1 undifferentiated.....g	6.336		0	FLA	4		2.724	5.386	
20:1.....g	0.015		0	FLA	4		0.006	0.013	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.605		0	FLA	4		1.120	2.214	
18:2 undifferentiated.....g	2.494		0	FLA	4		1.072	2.120	
18:3 undifferentiated.....g	0.110		0	FLA	4		0.047	0.094	
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	6		0	FLA	4		2.482	4.907	
Carotene, alpha.....mcg	2		0	FLA	4		0.651	1.286	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.047	0.092	
Lycopene.....mcg	0		0	FLA	4		0.174	0.344	
Lutein + zeaxanthin.....mcg	20		0	FLA	4		8.709	17.216	

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

Common Measures:

Measure 1 = 43g: 1 serving

Measure 2 = 85g: 1 package

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06982

Soup, ramen noodle, beef flavor, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:0.....g	6.785		2	A	1		2.918	5.767	
17:0.....g	0.020		1	A	1		0.009	0.017	
18:0.....g	0.725		2	A	1		0.312	0.616	
20:0.....g	0.080		2	A	1		0.034	0.068	
22:0.....g	0.010		1	A	1		0.004	0.009	
24:0.....g									
Fatty acids, total monounsaturated.....g	6.784		2	NC	4		2.917	5.766	
14:1.....g									
15:1.....g	0.020		1	A	1		0.009	0.017	
16:1 undifferentiated.....g									
17:1.....g	0.045		2	A	1		0.019	0.038	
18:1 undifferentiated.....g	6.649		2	A	1		2.859	5.652	
20:1.....g	0.080		2	A	1		0.034	0.068	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.528		2	NC	4		0.657	1.298	
18:2 undifferentiated.....g	1.438		2	A	1		0.618	1.222	
18:3 undifferentiated.....g	0.065		2	A	1		0.028	0.055	
18:4.....g									
20:2 n-6 c,c.....g	0.025		2	A	1		0.011	0.021	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		1	A	1		0.021	0.042	
Threonine.....g	0.301		1	A	1		0.129	0.256	
Isoleucine.....g	0.368		1	A	1		0.158	0.313	
Leucine.....g	0.669		1	A	1		0.288	0.569	
Lysine.....g	0.214		1	A	1		0.092	0.182	
Methionine.....g	0.108		1	A	1		0.046	0.092	
Cystine.....g	0.143		1	A	1		0.062	0.122	
Phenylalanine.....g	0.457		1	A	1		0.197	0.388	
Tyrosine.....g	0.284		1	A	1		0.122	0.241	
Valine.....g	0.420		1	A	1		0.181	0.357	
Arginine.....g	0.370		1	A	1		0.159	0.315	
Histidine.....g	0.198		1	A	1		0.085	0.168	
Alanine.....g	0.300		1	A	1		0.129	0.255	
Aspartic acid.....g	0.404		1	A	1		0.174	0.343	
Glutamic acid.....g	4.069		1	A	1		1.750	3.459	
Glycine.....g	0.350		1	A	1		0.151	0.298	
Proline.....g	1.297		1	A	1		0.558	1.102	
Serine.....g	0.493		1	A	1		0.212	0.419	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.036	0.071	
Carotene, alpha.....mcg	0		0	FLA	4		0.016	0.032	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.023	0.046	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	FLA	4		4.262	8.425	

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

NDB No. 06982

Soup, ramen noodle, beef flavor, dehydrated, dry

Common Measures:

Measure 1 = 43g: 1 serving

Measure 2 = 85g: 1 package

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06983

Soup, ramen noodle, chicken flavor, 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
16:0.....g	6.060		2	A	1		2.606	5.151	
17:0.....g									
18:0.....g	0.675		2	A	1		0.290	0.574	
20:0.....g	0.070		2	A	1		0.030	0.060	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.148		2	NC	4		2.643	5.225	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g	0.040		2	A	1		0.017	0.034	
18:1 undifferentiated.....g	6.033		2	A	1		2.594	5.128	
20:1.....g	0.075		2	A	1		0.032	0.064	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.387		2	NC	4		0.596	1.179	
18:2 undifferentiated.....g	1.312		2	A	1		0.564	1.115	
18:3 undifferentiated.....g	0.055		2	A	1		0.024	0.047	
18:4.....g									
20:2 n-6 c,c.....g	0.020		2	A	1		0.009	0.017	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		1	A	1		0.013	0.026	
Threonine.....g	0.295		1	A	1		0.127	0.251	
Isoleucine.....g	0.346		1	A	1		0.149	0.294	
Leucine.....g	0.644		1	A	1		0.277	0.547	
Lysine.....g	0.210		1	A	1		0.090	0.179	
Methionine.....g	0.104		1	A	1		0.045	0.088	
Cystine.....g	0.139		1	A	1		0.060	0.118	
Phenylalanine.....g	0.448		1	A	1		0.193	0.381	
Tyrosine.....g	0.268		1	A	1		0.115	0.228	
Valine.....g	0.403		1	A	1		0.173	0.343	
Arginine.....g	0.350		1	A	1		0.151	0.298	
Histidine.....g	0.190		1	A	1		0.082	0.162	
Alanine.....g	0.330		1	A	1		0.142	0.281	
Aspartic acid.....g	0.405		1	A	1		0.174	0.344	
Glutamic acid.....g	4.971		1	A	1		2.138	4.225	
Glycine.....g	0.343		1	A	1		0.147	0.292	
Proline.....g	1.239		1	A	1		0.533	1.053	
Serine.....g	0.477		1	A	1		0.205	0.405	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.262	0.517	
Carotene, alpha.....mcg	0		0	FLA	4		0.017	0.033	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.024	0.047	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	12		0	FLA	4		4.996	9.875	

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

NDB No. 06983

Soup, ramen noodle, chicken flavor, dehydrated, dry

Common Measures:

Measure 1 = 43g: 1 serving

Measure 2 = 85g: 1 package

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, scotch 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
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 (alpha-tocopherol).....mg	0.06		0		4		0.15	0.18	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

NDB No. 06055

Soup, scotch 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	440		0	FLA	4		1060.957	2579.753	
Carotene, alpha.....mcg	204		0	FLA	4		492.254	1196.932	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.073	0.178	
Lycopene.....mcg	0		0	FLA	4		1.196	2.908	
Lutein + zeaxanthin.....mcg	24		0	FLA	4		58.997	143.453	

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

NDB No. 06455

Soup, scotch broth, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, shark fin, restaurant-prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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		

NDB No. 06180
Soup, shark fin, restaurant-prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.583		0	BFFN	4		1.259		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		0	BFFN	4		0.389		
17:1.....g									
18:1 undifferentiated.....g	0.365		0	BFFN	4		0.788		
20:1.....g	0.015		0	BFFN	4		0.032		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.341		0	BFFN	4		0.737		
18:2 undifferentiated.....g	0.022		0	BFFN	4		0.048		
18:3 undifferentiated.....g	0.015		0	BFFN	4		0.032		
18:4.....g	0.007		0	BFFN	4		0.015		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0	BFFN	4		0.058		
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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									
Carotenoids:									
Carotene, beta.....mcg	750		1	A	1		4042.500	1800.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 539g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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									
Carotenoids:									
Carotene, beta.....mcg	90		1	A	1		293.400	121.500	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 326g: 1 package yields

Measure 2 = 135g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06730

Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									
Carotenoids:									
Carotene, beta.....mcg	1200		1	A	1		6468.000	2916.000	
Carotene, alpha.....mcg	750		1	A	1		4042.500	1822.500	
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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.

NDB No. 06730

Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Common Measures:

Measure 1 = 539g: 1 package yields

Measure 2 = 243g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06170
Soup, stock, beef, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.043				1		0.103		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003				1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.039				1		0.094		
20:1.....g	0.001				1		0.002		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005				1		0.012		
18:2 undifferentiated.....g	0.004				1		0.010		
18:3 undifferentiated.....g	0.000				1		0.000		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.403		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.218		

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

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, stock, chicken, home-prepared

[illegible]

NDB No. 06172

Soup, stock, chicken, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<hr/>									
Fatty acids, total monounsaturated.....g	0.582				1		1.397		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.089				1		0.214		
17:1.....g									
18:1 undifferentiated.....g	0.484				1		1.162		
20:1.....g	0.004				1		0.010		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.213				1		0.511		
18:2 undifferentiated.....g	0.204				1		0.490		
18:3 undifferentiated.....g	0.009				1		0.022		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	3				1		7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		1.187		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLA	4		3.582		

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

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	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	0.00		0	FLA	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		2	A	1		7		
Iron, Fe.....mg	0.01		2	A	1		0.02		
Magnesium, Mg.....mg	7		2	A	1		16		
Phosphorus, P.....mg	56		2	A	1		130		
Potassium, K.....mg	144		2	A	1		336		
Sodium, Na.....mg	156		2	A	1		363		
Zinc, Zn.....mg	0.06		2	A	1		0.14		
Copper, Cu.....mg	0.058		2	A	1		0.135		
Manganese, Mn.....mg	0.052		2	A	1		0.121		
Selenium, Se.....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	2		0	FLA	4		5		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	2		0	FLA	4		5		
Folate, DFE.....mcg_DFE	2		0	NC	4		5		
Vitamin B-12.....mcg	0.69		2	A	1		1.61		
Vitamin A, IU.....IU	6		0	FLA	4		15		
Vitamin A, RAE.....mcg_RAE	2		0	FLA	4		4		
Retinol.....mcg	2		0	FLA	4		4		
Vitamin E (alpha-tocopherol).....mg	0.17		0	FLA	4		0.39		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
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									

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.236		2	A	1		0.550		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.073		2	A	1		0.170		
17:1.....g									
18:1 undifferentiated.....g	0.148		2	A	1		0.345		
20:1.....g	0.006		2	A	1		0.014		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.138		2	A	1		0.322		
18:2 undifferentiated.....g	0.009		2	A	1		0.021		
18:3 undifferentiated.....g	0.006		2	A	1		0.014		
18:4.....g	0.003		2	A	1		0.007		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		2	A	1		0.026		
20:5 n-3.....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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

Measure 1 = 233g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06060

Soup, stockpot, canned, condensed, commercial

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.89	0.161	8		1		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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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									
<u>Amino Acids:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.410		0		1		1.013	2.460	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.025	0.060	
17:1.....g									
18:1 undifferentiated.....g	0.390		0		1		0.963	2.340	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.710		0		1		1.754	4.260	
18:2 undifferentiated.....g	0.650		0		1		1.606	3.900	
18:3 undifferentiated.....g	0.050		0		1		0.124	0.300	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
<u>Amino Acids:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06061

Soup, tomato beef with 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, tomato beef with noodle, canned, prepared with equal volume water, commercial

[illegible]

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	114		0	FLA	4		277.816	675.183	
Carotene, alpha.....mcg	30		0	FLA	4		73.820	179.406	
Cryptoxanthin, beta.....mcg	2		0	FLA	4		5.189	12.612	
Lycopene.....mcg	2929		0	FLA	4		7147.837	17371.586	
Lutein + zeaxanthin.....mcg	21		0	FLA	4		50.285	122.210	

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

NDB No. 06461

Soup, tomato beef with noodle, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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									
<u>Amino Acids:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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	

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.750		0		1		1.883	4.568	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0		1		0.126	0.305	
17:1.....g									
18:1 undifferentiated.....g	0.680		0		1		1.707	4.141	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.490		0		1		1.230	2.984	
18:2 undifferentiated.....g	0.420		0		1		1.054	2.558	
18:3 undifferentiated.....g	0.080		0		1		0.201	0.487	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.280		0		1		0.692	1.680	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.025	0.060	
17:1.....g									
18:1 undifferentiated.....g	0.270		0		1		0.667	1.620	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.450		0		1		1.112	2.700	
18:2 undifferentiated.....g	0.390		0		1		0.963	2.340	
18:3 undifferentiated.....g	0.060		0		1		0.148	0.360	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
<u>Amino Acids:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	248		0	FLA	4		636.601	772.838	
Carotene, alpha.....mcg	0		0	FLA	4		0.010	0.012	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.014	0.017	
Lycopene.....mcg	17183		0	FLA	4		44160.163	53610.781	
Lutein + zeaxanthin.....mcg	3		0	FLA	4		6.672	8.100	

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

Common Measures:

Measure 1 = 257g: 1 cup (8 fl oz)

Measure 2 = 312g: 1 can (11 oz), undiluted

Calories Factors: Protein 3.7**Fat** 8.9**Carbohydrate** 4**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	140		0	FLA	4		345.006	838.071	
Carotene, alpha.....mcg	0		0	FLA	4		0.004	0.009	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.006	0.013	
Lycopene.....mcg	9856		0	FLA	4		24343.899	59134.977	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		3.107	7.546	

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

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 600g: 1 can (11 oz), prepared

Calories Factors: Protein 3.7

Fat 8.9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, tomato vegetable mix, dehydrated, dry form

Refuse: 0%

[illegible]

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	774		0	FLA	4		147.141	9.293	302.026
Carotene, alpha.....mcg	319		0	FLA	4		60.596	3.827	124.382
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	893		0	FLA	4		169.668	10.716	348.266
Lutein + zeaxanthin.....mcg	285		0	FLA	4		54.223	3.425	111.300

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	1.63		0	FLA	4		3.94	4.14	3.09
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	73		0	NC	4		175	184	138
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		9	10	7
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.14		0	FLA	4		0.34	0.36	0.27
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		0	FLA	4		2.7	2.9	2.2
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

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
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	43		0	FLA	4		104.004	109.183	81.563
Carotene, alpha.....mcg	0		0	FLA	4		0.091	0.096	0.072
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.638	0.670	0.500
Lycopene.....mcg	1366		0	FLA	4		3291.596	3455.493	2581.376
Lutein + zeaxanthin.....mcg	38		0	FLA	4		92.039	96.621	72.180

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06159

Soup, tomato, canned, condensed, commercial

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	82.50	0.123	8	A	1		207.08	251.64	
Energy.....kcal	60		0	NC	4		152	184	
Energy.....kj	253		0	NC	4		634	770	
Protein (N x 6.25).....g	1.61	0.034	8	A	1		4.04	4.91	
Total lipid (fat).....g	0.56	0.095	8	A	1		1.41	1.72	
Ash.....g	1.91	0.012	8	A	1		4.80	5.83	
Carbohydrate, by difference.....g	13.41		0	NC	4		33.67	40.91	
Fiber, total dietary.....g	1.2	0.000	3	A	1		3.1	3.7	
Sugars, total.....g	8.11	0.258	3	A	1		20.35	24.73	
Sucrose.....g	2.47	0.378	3	A	1		6.19	7.52	
Glucose (dextrose).....g	3.13	0.332	3	A	1		7.86	9.55	
Fructose.....g	2.51	0.304	3	A	1		6.30	7.66	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	4.33	0.112	3	A	1		10.86	13.20	
Minerals:									
Calcium, Ca.....mg	13	0.338	8	A	1		33	40	
Iron, Fe.....mg	1.11	0.071	8	A	1		2.77	3.37	
Magnesium, Mg.....mg	14	0.257	8	A	1		34	41	
Phosphorus, P.....mg	29	0.338	8	A	1		73	89	
Potassium, K.....mg	229	4.123	8	A	1		576	699	
Sodium, Na.....mg	551	5.484	8	A	1		1384	1682	
Zinc, Zn.....mg	0.25	0.021	8	A	1		0.62	0.75	
Copper, Cu.....mg	0.159	0.017	8	A	1		0.398	0.484	
Manganese, Mn.....mg	0.119	0.009	8	A	1		0.298	0.362	
Selenium, Se.....mcg	5.1		2	A	1		12.7	15.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.9	4.729	8	A	1		32.3	39.2	
Thiamin.....mg	0.039	0.002	4	A	1		0.099	0.120	
Riboflavin.....mg	0.063	0.002	4	A	1		0.158	0.191	
Niacin.....mg	1.032	0.015	4	A	1		2.590	3.147	
Pantothenic acid.....mg	0.053		2	A	1		0.133	0.162	
Vitamin B-6.....mg	0.086		2	A	1		0.215	0.261	
Folate, total.....mcg	0		2	A	1		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	NC	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	392		0	NC	4		983	1195	
Vitamin A, RAE.....mcg_RAE	20		0	NC	4		49	60	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.34		2	A	1		0.87	1.05	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.2		0	FLA	4		7.9	9.7	
Lipids:									
Fatty acids, total saturated.....g	0.274		2	NC	4		0.688	0.836	
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		2	A	1		0.000	0.000	
13:0.....g	0.004		2	A	1		0.010	0.012	
14:0.....g	0.025		2	A	1		0.063	0.076	
15:0.....g	0.010		1	A	1				

NDB No. 06159

Soup, tomato, 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
15:0.....g	0.010			A	1		0.025	0.031	
16:0.....g	0.175		2	A	1		0.439	0.534	
17:0.....g	0.030		1	A	1		0.075	0.092	
18:0.....g	0.050		2	A	1		0.126	0.153	
20:0.....g									
22:0.....g									
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.337		2	NC	4		0.845	1.026	
14:1.....g									
15:1.....g	0.010		2	A	1		0.025	0.031	
16:1 undifferentiated.....g	0.030		1	A	1		0.075	0.092	
17:1.....g	0.045		2	A	1		0.113	0.137	
18:1 undifferentiated.....g	0.172		2	A	1		0.430	0.523	
20:1.....g	0.060		2	A	1		0.151	0.183	
22:1 undifferentiated.....g	0.035		2	A	1		0.088	0.107	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.357		2	NC	4		0.895	1.087	
18:2 undifferentiated.....g	0.287		2	A	1		0.719	0.874	
18:3 undifferentiated.....g	0.055		2	A	1		0.138	0.168	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.030		1	A	1		0.075	0.092	
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	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	235		2	A	1		589.850	716.750	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	10920		1	A	1		27409.200	33306.000	
Lutein + zeaxanthin.....mcg	90		1	A	1		225.900	274.500	

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

NDB No. 06159

Soup, tomato, canned, condensed, commercial

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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06956

Soup, tomato, canned, condensed, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.182				4		0.444		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.172				4		0.420		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.395				4		0.964		
18:2 undifferentiated.....g	0.324				4		0.791		
18:3 undifferentiated.....g	0.071				4		0.173		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	147		0	FLA	4		357.907		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	10222		0	FLA	4		24942.500		
Lutein + zeaxanthin.....mcg	4		0	FLA	4		9.036		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	75		0	FLA	4		186.735	453.284	
Carotene, alpha.....mcg	0		0	FLA	4		0.005	0.013	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.008	0.019	
Lycopene.....mcg	5084		0	FLA	4		12607.460	30603.593	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.410	3.422	

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

NDB No. 06359

Soup, tomato, canned, prepared with equal volume milk, commercial

Calories Factors: Protein 2.8

Fat 8.7

Carbohydrate 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06559

Soup, tomato, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	118		0	FLA	4		286.700	696.775	
Carotene, alpha.....mcg	0		0	FLA	4		0.003	0.006	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.004	0.009	
Lycopene.....mcg	5460		0	FLA	4		13322.400	32377.800	
Lutein + zeaxanthin.....mcg	45		0	FLA	4		109.800	266.850	

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

NDB No. 06559

Soup, tomato, canned, prepared with equal volume water, commercial

Calories Factors: Protein 2.8

Fat 8.7

Carbohydrate 3.8

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	179		0	FLA	4		474.821	356.564	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	14		0	FLA	4		37.373	28.065	
Lycopene.....mcg	580		0	FLA	4		1536.031	1153.472	
Lutein + zeaxanthin.....mcg	41		0	FLA	4		107.555	80.768	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, tomato, low sodium, with water

[illegible]

NDB No. 06964

Soup, tomato, low sodium, with water

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	0.182				4		0.444		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.172				4		0.420		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.395				4		0.964		
18:2 undifferentiated.....g	0.324				4		0.791		
18:3 undifferentiated.....g	0.071				4		0.173		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	146		0	FLA	4		357.410		
Carotene, alpha.....mcg	0		0	FLA	4		0.001		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.002		
Lycopene.....mcg	10245		0	FLA	4		24996.717		
Lutein + zeaxanthin.....mcg	3		0	FLA	4		7.336		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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	
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		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	97		0	FLA	4		244.164	296.693	
Carotene, alpha.....mcg	27		0	FLA	4		68.962	83.798	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.127	0.155	
Lycopene.....mcg	0		0	FLA	4		0.034	0.041	
Lutein + zeaxanthin.....mcg	44		0	FLA	4		110.401	134.153	

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

NDB No. 06065

Soup, turkey noodle, canned, condensed, commercial

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06465

Soup, turkey 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
Fatty acids, total monounsaturated.....g	0.330		0		1		0.805	0.101	1.957
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0		1		0.122	0.015	0.297
17:1.....g									
18:1 undifferentiated.....g	0.280		0		1		0.683	0.085	1.660
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.200		0		1		0.488	0.061	1.186
18:2 undifferentiated.....g	0.190		0		1		0.464	0.058	1.127
18:3 undifferentiated.....g	0.010		0		1		0.024	0.003	0.059
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, turkey vegetable, canned, condensed, commercial

	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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	1.36		0	FLA	4		3.35	0.42	4.06
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	1987		0	NC	4		4887	612	5920
Vitamin A, RAE.....mcg_RAE	106		0	NC	4		261	33	317
Retinol.....mcg	8		0	FLA	4		20	3	25
Vitamin E (alpha-tocopherol).....mg	0.34		0	FLA	4		0.85	0.11	1.03
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.3		0	FLA	4		10.7	1.3	12.9
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		</							

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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
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	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	961		0	FLA	4		2364.992	296.105	2864.909
Carotene, alpha.....mcg	428		0	FLA	4		1053.050	131.845	1275.646
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.038	0.005	0.046
Lycopene.....mcg	301		0	FLA	4		741.188	92.799	897.862
Lutein + zeaxanthin.....mcg	50		0	FLA	4		124.225	15.553	150.484

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

NDB No. 06066

Soup, turkey vegetable, canned, condensed, commercial

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, turkey vegetable, canned, prepared with equal volume water, commercial

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.550		0		1		1.326	0.166	3.223
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.169	0.021	0.410
17:1.....g									
18:1 undifferentiated.....g	0.460		0		1		1.109	0.138	2.696
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0		1		0.675	0.084	1.641
18:2 undifferentiated.....g	0.260		0		1		0.627	0.078	1.524
18:3 undifferentiated.....g	0.020		0		1		0.048	0.006	0.117
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, turkey, chunky, ready-to-serve

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	86.37	0.190	13		1		203.83	459.49	
Energy.....kcal	57		0	NC	4		135	303	
Energy.....kj	238				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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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									

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.750		0		1		1.770	3.990	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		0		1		0.260	0.585	
17:1.....g									
18:1 undifferentiated.....g	0.650		0		1		1.534	3.458	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		0		1		1.086	2.447	
18:2 undifferentiated.....g	0.440		0		1		1.038	2.341	
18:3 undifferentiated.....g	0.020		0		1		0.047	0.106	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
<u>Amino Acids:</u>									
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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06071

Soup, vegetable beef, 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	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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1618	68.000	3	A	1		4061.180	4934.900	
Carotene, alpha.....mcg	489	53.000	3	A	1		1227.390	1491.450	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg	364		2	A	1		913.640	1110.200	
Lutein + zeaxanthin.....mcg	92		2	A	1		230.920	280.600	

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

NDB No. 06071

Soup, vegetable beef, canned, condensed, commercial

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
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									
Carotenoids:									
Carotene, beta.....mcg	820		1	A	1		2443.600	1115.200	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 298g: 1 package yields

Measure 2 = 136g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
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	
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 National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, vegetable beef, dehydrated, prepared with water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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	0.22		0	FLA	4		0.55	2.47	
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	FLA	4		238	1071	
Vitamin A, RAE.....mcg_RAE	5		0	FLA	4		12	54	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.08		0	FLA	4		0.20	0.91	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	FLA	4		1.3	6.0	
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									

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
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	
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	47		0	FLA	4		118.752	534.619	
Carotene, alpha.....mcg	19		0	FLA	4		47.911	215.695	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	141		0	FLA	4		356.603	1605.420	
Lutein + zeaxanthin.....mcg	6		0	FLA	4		15.280	68.789	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 17 (2004)

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
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									
Carotenoids:									
Carotene, beta.....mcg	390		1	A	1		1138.800	1138.800	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....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 = 292g: 1 package yields

Measure 2 = 292g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	382		0	FLA	4		931.209	2263.143	
Carotene, alpha.....mcg	167		0	FLA	4		406.509	987.950	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	190		0	FLA	4		464.107	1127.931	
Lutein + zeaxanthin.....mcg	46		0	FLA	4		111.781	271.664	

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

NDB No. 06471

Soup, vegetable beef, prepared with equal volume water, commercial

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, vegetable chicken, low sodium[illegible]

NDB No. 06974

Soup, vegetable chicken, low sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.895				4		2.157		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.119				4		0.287		
17:1.....g									
18:1 undifferentiated.....g	0.746				4		1.798		
20:1.....g	0.020				4		0.048		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.418				4		1.007		
18:2 undifferentiated.....g	0.388				4		0.935		
18:3 undifferentiated.....g	0.020				4		0.048		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	7				4		17		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	1195		0	FLA	4		2879.482		
Carotene, alpha.....mcg	536		0	FLA	4		1292.375		
Cryptoxanthin, beta.....mcg	8		0	FLA	4		19.951		
Lycopene.....mcg	139		0	FLA	4		335.019		
Lutein + zeaxanthin.....mcg	116		0	FLA	4		280.193		

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

Common Measures:

Measure 1 = 241g: 1 cup

Calories Factors: Protein**Fat****Carbohydrate****Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	831		0	FLA	4		2043.521	2475.485	
Carotene, alpha.....mcg	387		0	FLA	4		951.583	1152.730	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.396	0.480	
Lycopene.....mcg	29		0	FLA	4		71.225	86.281	
Lutein + zeaxanthin.....mcg	35		0	FLA	4		86.883	105.249	

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

NDB No. 06072

Soup, vegetable with beef broth, canned, condensed, commercial

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, vegetable with beef broth, canned, prepared with equal volume water, commercial

Refuse: 0%

[illegible]

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	428		0	FLA	4		1030.588	2505.911	
Carotene, alpha.....mcg	174		0	FLA	4		419.068	1018.978	
Cryptoxanthin, beta.....mcg	11		0	FLA	4		26.862	65.317	
Lycopene.....mcg	575		0	FLA	4		1386.601	3371.569	
Lutein + zeaxanthin.....mcg	62		0	FLA	4		150.364	365.615	

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

NDB No. 06472

Soup, vegetable with beef broth, canned, prepared with equal volume water, commercial

Calories Factors: Protein 3.8

Fat 9

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1198		0	FLA	4		2874.964	6456.690	
Carotene, alpha.....mcg	512		0	FLA	4		1227.770	2757.367	
Cryptoxanthin, beta.....mcg	3		0	FLA	4		7.734	17.370	
Lycopene.....mcg	2953		0	FLA	4		7086.222	15914.473	
Lutein + zeaxanthin.....mcg	124		0	FLA	4		298.055	669.382	

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

NDB No. 06067

Soup, vegetable, canned, chunky, ready-to-serve, commercial

Calories Factors: Protein 4.1

Fat 9

Carbohydrate 3.9

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, vegetable, canned, low sodium, condensed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	82.79			FLC	4				
Energy.....kcal	65			NC	4				
Energy.....kj	272				4				
Protein.....g	2.20			MC	9				
Total lipid (fat).....g	0.90			MC	9				
Ash.....g	2.00			MC	9				
Carbohydrate, by difference.....g	12.11			MC	9				
Fiber, total dietary.....g	2.1			MC	9				
Sugars, total.....g	4.31		0	FLA	4				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20			MC	9				
Iron, Fe.....mg	0.66			MC	9				
Magnesium, Mg.....mg	25			FLC	4				
Phosphorus, P.....mg	45			FLC	4				
Potassium, K.....mg	433			MC	9				
Sodium, Na.....mg	385			MC	9				
Zinc, Zn.....mg	0.40			FLC	4				
Copper, Cu.....mg	0.232			FLC	4				
Manganese, Mn.....mg	0.250			FLC	4				
Selenium, Se.....mcg	4.0		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8			MC	9				
Thiamin.....mg	0.109			FLC	4				
Riboflavin.....mg	0.092			FLC	4				
Niacin.....mg	1.540			FLC	4				
Pantothenic acid.....mg	0.346			FLC	4				
Vitamin B-6.....mg	0.167			FLC	4				
Folate, total.....mcg	12		0	FLA	4				
Folic acid.....mcg	1		0	FLA	4				
Folate, food.....mcg	12		0	FLA	4				
Folate, DFE.....mcg_DFE	13		0	NC	4				
Vitamin B-12.....mcg	0.00			FLC	4				
Vitamin A, IU.....IU	1721		0	NC	4				
Vitamin A, RAE.....mcg_RAE	86		0	NC	4				
Retinol.....mcg	0		0	FLA	4				
Vitamin E (alpha-tocopherol).....mg	1.43		0	FLA	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.2		0	FLA	4				
Lipids:									
Fatty acids, total saturated.....g	0.147			FLC	4				
4:0.....g	0.000			FLC	4				
6:0.....g	0.000			FLC	4				
8:0.....g	0.000			FLC	4				
10:0.....g	0.000			FLC	4				
12:0.....g	0.000			FLC	4				
13:0.....g									
14:0.....g	0.002			FLC	4				
15:0.....g									
16:0.....g	0.114			FLC	4				
17:0.....g									
18:0.....g	0.030			FLC	4				
20:0.....g									

NDB No. 06217

Soup, vegetable, canned, low sodium, condensed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.203			FLC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002			FLC	4				
17:1.....g									
18:1 undifferentiated.....g	0.201			FLC	4				
20:1.....g	0.000			FLC	4				
22:1 undifferentiated.....g	0.000			FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.403			FLC	4				
18:2 undifferentiated.....g	0.380			FLC	4				
18:3 undifferentiated.....g	0.023			FLC	4				
18:4.....g	0.000			FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			FLC	4				
20:5 n-3.....g	0.000			FLC	4				
22:5 n-3.....g	0.000			FLC	4				
22:6 n-3.....g	0.000			FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0			FLC	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	875		0	FLA	4				
Carotene, alpha.....mcg	314		0	FLA	4				
Cryptoxanthin, beta.....mcg	2		0	FLA	4				
Lycopene.....mcg	13848		0	FLA	4				
Lutein + zeaxanthin.....mcg	45		0	FLA	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1500		1	A	1		3690.000	4470.000	
Carotene, alpha.....mcg	410		1	A	1		1008.600	1221.800	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	1930		1	A	1		4747.800	5751.400	
Lutein + zeaxanthin.....mcg	160		1	A	1		393.600	476.800	

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

NDB No. 06068

Soup, vegetarian vegetable, canned, condensed, commercial

Calories Factors: Protein 2.5

Fat 8.5

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial

[illegible]

NDB No. 06468

Soup, vegetarian 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
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	
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	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	472		0	FLA	4		1137.233	2765.221	
Carotene, alpha.....mcg	201		0	FLA	4		484.898	1179.047	
Cryptoxanthin, beta.....mcg	8		0	FLA	4		20.130	48.948	
Lycopene.....mcg	1128		0	FLA	4		2718.009	6608.936	
Lutein + zeaxanthin.....mcg	203		0	FLA	4		488.155	1186.966	

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

NDB No. 06468

Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial

Calories Factors: Protein 2.5

Fat 8.5

Carbohydrate 4

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.016				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4				
17:1.....g									
18:1 undifferentiated.....g	0.016				4				
20:1.....g	0.000				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.107				4				
18:2 undifferentiated.....g	0.106				4				
18:3 undifferentiated.....g	0.001				4				
18:4.....g	0.000				4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4				
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 06143
USDA Commodity, spaghetti sauce, meatless, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
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				

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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.210		1	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.210		1	A	1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.510		1	A	1				
18:2 undifferentiated.....g	0.453		1	A	1				
18:3 undifferentiated.....g	0.057		1	A	1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 17 (2004)

Vegetable soup, low sodium, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	93.50				4		236.56		
Energy.....kcal	22				4		56		
Energy.....kj	92				4		233		
Protein.....g	0.80				4		2.02		
Total lipid (fat).....g	0.30				4		0.76		
Ash.....g	0.60		0	FLA	4		1.51		
Carbohydrate, by difference.....g	4.80		0	NR	4		12.15		
Fiber, total dietary.....g	0.2				4		0.5		
Sugars, total.....g	1.52		0	FLA	4		3.85		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	FLA	4		52		
Iron, Fe.....mg	0.25				4		0.63		
Magnesium, Mg.....mg	8				4		20		
Phosphorus, P.....mg	20		0	FLA	4		51		
Potassium, K.....mg	166		0	FLA	4		420		
Sodium, Na.....mg	52		0	FLA	4		131		
Zinc, Zn.....mg	0.07				4		0.18		
Copper, Cu.....mg	0.013				4		0.033		
Manganese, Mn.....mg	0.082		0	FLA	4		0.208		
Selenium, Se.....mcg	1.8		0	BFZN	4		4.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.4				4		6.1		
Thiamin.....mg	0.020				4		0.051		
Riboflavin.....mg	0.020				4		0.051		
Niacin.....mg	0.310				4		0.784		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.020				4		0.051		
Folate, total.....mcg	10		0	FLA	4		25		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	10		0	FLA	4		25		
Folate, DFE.....mcg_DFE	10		0	NC	4		25		
Vitamin B-12.....mcg	0.00				7		0.00		
Vitamin A, IU.....IU	71		0	NC	4		179		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		9		
Retinol.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.10		0	FLA	4		0.24		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.8		0	FLA	4		22.2		
Lipids:									
Fatty acids, total saturated.....g	0.199				4		0.503		
4:0.....g	0.000				4		0.000		
6:0.....g	0.001				4		0.003		
8:0.....g	0.016				4		0.040		
10:0.....g	0.013				4		0.033		
12:0.....g	0.093				4		0.235		
13:0.....g									
14:0.....g	0.035				4		0.089		
15:0.....g									
16:0.....g	0.031				4		0.078		
17:0.....g									
18:0.....g	0.009				4		0.023		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 06967
Vegetable soup, low sodium, with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.033				4		0.083		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002				4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.031				4		0.078		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035				4		0.089		
18:2 undifferentiated.....g	0.032				4		0.081		
18:3 undifferentiated.....g	0.002				4		0.005		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	38		0	FLA	4		97.177		
Carotene, alpha.....mcg	8		0	FLA	4		20.436		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	561		0	FLA	4		1419.441		
Lutein + zeaxanthin.....mcg	96		0	FLA	4		241.973		

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

Common Measures:

Measure 1 = 253g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 17 (2004)