



**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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**Common Measures:**

Measure 1 = 244g: 1 cup

Measure 2 = 30.5g: 1 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 16 (2003)



NDB No. 06565

Gravy, CUSTOM FOODS, RED LABEL Au Jus Base, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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**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 16 (2003)



NDB No. 06564

Gravy, CUSTOM FOODS, SUPERB Country Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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**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 16 (2003)





NDB No. 06567

Gravy, CUSTOM FOODS, SUPERB Instant Au Jus Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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**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 16 (2003)



NDB No. 06570

Gravy, CUSTOM FOODS, SUPERB Instant Beef Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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**Common Measures:**

Measure 1 = 6.7g: 1 serving

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 16 (2003)



NDB No. 06562

Gravy, CUSTOM FOODS, SUPERB Instant Brown Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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**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 16 (2003)



NDB No. 06573

Gravy, CUSTOM FOODS, SUPERB Instant Chicken Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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**Common Measures:**

Measure 1 = 6.7g: 1 serving

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 16 (2003)





NDB No. 06569

Gravy, CUSTOM FOODS, SUPERB Instant Pork Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06576

Gravy, CUSTOM FOODS, SUPERB Instant Turkey Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06571

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06568

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)





NDB No. 06579

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

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 16 (2003)



NDB No. 06800

Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06566

Gravy, NESTLE, TRIO Au Jus Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06561

Gravy, NESTLE, TRIO Brown Gravy Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)





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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)



**NDB No. 06114**  
**Gravy, au jus, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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 16 (2003)



**NDB No. 06115**  
**Gravy, au jus, dry**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



**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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)





**NDB No. 06957**  
**Gravy, brown instant, dry**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



**NDB No. 06118**  
**Gravy, brown, dry**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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 16 (2003)



**NDB No. 06119**  
**Gravy, chicken, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



**NDB No. 06120**  
**Gravy, chicken, dry**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)





**NDB No. 06958**  
**Gravy, instant beef, dry**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)



**NDB No. 06121**  
**Gravy, mushroom, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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 16 (2003)





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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06123

Gravy, onion, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)



**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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)





**NDB No. 06126**  
**Gravy, turkey, dry**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06127

Gravy, unspecified type, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)





**NDB No. 06969**  
**Potato soup, instant, dry mix**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	FLA			4		
Theobromine.....mg	0		0	FLA			4		
<b>Carotenoids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	5.55		1	A	1		0.83		
Energy.....kcal	412		0	NC	4		62		
Energy.....kj	1724		4		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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)



NDB No. 06710

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06716

Sauce, CUSTOM FOODS, SUPERB Instant Cheddar Cheese Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06715

Sauce, CUSTOM FOODS, SUPERB Instant Nacho Cheese Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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
<b>Proximates:</b>									
Water.....g	67.60		0	MC	9		22.98		
Energy.....kcal	116		0	MC	9		39		
Energy.....kj	485						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.70		0	MC	9		23.02		
Energy.....kcal	116		0	MC	9		39		
Energy.....kj	485						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

NDB No. 06269

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

Refuse: 0%

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

**Calories Factors: Protein**

**Fat**

**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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

NDB No. 06271

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

NDB No. 06276

Sauce, LA VICTORIA, Mole Poblano

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)





NDB No. 06933

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
<b>Carotenoids:</b>									
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 16 (2003)

**NDB No. 06141**  
**Sauce, MARZETTI, TEXAS BEST Barbecue Sauce Original Recipe**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.75		0	MC	9		22.96		
Energy.....kcal	131		0	MC	9		42		
Energy.....kj	548						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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06908

Sauce, NESTLE, CHEF-MATE Golden Cheese Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06156

Sauce, NESTLE, CHEF-MATE Hot Dog Chili Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)





NDB No. 06907

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06130

Sauce, NESTLE, LJ MINOR All Purpose Stir Fry Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06903

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06181

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)





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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06131

Sauce, NESTLE, LJ MINOR Sweet N' Sour Glaze, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06132

Sauce, NESTLE, LJ MINOR Sweet N' Sour Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06129

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)





NDB No. 06153

Sauce, NESTLE, ORTEGA Enchilada Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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									
<b>Others:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06157

Sauce, NESTLE, ORTEGA Picante Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)





NDB No. 06922

Sauce, NESTLE, QUE BUENO Jalapeno Cheese Sauce, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06711

Sauce, NESTLE, TRIO Alfredo Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06714

Sauce, NESTLE, TRIO Nacho Cheese Sauce Mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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 16 (2003)



**NDB No. 06960**  
**Sauce, alfredo mix, dry**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	FLA		4			
Theobromine.....mg	0		0	FLA		4			
<b>Carotenoids:</b>									
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 16 (2003)



**NDB No. 06150**  
**Sauce, barbecue sauce**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)





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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



NDB No. 06102

Sauce, bearnaise, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06720

Sauce, cheese sauce mix, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



**NDB No. 06103**  
**Sauce, cheese, dehydrated, dry**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)





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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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 16 (2003)



**NDB No. 06104**  
**Sauce, curry, dehydrated, dry**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)





NDB No. 06155

Sauce, hollandaise, with butter fat, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



NDB No. 06154

Sauce, hollandaise, with vegetable oil, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06166

Sauce, homemade, white, medium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)





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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



**NDB No. 06165**  
**Sauce, homemade, white, thin**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Carotenoids:</b>									
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									

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**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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Carotenoids:</b>									
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									

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**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 16 (2003)



NDB No. 06106

Sauce, mushroom, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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		

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**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 16 (2003)



NDB No. 06931

Sauce, pasta, spaghetti/marinara, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.870		0	FLM	4		2.175	1.088	1.088
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLM	4		0.020	0.010	0.010
17:1.....g									
18:1 undifferentiated.....g	0.859		0	FLM	4		2.148	1.074	1.074
20:1.....g	0.002		0	FLM	4		0.005	0.003	0.003
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.722		0	FLM	4		1.805	0.903	0.903
18:2 undifferentiated.....g	0.680		0	FLM	4		1.700	0.850	0.850
18:3 undifferentiated.....g	0.042		0	FLM	4		0.105	0.053	0.053
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		6	MA	12		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
Carotene, beta.....mcg	440		1	A	1		1100.000	550.000	550.000
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Lycopene.....mcg	15990		1	A	1		39975.000	19987.500	19987.500
Lutein + zeaxanthin.....mcg	160		1	A	1		400.000	200.000	200.000

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**Common Measures:**

- Measure 1 = 250g: 1 cup
- Measure 2 = 125g: 1 serving
- Measure 3 = 125g: .5 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 06 Soups, Sauces, and Gravies**

USDA National Nutrient Database for Standard Reference, Release 16 (2003)





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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
<b>Carotenoids:</b>									
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									

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**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 16 (2003)



NDB No. 06168

Sauce, ready-to-serve, pepper or hot

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

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**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 16 (2003)



NDB No. 06169

Sauce, ready-to-serve, pepper, TABASCO

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b><u>Amino Acids:</u></b>									
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 16 (2003)





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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.025		0	FLA	4		0.065	0.004	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1	FLA	4		0.003	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.025		1	FLA	4		0.065	0.004	0.002
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.115		0	FLA	4		0.298	0.018	0.010
18:2 undifferentiated.....g	0.109		1	FLA	4		0.282	0.017	0.010
18:3 undifferentiated.....g	0.005		1	FLA	4		0.013	0.001	0.000
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		3	A	1		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
Carotene, beta.....mcg	398		1	A	1		1030.820	63.680	35.422
Carotene, alpha.....mcg	4		0	FLA	4		11.008	0.680	0.378
Cryptoxanthin, beta.....mcg	4		0	FLA	4		10.986	0.679	0.378
Lycopene.....mcg	10876		0	FLA	4		28167.971	1740.106	967.934
Lutein + zeaxanthin.....mcg	120		0	FLA	4		310.337	19.171	10.664

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 = 259g: 1 cup
- Measure 2 = 16g: 1 tbsp
- Measure 3 = 8.9g: 1 packet

**Calories Factors: Protein 2.44**

**Fat 8.87**

**Carbohydrate 3.57**

**Food Group: 06 Soups, Sauces, and Gravies**

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 06142

Sauce, sofrito, prepared from recipe

Refuse: 0%

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



NDB No. 06148

Sauce, sour cream, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06108

Sauce, spaghetti with mushrooms, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06107

Sauce, spaghetti, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)





**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06109

Sauce, stroganoff, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06110

Sauce, sweet and sour, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06111

Sauce, teriyaki, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)





**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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06189

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0						4		
Caffeine.....mg	0		0	FLA			4		
Theobromine.....mg	0		0	FLA			4		
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06973

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



NDB No. 06972

Sauce, tomato chili sauce, bottled, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)





**NDB No. 06113**  
**Sauce, white, dehydrated, dry**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



**NDB No. 06971**  
**Sauce, worcestershire**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z			7		
Caffeine.....mg	0		0	FLA			4		
Theobromine.....mg	0		0	FLA			4		
<b>Carotenoids:</b>									
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 16 (2003)





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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	FLA		4			
Theobromine.....mg	0		0	FLA		4			
<b>Carotenoids:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			MA	12				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
<b>Carotenoids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.64		
Energy.....kcal	418		0	MC	9		67		
Energy.....kj	1749						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)



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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.56		
Energy.....kcal	374		0	MC	9		52		
Energy.....kj	1565						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		4.00		
Energy.....kcal	381		0	MC	9		381		
Energy.....kj	1594						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.68		
Energy.....kcal	401		0	MC	9		68		
Energy.....kj	1678						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.60		
Energy.....kcal	399		0	MC	9		60		
Energy.....kj	1669						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.84		
Energy.....kcal	358		0	MC	9		75		
Energy.....kj	1498						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.64		
Energy.....kcal	384		0	MC	9		61		
Energy.....kj	1607						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.84		
Energy.....kcal	429		0	MC	9		90		
Energy.....kj	1795						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.56		
Energy.....kcal	381		0	MC	9		53		
Energy.....kj	1594						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.52		
Energy.....kcal	361		0	MC	9		47		
Energy.....kj	1510						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		1.04		
Energy.....kcal	366		0	MC	9		95		
Energy.....kj	1531						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 06297

Soup, LIPTON, FAT FREE CUP-A-SOUP CHICKEN BROTH, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.24		
Energy.....kcal	307		0	MC	9		18		
Energy.....kj	1284						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.52		
Energy.....kcal	340		0	MC	9		44		
Energy.....kj	1423						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)



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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		1.20		
Energy.....kcal	353		0	MC	9		106		
Energy.....kj	1477						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		1.44		
Energy.....kcal	354		0	MC	9		127		
Energy.....kj	1481						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		1.40		
Energy.....kcal	358		0	MC	9		125		
Energy.....kj	1498						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

NDB No. 06722

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.44		
Energy.....kcal	298		0	MC	9		33		
Energy.....kj	1247						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)



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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.32		
Energy.....kcal	314		0	MC	9		25		
Energy.....kj	1314						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.36		
Energy.....kcal	322		0	MC	9		29		
Energy.....kj	1347						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.40		
Energy.....kcal	322		0	MC	9		32		
Energy.....kj	1347						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.28		
Energy.....kcal	263		0	MC	9		18		
Energy.....kj	1100						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.36		
Energy.....kcal	343		0	MC	9		31		
Energy.....kj	1435						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

NDB No. 06301

Soup, LIPTON, RECIPE SECRETS VEGETABLE, Mix, Dry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.40		
Energy.....kcal	276		0	MC	9		28		
Energy.....kj	1155						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

NDB No. 06281

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.80		
Energy.....kcal	385		0	MC	9		77		
Energy.....kj	1611						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.26		0	MC	9		0.98		
Energy.....kcal	374		0	MC	9		86		
Energy.....kj	1565						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)



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
<b>Proximates:</b>									
Water.....g	3.89		0	MC	9		0.74		
Energy.....kcal	387		0	MC	9		74		
Energy.....kj	1619						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	3.62		0	MC	9		0.58		
Energy.....kcal	388		0	MC	9		62		
Energy.....kj	1623						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.68		
Energy.....kcal	388		0	MC	9		66		
Energy.....kj	1623						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
Water.....g	4.00		0	CAZN	4		0.72		
Energy.....kcal	353		0	MC	9		64		
Energy.....kj	1477						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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06581

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

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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

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Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 16 (2003)

NDB No. 06747

Soup, PROGRESSO CHICKEN & WILD RICE WITH VEGETABLES

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)

NDB No. 06748

Soup, PROGRESSO HEALTHY CLASSICS BEEF BARLEY, 99% FAT FREE

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)



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 16 (2003)





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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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 16 (2003)



NDB No. 06202

Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06203

Soup, PROGRESSO HEALTHY CLASSICS CREAM OF BROCCOLI, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)





NDB No. 06197

Soup, PROGRESSO HEALTHY CLASSICS GARLIC AND PASTA, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06204

Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06206

Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)





NDB No. 06192

Soup, PROGRESSO HEALTHY CLASSICS SPLIT PEA, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06191

Soup, PROGRESSO HEALTHY CLASSICS TOMATO GARDEN, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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		

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**Common Measures:**

Measure 1 = 245g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 06 Soups, Sauces, and Gravies**

USDA National Nutrient Database for Standard Reference, Release 16 (2003)



NDB No. 06207

Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06190

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
<b>Carotenoids:</b>									
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 16 (2003)

NDB No. 06731

Soup, bean with bacon, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)





NDB No. 06074

Soup, bean with bacon, dehydrated, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06474

Soup, bean with bacon, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06006

Soup, bean with frankfurters, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b><u>Amino Acids:</u></b>									
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 16 (2003)



NDB No. 06406

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b><u>Amino Acids:</u></b>									
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 16 (2003)





NDB No. 06007

Soup, bean with ham, canned, chunky, ready-to-serve, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)





NDB No. 06978

Soup, beef and mushroom, low sodium, chunk style

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)

NDB No. 06032

Soup, beef broth bouillon and consommé, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	
<b>Vitamins:</b>									
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	
<b>Lipids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
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 measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 16 (2003)



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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06075

Soup, beef broth or bouillon, powder, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)





NDB No. 06475

Soup, beef broth or bouillon, powder, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



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 16 (2003)

NDB No. 06732

Soup, beef broth, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)



**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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)





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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06147

Soup, beef mushroom, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06547

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06077

Soup, beef noodle mix, dehydrated, dry form

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

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**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 16 (2003)





NDB No. 06009

Soup, beef noodle, canned, condensed, commercial

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

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**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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)



NDB No. 06477

Soup, beef noodle, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)





NDB No. 06980

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0					7	0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)

NDB No. 06733

Soup, beef with vegetables and barley, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



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									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
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	
<b><u>Carotenoids:</u></b>									
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	

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**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 16 (2003)



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 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	0.220		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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)



NDB No. 06981

Soup, bouillon cubes and granules, low sodium, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**Common Measures:**

Measure 1 = 2.6g: 1 tsp

Measure 2 = 3.6g: 1 cube

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 16 (2003)



NDB No. 06584

Soup, broccoli cheese, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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		

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**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 16 (2003)





NDB No. 06078

Soup, cauliflower, dehydrated, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06478

Soup, cauliflower, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06011

Soup, cheese, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)





NDB No. 06211

Soup, cheese, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06411

Soup, cheese, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b><u>Amino Acids:</u></b>									
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 16 (2003)



NDB No. 06081

Soup, chicken broth cubes, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Carotenoids:</b>									
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 16 (2003)



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 16 (2003)





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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06013

Soup, chicken broth, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)





NDB No. 06413

Soup, chicken 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	0.240		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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06970

Soup, chicken broth, low sodium, canned

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)

NDB No. 06725

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06017

Soup, chicken gumbo, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
<b><u>Carotenoids:</u></b>									
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	

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**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 16 (2003)





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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)

NDB No. 06726

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

Refuse: 0%

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

**Fat**

**Carbohydrate**

**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 16 (2003)



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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



NDB No. 06549

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

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

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**Common Measures:**

Measure 1 = 244g: 1 cup (8 fl oz)

Measure 2 = 593g: 1 can (10.75 oz), prepared

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4.2**

**Food Group: 06 Soups, Sauces, and Gravies**

USDA National Nutrient Database for Standard Reference, Release 16 (2003)





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
Fatty acids, total monounsaturated.....g	3.380		0	FLM	4		2.501	0.375	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.265		0	FLM	4		0.196	0.029	
17:1.....g									
18:1 undifferentiated.....g	3.060		0	FLM	4		2.264	0.340	
20:1.....g	0.030		0	FLM	4		0.022	0.003	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.562		0	FLM	4		1.896	0.284	
18:2 undifferentiated.....g	2.334		0	FLM	4		1.727	0.259	
18:3 undifferentiated.....g	0.142		0	FLM	4		0.105	0.016	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.041		0	FLM	4		0.030	0.005	
20:5 n-3.....g	0.002		0	FLM	4		0.001	0.000	
22:5 n-3.....g	0.005		0	FLM	4		0.004	0.001	
22:6 n-3.....g	0.013		0	FLM	4		0.010	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0	MC	9		55	8	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)

NDB No. 06741

Soup, chicken noodle with celery and carrots, homestyle, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



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
Fatty acids, total monounsaturated.....g	0.830		0		1		2.042	2.042	2.473
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.123	0.123	0.149
17:1.....g									
18:1 undifferentiated.....g	0.770		1		1		1.894	1.894	2.295
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0		1		1.009	1.009	1.222
18:2 undifferentiated.....g	0.360		1		1		0.886	0.886	1.073
18:3 undifferentiated.....g	0.020		1		1		0.049	0.049	0.060
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0		1		12	12	15
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.031		0		1		0.076	0.076	0.092
Threonine.....g	0.103		0		1		0.253	0.253	0.307
Isoleucine.....g	0.125		0		1		0.308	0.308	0.373
Leucine.....g	0.210		0		1		0.517	0.517	0.626
Lysine.....g	0.175		0		1		0.431	0.431	0.522
Methionine.....g	0.060		0		1		0.148	0.148	0.179
Cystine.....g	0.038		0		1		0.093	0.093	0.113
Phenylalanine.....g	0.130		0		1		0.320	0.320	0.387
Tyrosine.....g	0.084		0		1		0.207	0.207	0.250
Valine.....g	0.139		0		1		0.342	0.342	0.414
Arginine.....g	0.132		0		1		0.325	0.325	0.393
Histidine.....g	0.075		0		1		0.185	0.185	0.224
Alanine.....g	0.149		0		1		0.367	0.367	0.444
Aspartic acid.....g	0.236		0		1		0.581	0.581	0.703
Glutamic acid.....g	0.890		0		1		2.189	2.189	2.652
Glycine.....g	0.151		0		1		0.371	0.371	0.450
Proline.....g	0.208		0		1		0.512	0.512	0.620
Serine.....g	0.116		0		1		0.285	0.285	0.346
Hydroxyproline.....g									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**Common Measures:**

Measure 1 = 246g: 1 cup

Measure 2 = 246g: 1 cup (8 fl oz)

Measure 3 = 298g: 1 can (10.5 oz)



**NDB No. 06019**

**Soup, chicken 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 16 (2003)



NDB No. 06419

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

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

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**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 16 (2003)

NDB No. 06727

Soup, chicken noodle, chunky, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)





**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06021

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06022

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)





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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06208

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z		7			
Caffeine.....mg	0		0	FLA		4			
Theobromine.....mg	0		0	FLA		4			
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06024

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)





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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)

NDB No. 06740

Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06086

Soup, chicken vegetable, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06486

Soup, chicken vegetable, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)





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 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	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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06423

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.380		0		1		0.916	0.114	2.227
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.072	0.009	0.176
17:1.....g									
18:1 undifferentiated.....g	0.340		0		1		0.819	0.102	1.992
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0		1		0.410	0.051	0.996
18:2 undifferentiated.....g	0.160		0		1		0.386	0.048	0.938
18:3 undifferentiated.....g	0.010		0		1		0.024	0.003	0.059
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		1		7	1	18
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0		1		0.041	0.005	0.100
Threonine.....g	0.059		0		1		0.142	0.018	0.346
Isoleucine.....g	0.074		0		1		0.178	0.022	0.434
Leucine.....g	0.112		0		1		0.270	0.034	0.656
Lysine.....g	0.104		0		1		0.251	0.031	0.609
Methionine.....g	0.038		0		1		0.092	0.011	0.223
Cystine.....g	0.021		0		1		0.051	0.006	0.123
Phenylalanine.....g	0.063		0		1		0.152	0.019	0.369
Tyrosine.....g	0.051		0		1		0.123	0.015	0.299
Valine.....g	0.078		0		1		0.188	0.023	0.457
Arginine.....g	0.097		0		1		0.234	0.029	0.568
Histidine.....g	0.042		0		1		0.101	0.013	0.246
Alanine.....g	0.080		0		1		0.193	0.024	0.469
Aspartic acid.....g	0.132		0		1		0.318	0.040	0.774
Glutamic acid.....g	0.232		0		1		0.559	0.070	1.360
Glycine.....g	0.071		0		1		0.171	0.021	0.416
Proline.....g	0.062		0		1		0.149	0.019	0.363
Serine.....g	0.057		0		1		0.137	0.017	0.334
Hydroxyproline.....g									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
Carotene, beta.....mcg	90		0	FLA	4		217.531	27.169	528.933
Carotene, alpha.....mcg	42		0	FLA	4		101.145	12.633	245.938
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.049	0.006	0.120
Lutein + zeaxanthin.....mcg	4		0	FLA	4		8.630	1.078	20.984

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**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 16 (2003)

NDB No. 06734

Soup, chicken with star-shaped pasta, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	260		1	A	1		774.800	325.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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**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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)





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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.100		0		1		5.523	6.699	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		0		1		0.552	0.670	
17:1.....g									
18:1 undifferentiated.....g	1.810		0		1		4.760	5.774	
20:1.....g	0.020		0		1		0.053	0.064	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.200		0		1		0.526	0.638	
18:2 undifferentiated.....g	0.160		0		1		0.421	0.510	
18:3 undifferentiated.....g	0.030		0		1		0.079	0.096	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0		1		26	32	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



NDB No. 06426

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)





NDB No. 06087

Soup, clam chowder, manhattan style, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06028

Soup, clam chowder, manhattan, canned, condensed, commercial

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

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**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 16 (2003)



NDB No. 06428

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



NDB No. 06230

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

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

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**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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)





NDB No. 06088

Soup, clam chowder, new england, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.050		0		1		0.006	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									
<b>Others:</b>									
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 16 (2003)



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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)



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 16 (2003)





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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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**



NDB No. 06401

Soup, cream of asparagus, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06073

Soup, cream of asparagus, dehydrated, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)





NDB No. 06473

Soup, cream of asparagus, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)





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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.530		0		1		1.293	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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06079

Soup, cream of celery, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06479

Soup, cream of celery, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



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
Fatty acids, total monounsaturated.....g	2.610		0		1		6.551	7.961	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		1		1		0.577	0.702	
17:1.....g									
18:1 undifferentiated.....g	2.350		1		1		5.899	7.168	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.190		0		1		2.987	3.630	
18:2 undifferentiated.....g	1.120		1		1		2.811	3.416	
18:3 undifferentiated.....g	0.050		1		1		0.126	0.153	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		1		20	24	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
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	
<b><u>Carotenoids:</u></b>									
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.

**Common Measures:**

Measure 1 = 251g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

**NDB No. 06016**

**Soup, cream of chicken, 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 16 (2003)





NDB No. 06955

Soup, cream of chicken, canned, condensed, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z			7		
Caffeine.....mg	0		0	FLA			4		
Theobromine.....mg	0		0	FLA			4		
<b>Carotenoids:</b>									
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 16 (2003)

NDB No. 06736

Soup, cream of chicken, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.40		1	A	1		248.27	102.56	
Energy.....kcal	99		0	NC	4		302	125	
Energy.....kj	414				4		1263	522	
Protein.....g	2.40		1	A	1		7.32	3.02	
Total lipid (fat).....g	6.50		1	A	1		19.83	8.19	
Ash.....g	2.00		1	A	1		6.10	2.52	
Carbohydrate, by difference.....g	7.70		0	NC	4		23.49	9.70	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	788		1	A	1		2403	993	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.610		1	A	1		4.911	2.029	
Fatty acids, total monounsaturated.....g	1.640		1	A	1		5.002	2.066	
Fatty acids, total polyunsaturated.....g	2.050		1	A	1		6.253	2.583	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	A	1		21	9	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 305g: 1 package yields

Measure 2 = 126g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 06 Soups, Sauces, and Gravies

USDA National Nutrient Database for Standard Reference, Release 16 (2003)



NDB No. 06416

Soup, cream of chicken, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06083

Soup, cream of chicken, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)





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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)



NDB No. 06216

Soup, cream of chicken, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)



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
Fatty acids, total monounsaturated.....g	1.440		0		1		3.614	3.614	4.392
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		1		1		0.151	0.151	0.183
17:1.....g									
18:1 undifferentiated.....g	1.360		1		1		3.414	3.414	4.148
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.550		0		1		8.911	8.911	10.828
18:2 undifferentiated.....g	3.520		1		1		8.835	8.835	10.736
18:3 undifferentiated.....g	0.030		1		1		0.075	0.075	0.092
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0		1		3	3	3
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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.

**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. 06043**

**Soup, cream of mushroom, canned, condensed, 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 16 (2003)



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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)





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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06968

Soup, cream of mushroom, low sodium, ready-to-serve, canned

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0						0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
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 16 (2003)





NDB No. 06046

Soup, cream of onion, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06246

Soup, cream of onion, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06446

Soup, cream of onion, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06053

Soup, cream of potato, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06253

Soup, cream of potato, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06453

Soup, cream of potato, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06056

Soup, cream of shrimp, canned, condensed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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 16 (2003)





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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06456

Soup, cream of shrimp, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06501

Soup, cream of vegetable, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)





NDB No. 06035

Soup, escarole, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06036

Soup, gazpacho, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



**NDB No. 06090**  
**Soup, leek, dehydrated, dry**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)





NDB No. 06037

Soup, lentil with ham, canned, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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 16 (2003)



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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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

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**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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



NDB No. 06440

Soup, minestrone, canned, prepared with equal volume water, commercial

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





NDB No. 06177

Soup, minestrone, canned, reduced sodium, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0								7
Caffeine.....mg	0		0	FLA					4
Theobromine.....mg	0		0	FLA					4
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06092

Soup, minestrone, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06492

Soup, minestrone, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06042

Soup, mushroom barley, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)





NDB No. 06442

Soup, mushroom barley, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06044

Soup, mushroom with beef stock, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06444

Soup, mushroom with beef stock, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06093

Soup, mushroom, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.320		0		1		7.637	1.754	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.015	0.003	
17:1.....g									
18:1 undifferentiated.....g	10.010		0		1		7.407	1.702	
20:1.....g	0.290		0		1		0.215	0.049	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.150		0		1		5.291	1.216	
18:2 undifferentiated.....g	7.150		0		1		5.291	1.216	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		2		1		1	0	
Phytosterols.....mg									
<b>Others:</b>									
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 16 (2003)





NDB No. 06493

Soup, mushroom, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06094

Soup, onion mix, dehydrated, dry form

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.490		0		1		1.361	0.248	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	3.490		1		1		1.361	0.248	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.690		0		1		0.269	0.049	
18:2 undifferentiated.....g	0.690		1		1		0.269	0.049	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1		1		2	0	
Phytosterols.....mg									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06045

Soup, onion, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06445

Soup, onion, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)





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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



**NDB No. 06095**  
**Soup, oxtail, dehydrated, dry**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06048

Soup, oyster stew, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)





NDB No. 06248

Soup, oyster stew, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



NDB No. 06448

Soup, oyster stew, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)





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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



NDB No. 06096

Soup, pea, green, mix, dehydrated, dry form

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)





**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



NDB No. 06051

Soup, pea, split with ham, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b><u>Amino Acids:</u></b>									
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 16 (2003)





NDB No. 06451

Soup, pea, split with ham, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b><u>Amino Acids:</u></b>									
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 16 (2003)



NDB No. 06052

Soup, pepperpot, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.640		0		1		4.034	4.887	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		0		1		0.320	0.387	
17:1.....g									
18:1 undifferentiated.....g	1.460		0		1		3.592	4.351	
20:1.....g	0.030		0		1		0.074	0.089	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.290		0		1		0.713	0.864	
18:2 undifferentiated.....g	0.250		0		1		0.615	0.745	
18:3 undifferentiated.....g	0.030		0		1		0.074	0.089	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0		1		20	24	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06452

Soup, pepperpot, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)

NDB No. 06728

Soup, potato ham chowder, chunky, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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 16 (2003)





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				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0	FLA	4				
17:1.....g									
18:1 undifferentiated.....g	6.336		0	FLA	4				
20:1.....g	0.015		0	FLA	4				
22:1 undifferentiated.....g	0.000		0	FLA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.605		0	FLA	4				
18:2 undifferentiated.....g	2.494		0	FLA	4				
18:3 undifferentiated.....g	0.110		0	FLA	4				
18:4.....g	0.000		0	FLA	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4				
20:5 n-3.....g	0.000		0	FLA	4				
22:5 n-3.....g	0.000		0	FLA	4				
22:6 n-3.....g	0.000		0	FLA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	6		0	FLA	4				
Carotene, alpha.....mcg	2		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	20		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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.630		0		1		1.550	1.877	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		1		1		0.074	0.089	
17:1.....g									
18:1 undifferentiated.....g	0.580		1		1		1.427	1.728	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.450		0		1		1.107	1.341	
18:2 undifferentiated.....g	0.370		1		1		0.910	1.103	
18:3 undifferentiated.....g	0.070		1		1		0.172	0.209	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		10	12	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06180

Soup, shark fin, restaurant-prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06729

Soup, sirloin burger with vegetables, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)

NDB No. 06738

Soup, split pea with ham and bacon, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)

NDB No. 06730

Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06170

Soup, stock, beef, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06172

Soup, stock, chicken, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0					7	0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)





NDB No. 06174

Soup, stock, fish, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06060

Soup, stockpot, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b><u>Amino Acids:</u></b>									
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 16 (2003)



NDB No. 06460

Soup, stockpot, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b><u>Amino Acids:</u></b>									
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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.380		0		1		3.464	4.209	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.251	0.305	
17:1.....g									
18:1 undifferentiated.....g	1.210		0		1		3.037	3.691	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.540		0		1		1.355	1.647	
18:2 undifferentiated.....g	0.460		0		1		1.155	1.403	
18:3 undifferentiated.....g	0.070		0		1		0.176	0.214	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		1		8	9	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)





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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06158

Soup, tomato bisque, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b><u>Amino Acids:</u></b>									
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 16 (2003)



NDB No. 06358

Soup, tomato bisque, canned, prepared with equal volume milk, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b><u>Amino Acids:</u></b>									
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 16 (2003)





NDB No. 06558

Soup, tomato bisque, canned, prepared with equal volume water, commercial

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b><u>Amino Acids:</u></b>									
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 16 (2003)



NDB No. 06063

Soup, tomato rice, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06463

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06099

Soup, tomato vegetable mix, dehydrated, dry form

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)





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									
<b>Others:</b>									
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
<b>Carotenoids:</b>									
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 16 (2003)



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
Fatty acids, total monounsaturated.....g	0.340		0		1		0.853	1.037	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.025	0.031	
17:1.....g									
18:1 undifferentiated.....g	0.330		1		1		0.828	1.007	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0		1		1.908	2.318	
18:2 undifferentiated.....g	0.630		1		1		1.581	1.922	
18:3 undifferentiated.....g	0.130		1		1		0.326	0.397	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**Common Measures:**

Measure 1 = 251g: 1 cup

Measure 2 = 305g: 1 can (10.75 oz)

**NDB No. 06159**

**Soup, tomato, canned, condensed, 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 16 (2003)



NDB No. 06956

Soup, tomato, canned, condensed, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	148		0	FLA	4		360.511	876.161	
Carotene, alpha.....mcg	0		0	FLA	4		0.003	0.006	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.004	0.009	
Lycopene.....mcg	10498		0	FLA	4		25614.760	62252.264	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.652	1.585	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 16 (2003)



NDB No. 06098

Soup, tomato, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



NDB No. 06498

Soup, tomato, dehydrated, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)





NDB No. 06964

Soup, tomato, low sodium, with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06065

Soup, turkey noodle, canned, condensed, commercial

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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 16 (2003)





NDB No. 06066

Soup, turkey vegetable, canned, condensed, commercial

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

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**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 16 (2003)



NDB No. 06466

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

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



NDB No. 06064

Soup, turkey, chunky, ready-to-serve

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b><u>Amino Acids:</u></b>									
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)

NDB No. 06739

Soup, vegetable beef, canned, condensed, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)



NDB No. 06100

Soup, vegetable beef, dehydrated, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)



**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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)

NDB No. 06742

Soup, vegetable beef, microwavable, ready-to-serve, single brand

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Lipids:</b>									
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									
<b>Carotenoids:</b>									
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 16 (2003)





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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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 16 (2003)





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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



NDB No. 06217

Soup, vegetable, canned, low sodium, condensed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z		7			
Caffeine.....mg	0		0	FLA		4			
Theobromine.....mg	0		0	FLA		4			
<b>Carotenoids:</b>									
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 16 (2003)





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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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**

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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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	
<b>Carotenoids:</b>									
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	

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**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 16 (2003)



**NDB No. 06178**  
**USDA Commodity, salsa**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 16 (2003)

NDB No. 06143

USDA Commodity, spaghetti sauce, meatless, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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									
<b>Vitamins:</b>									
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	IU	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									
<b>Lipids:</b>									
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 measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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 16 (2003)



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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
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 16 (2003)