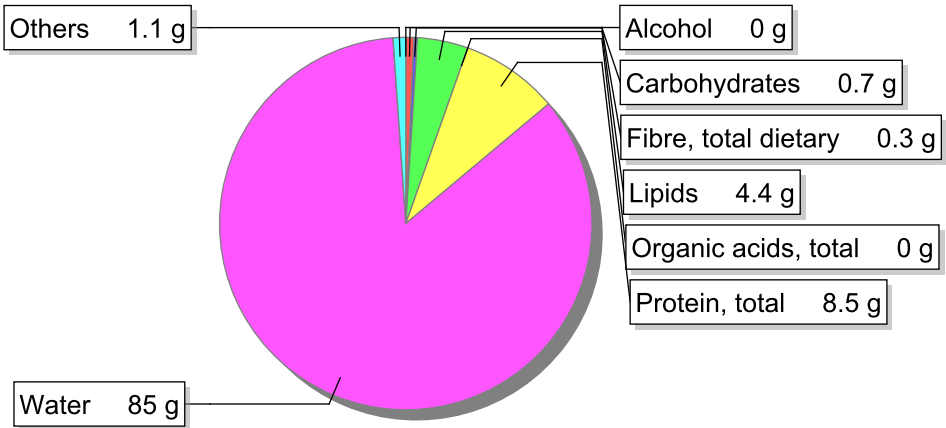


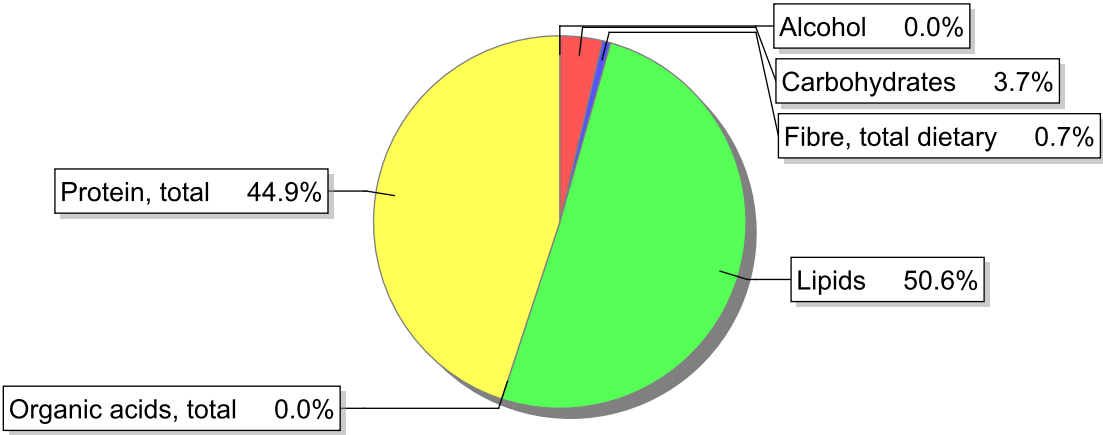
Food

Name: Tofu, soya
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS545
FoodEX2 Code: A03TT

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	77	kcal	
energy kJ, total metabolisable	322	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	1	g	
fatty acids, total polyunsaturated	2.5	g	
fatty acid 18:2 n-6 cis,cis	2.2	g	
fatty acids, total trans	0	g	
sugars, total	0.3	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.1	g	
fibre, total dietary	0.3	g	
protein, total	8.5	g	
alcohol	0	g	
water	85	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	2	µg	
vitamin D	0	µg	
alpha-tocopherol	1	mg	
thiamin	0.07	mg	
riboflavin	0.03	mg	
niacin, preformed	0.1	mg	
niacin equivalents, total	1.5	mg	
niacin equivalents from tryptophan	1.4	mg	
vitamin B-6, total	0.06	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	15	µg	
ash	1.40	g	
sodium	6	mg	
potassium	75	mg	
calcium	130	mg	
phosphorus	110	mg	
magnesium	91	mg	
iron, total	1.6	mg	
zinc	1	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References