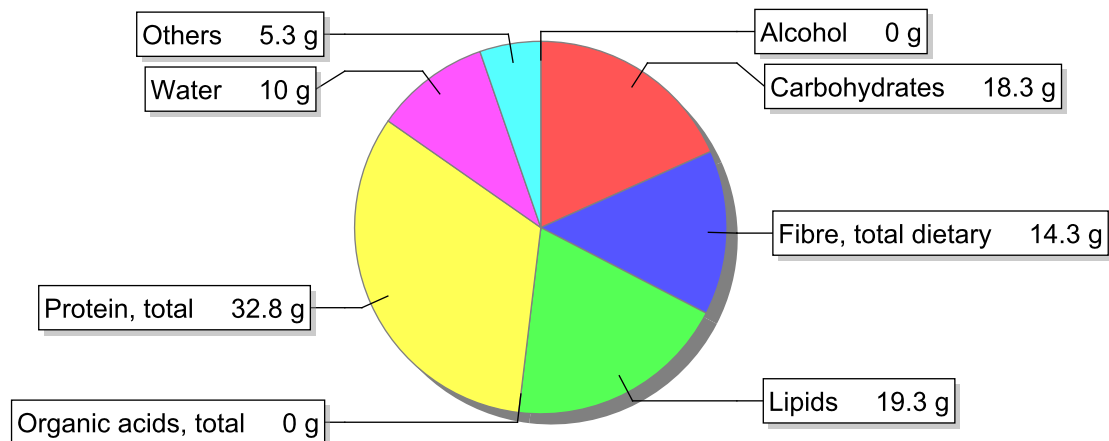


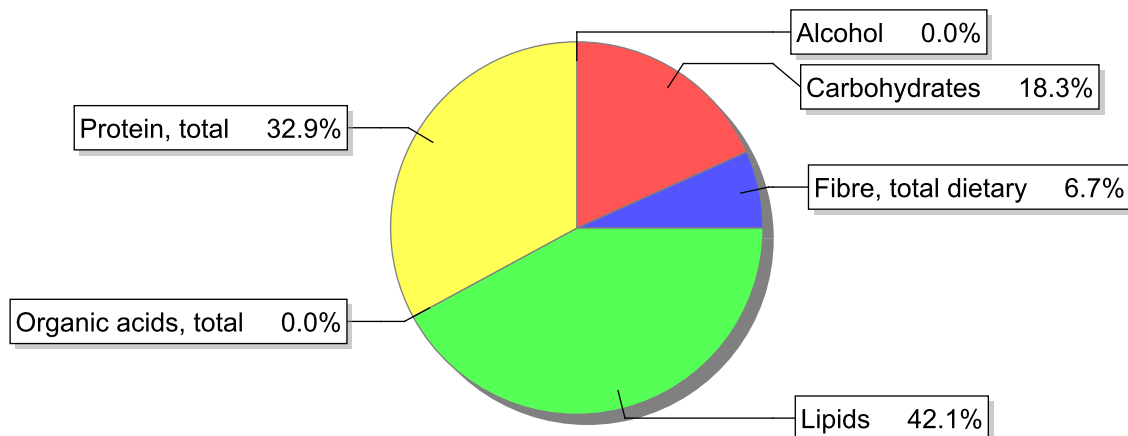
Food

Name: Soya beans, dried, raw
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS539
FoodEX2 Code: A0DCH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	407	kcal	
energy kJ, total metabolisable	1700	kJ	
fatty acids, total saturated	2.5	g	
fatty acids, total monounsaturated	4.3	g	
fatty acids, total polyunsaturated	11.5	g	
fatty acid 18:2 n-6 cis,cis	10.4	g	
fatty acids, total trans	0	g	
sugars, total	6.6	g	
sucrose	5.7	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	6.3	g	
fibre, total dietary	14.3	g	
protein, total	32.8	g	57
alcohol	0	g	
water	10	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	17	µg	57
carotene, total (vitamin A precursors)	103	µg	57
vitamin D	0	µg	57
alpha-tocopherol	2.9	mg	
thiamin	1.2	mg	57
riboflavin	0.49	mg	57
niacin, preformed	1.8	mg	
niacin equivalents, total	7	mg	
niacin equivalents from tryptophan	5.2	mg	
vitamin B-6, total	0.6	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	330	µg	
ash	5.00	g	
sodium	4	mg	
potassium	1750	mg	
calcium	250	mg	57
phosphorus	670	mg	57
magnesium	250	mg	
iron, total	8	mg	57
zinc	3.8	mg	57

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB