

Food

Name: Soya, non-dairy alternative to milk, unsweetened, unsalted

Group: Legumes (fresh and dried)

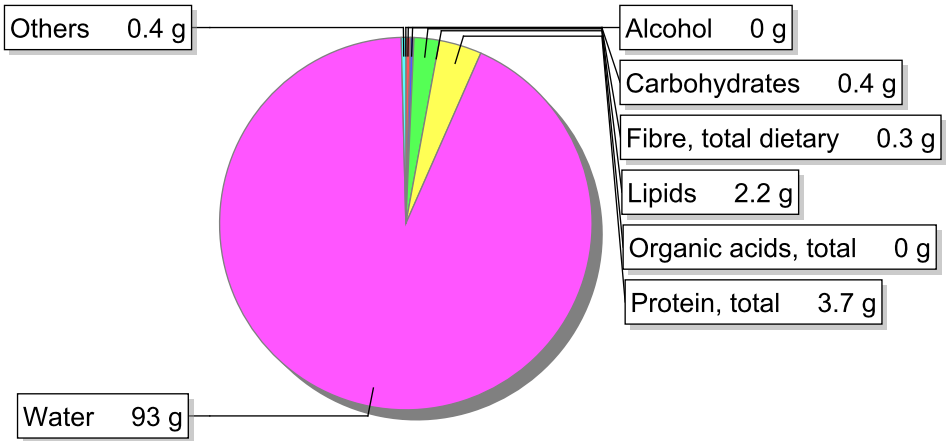
Subgroup: Dried legumes

Edible Part: 100%

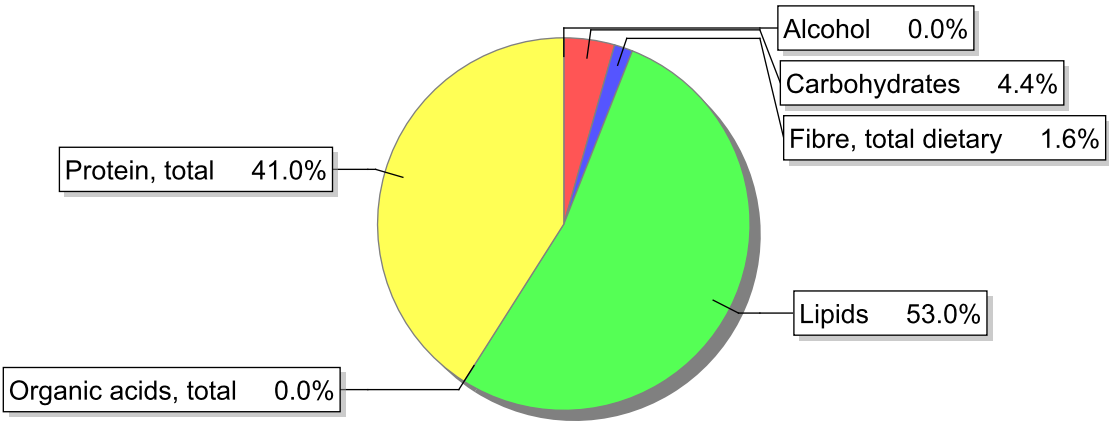
Code: IS542

FoodEX2 Code: A03TJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	37	kcal	
energy kJ, total metabolisable	154	kJ	
fatty acids, total saturated	0.4	g	
fatty acids, total monounsaturated	0.5	g	
fatty acids, total polyunsaturated	1.3	g	
fatty acid 18:2 n-6 cis,cis	1.1	g	
fatty acids, total trans	0	g	
sugars, total	0.2	g	
salt	0.1	g	

Name	Value	Unit	Source(s)
starch, total	0	g	
protein, total	3.7	g	
alcohol	0	g	
water	93	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)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.08	mg	
riboflavin	0.04	mg	
niacin, preformed	0.1	mg	
niacin equivalents, total	1	mg	
niacin equivalents from tryptophan	0.9	mg	
vitamin B-6, total	0.04	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	17	µg	
ash	0.40	g	
sodium	30	mg	
potassium	130	mg	
calcium	18	mg	
phosphorus	48	mg	
magnesium	18	mg	
iron, total	0.4	mg	
zinc	0.3	mg	

Legend

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

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2