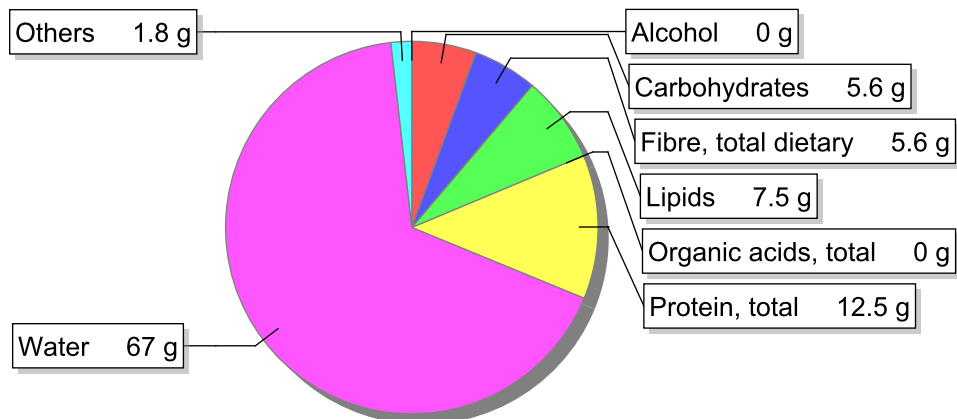


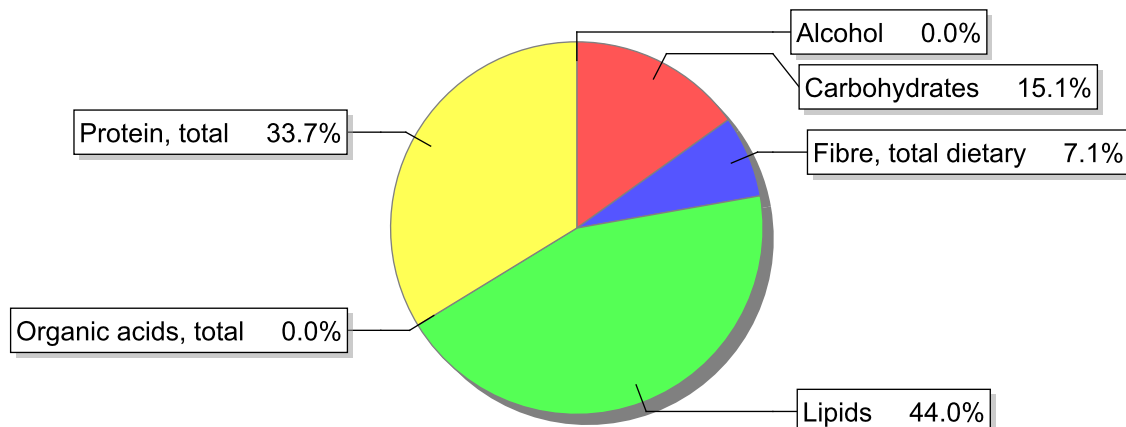
Food

Name: Soya beans, dried, boiled, no salt added
Group: Legumes (fresh and dried)
Subgroup: Dried legumes
Edible Part: 100%
Code: IS540
FoodEX2 Code: A0DCH

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	151	kcal	
energy kJ, total metabolisable	630	kJ	
fatty acids, total saturated	1	g	
fatty acids, total monounsaturated	1.7	g	
fatty acids, total polyunsaturated	4.5	g	
fatty acid 18:2 n-6 cis,cis	4.1	g	
fatty acids, total trans	0	g	
sugars, total	2.4	g	
sucrose	2.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	1.2	g	
fibre, total dietary	5.6	g	
protein, total	12.5	g	
alcohol	0	g	
water	67	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	7	µg	
carotene, total (vitamin A precursors)	40	µg	
vitamin D	0	µg	
alpha-tocopherol	1	mg	
thiamin	0.3	mg	
riboflavin	0.14	mg	
niacin, preformed	0.5	mg	
niacin equivalents, total	2.5	mg	
niacin equivalents from tryptophan	2	mg	
vitamin B-6, total	0.16	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	64	µg	
ash	1.50	g	
sodium	1	mg	
potassium	510	mg	
calcium	82	mg	
phosphorus	240	mg	
magnesium	84	mg	
iron, total	2.6	mg	
zinc	1.4	mg	

Legend

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

References