

Basic Report 16110, Soybeans, mature seeds, roasted, salted

Report Date: January 28, 2015 19:15 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g | 1 cup 172g |
|--------------------------------|------|------------------|------------|
| Proximates | | | |
| Water | g | 1.95 | 3.35 |
| Energy | kcal | 471 | 810 |
| Protein | g | 35.22 | 60.58 |
| Total lipid (fat) | g | 25.40 | 43.69 |
| Carbohydrate, by difference | g | 33.55 | 57.71 |
| Fiber, total dietary | g | 17.7 | 30.4 |
| Sugars, total | g | 4.20 | 7.22 |
| Minerals | | | |
| Calcium, Ca | mg | 138 | 237 |
| Iron, Fe | mg | 3.90 | 6.71 |
| Magnesium, Mg | mg | 145 | 249 |
| Phosphorus, P | mg | 363 | 624 |
| Potassium, K | mg | 1470 | 2528 |
| Sodium, Na | mg | 163 | 280 |
| Zinc, Zn | mg | 3.14 | 5.40 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 2.2 | 3.8 |
| Thiamin | mg | 0.100 | 0.172 |
| Riboflavin | mg | 0.145 | 0.249 |
| Niacin | mg | 1.410 | 2.425 |
| Vitamin B-6 | mg | 0.208 | 0.358 |
| Folate, DFE | µg | 211 | 363 |
| Vitamin B-12 | µg | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 10 | 17 |
| Vitamin A, IU | IU | 200 | 344 |
| Vitamin E (alpha-tocopherol) | mg | 0.91 | 1.57 |

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|------------------------------------|-------------|---------------------------------|-----------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 50.4 | 86.7 |
| Lipids | | | |
| Fatty acids, total saturated | g | 3.674 | 6.319 |
| Fatty acids, total monounsaturated | g | 5.610 | 9.649 |
| Fatty acids, total polyunsaturated | g | 14.339 | 24.663 |
| Cholesterol | mg | 0 | 0 |
| Other | | | |
| Caffeine | mg | 0 | 0 |