

## Basic Report 14067, Beverages, Protein powder soy based

Report Date: July 19, 2019 06:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 scoop 45g
<b>Proximates</b>			
Water	g	4.13	1.86
Energy	kcal	388	175
Protein	g	55.56	25.00
Total lipid (fat)	g	5.56	2.50
Carbohydrate, by difference	g	28.89	13.00
Fiber, total dietary	g	6.7	3.0
Sugars, total	g	22.22	10.00
<b>Minerals</b>			
Calcium, Ca	mg	178	80
Iron, Fe	mg	12.00	5.40
Magnesium, Mg	mg	64	29
Phosphorus, P	mg	1272	572
Potassium, K	mg	933	420
Sodium, Na	mg	733	330
Zinc, Zn	mg	6.60	2.97
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.288	0.130
Riboflavin	mg	0.164	0.074
Niacin	mg	2.357	1.061
Vitamin B-6	mg	0.164	0.074
Folate, DFE	µg	289	130
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	1.111	0.500
Fatty acids, total monounsaturated	g	1.057	0.476
Fatty acids, total polyunsaturated	g	2.701	1.215
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0