

Basic Report 16108, Soybeans, mature seeds, raw

Report Date: June 15, 2019 20:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 186g
Proximates			
Water	g	8.54	15.88
Energy	kcal	446	830
Protein	g	36.49	67.87
Total lipid (fat)	g	19.94	37.09
Carbohydrate, by difference	g	30.16	56.10
Fiber, total dietary	g	9.3	17.3
Sugars, total	g	7.33	13.63
Minerals			
Calcium, Ca	mg	277	515
Iron, Fe	mg	15.70	29.20
Magnesium, Mg	mg	280	521
Phosphorus, P	mg	704	1309
Potassium, K	mg	1797	3342
Sodium, Na	mg	2	4
Zinc, Zn	mg	4.89	9.10
Vitamins			
Vitamin C, total ascorbic acid	mg	6.0	11.2
Thiamin	mg	0.874	1.626
Riboflavin	mg	0.870	1.618
Niacin	mg	1.623	3.019
Vitamin B-6	mg	0.377	0.701
Folate, DFE	µg	375	698
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	2
Vitamin A, IU	IU	22	41
Vitamin E (alpha-tocopherol)	mg	0.85	1.58

Nutrient	Unit	1 Value Per100 g	1 cup 186g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	47.0	87.4
Lipids			
Fatty acids, total saturated	g	2.884	5.364
Fatty acids, total monounsaturated	g	4.404	8.191
Fatty acids, total polyunsaturated	g	11.255	20.934
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0