

Full Report (All Nutrients) 16108, Soybeans, mature seeds, raw

Report Date: July 23, 2019 18:12 EDT

Nutrient values and weights are for edible portion.

Food Group : Legumes and Legume Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 186g
Proximates					
Water	g	8.54	433	0.140	15.88
Energy	kcal	446	--	--	830
Energy	kJ	1866	--	--	3471
Protein	g	36.49	454	0.200	67.87
Total lipid (fat)	g	19.94	364	0.180	37.09
Ash	g	4.87	190	0.090	9.06
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	71	5.000	515
Iron, Fe	mg	15.70	78	0.740	29.20
Magnesium, Mg	mg	280	49	9.000	521
Phosphorus, P	mg	704	82	11.000	1309
Potassium, K	mg	1797	56	28.000	3342
Sodium, Na	mg	2	5	1.000	4
Zinc, Zn	mg	4.89	60	0.070	9.10
Copper, Cu	mg	1.658	60	0.029	3.084
Manganese, Mn	mg	2.517	58	0.099	4.682
Selenium, Se	µg	17.8	--	--	33.1
Vitamins					
Vitamin C, total ascorbic acid	mg	6.0	3	--	11.2
Thiamin	mg	0.874	50	0.039	1.626

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 186g
Riboflavin	mg	0.870	21	0.196	1.618
Niacin	mg	1.623	32	0.303	3.019
Pantothenic acid	mg	0.793	6	0.189	1.475
Vitamin B-6	mg	0.377	6	0.065	0.701
Folate, total	µg	375	--	--	698
Folic acid	µg	0	--	--	0
Folate, food	µg	375	--	--	698
Folate, DFE	µg	375	--	--	698
Choline, total 1	mg	115.9	--	--	215.6
Betaine 1	mg	2.1	2	--	3.9
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	--	--	2
Retinol	µg	0	--	--	0
Carotene, beta	µg	13	--	--	24
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	22	--	--	41
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.85	--	--	1.58
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
14:0	g	0.055	--	--	0.102
16:0	g	2.116	--	--	3.936
18:0	g	0.712	--	--	1.324
Fatty acids, total monounsaturated	g	4.404	--	--	8.191
16:1 undifferentiated	g	0.055	--	--	0.102
18:1 undifferentiated	g	4.348	--	--	8.087
Fatty acids, total polyunsaturated	g	11.255	--	--	20.934
18:2 undifferentiated	g	9.925	--	--	18.461

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 186g
18:3 undifferentiated	g	1.330	--	--	2.474
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Phytosterols	mg	161	--	--	299
Amino Acids					
Tryptophan	g	0.591	--	--	1.099
Threonine	g	1.766	--	--	3.285
Isoleucine	g	1.971	--	--	3.666
Leucine	g	3.309	--	--	6.155
Lysine	g	2.706	--	--	5.033
Methionine	g	0.547	--	--	1.017
Cystine	g	0.655	--	--	1.218
Phenylalanine	g	2.122	--	--	3.947
Tyrosine	g	1.539	--	--	2.863
Valine	g	2.029	--	--	3.774
Arginine	g	3.153	--	--	5.865
Histidine	g	1.097	--	--	2.040
Alanine	g	1.915	--	--	3.562
Aspartic acid	g	5.112	--	--	9.508
Glutamic acid	g	7.874	--	--	14.646
Glycine	g	1.880	--	--	3.497
Proline	g	2.379	--	--	4.425
Serine	g	2.357	--	--	4.384
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Isoflavones					
Daidzein 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52	mg	62.90	951	19.89	116.99

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 186g
Genistein 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52	mg	81.35	951	22.63	151.31
Glycitein 4 5 7 11 12 13 15 16 18 19 21 22 24 26 27 28 29 31 32 34 35 37 39 40 43 44 45 46 48 49 50 51 52	mg	15.28	717	7.58	28.42
Total isoflavones 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 42 43 44 45 46 47 48 49 50 51 52	mg	155.76	950	43.23	289.71
Biochanin A	mg	0.00	25	0.01	0.01
Formononetin	mg	8.45	46	14.55	15.72
Coumestrol	mg	0.01	20	0.05	0.02
Proanthocyanidin					
Proanthocyanidin dimers 2 3	mg	0.0	2	--	0.0
Proanthocyanidin trimers 2 3	mg	0.0	2	--	0.0
Proanthocyanidin 4-6mers 2 3	mg	0.0	2	--	0.0
Proanthocyanidin 7-10mers 2 3	mg	0.0	2	--	0.0
Proanthocyanidin polymers (>10mers) 2 3	mg	0.0	2	--	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

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Languag Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1286 1600 LEGUMES AND LEGUME PRODUCTS (USDA SR)
- B1452 SOYBEAN
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0001 EXTENT OF HEAT TREATMENT NOT KNOWN
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0116 DEHYDRATED OR DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0052 RIPE OR MATURE