

Basic Report 16113, Natto

Report Date: June 25, 2019 22:00 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 175g |
|--------------------------------|------|------------------------|---------------|
| Proximates | | | |
| Water | g | 55.02 | 96.28 |
| Energy | kcal | 211 | 369 |
| Protein | g | 19.40 | 33.95 |
| Total lipid (fat) | g | 11.00 | 19.25 |
| Carbohydrate, by difference | g | 12.68 | 22.19 |
| Fiber, total dietary | g | 5.4 | 9.5 |
| Sugars, total | g | 4.89 | 8.56 |
| Minerals | | | |
| Calcium, Ca | mg | 217 | 380 |
| Iron, Fe | mg | 8.60 | 15.05 |
| Magnesium, Mg | mg | 115 | 201 |
| Phosphorus, P | mg | 174 | 304 |
| Potassium, K | mg | 729 | 1276 |
| Sodium, Na | mg | 7 | 12 |
| Zinc, Zn | mg | 3.03 | 5.30 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 13.0 | 22.8 |
| Thiamin | mg | 0.160 | 0.280 |
| Riboflavin | mg | 0.190 | 0.333 |
| Niacin | mg | 0.000 | 0.000 |
| Vitamin B-6 | mg | 0.130 | 0.228 |
| Folate, DFE | µg | 8 | 14 |
| 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 | 0.01 | 0.02 |

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| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 23.1 | 40.4 |
| Lipids | | | |
| Fatty acids, total saturated | g | 1.591 | 2.784 |
| Fatty acids, total monounsaturated | g | 2.430 | 4.253 |
| Fatty acids, total polyunsaturated | g | 6.210 | 10.867 |
| Fatty acids, total trans | g | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |