

## Basic Report 16114, Tempeh

Report Date: September 19, 2019 15:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	.85 Value Per85 g	1 cup 166g
<b>Proximates</b>			
Water	g	50.70	99.02
Energy	kcal	163	319
Protein	g	17.25	33.68
Total lipid (fat)	g	9.18	17.93
Carbohydrate, by difference	g	6.49	12.68
<b>Minerals</b>			
Calcium, Ca	mg	94	184
Iron, Fe	mg	2.29	4.48
Magnesium, Mg	mg	69	134
Phosphorus, P	mg	226	442
Potassium, K	mg	350	684
Sodium, Na	mg	8	15
Zinc, Zn	mg	0.97	1.89
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.066	0.129
Riboflavin	mg	0.304	0.594
Niacin	mg	2.244	4.382
Vitamin B-6	mg	0.183	0.357
Folate, DFE	µg	20	40
Vitamin B-12	µg	0.07	0.13
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
<b>Lipids</b>			

<b>Nutrient</b>	<b>Unit</b>	<b>.85 Value Per85 g</b>	<b>1 cup 166g</b>
Fatty acids, total saturated	g	2.158	4.215
Fatty acids, total monounsaturated	g	2.724	5.320
Fatty acids, total polyunsaturated	g	3.655	7.138
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

**Amino Acids**

**Other**