

## Basic Report 16123, Soy sauce made from soy and wheat (shoyu)

Report Date: July 20, 2019 01:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 tsp 5.3g	1 cup 255g	1 individual packet 8.9g
<b>Proximates</b>						
Water	g	71.15	11.38	3.77	181.43	6.33
Energy	kcal	53	8	3	135	5
Protein	g	8.14	1.30	0.43	20.76	0.72
Total lipid (fat)	g	0.57	0.09	0.03	1.45	0.05
Carbohydrate, by difference	g	4.93	0.79	0.26	12.57	0.44
Fiber, total dietary	g	0.8	0.1	0.0	2.0	0.1
Sugars, total	g	0.40	0.06	0.02	1.02	0.04
<b>Minerals</b>						
Calcium, Ca	mg	33	5	2	84	3
Iron, Fe	mg	1.45	0.23	0.08	3.70	0.13
Magnesium, Mg	mg	74	12	4	189	7
Phosphorus, P	mg	166	27	9	423	15
Potassium, K	mg	435	70	23	1109	39
Sodium, Na	mg	5493	879	291	14007	489
Zinc, Zn	mg	0.87	0.14	0.05	2.22	0.08
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.033	0.005	0.002	0.084	0.003
Riboflavin	mg	0.165	0.026	0.009	0.421	0.015
Niacin	mg	2.196	0.351	0.116	5.600	0.195
Vitamin B-6	mg	0.148	0.024	0.008	0.377	0.013
Folate, DFE	µg	14	2	1	36	1
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.073	0.012	0.004	0.186	0.006
Fatty acids, total monounsaturated	g	0.088	0.014	0.005	0.224	0.008
Fatty acids, total polyunsaturated	g	0.263	0.042	0.014	0.671	0.023
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0