

## Basic Report 16174, Tempeh, cooked

Report Date: July 17, 2019 22:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
<b>Proximates</b>		
Water	g	59.56
Energy	kcal	195
Protein	g	19.91
Total lipid (fat)	g	11.38
Carbohydrate, by difference	g	7.62
<b>Minerals</b>		
Calcium, Ca	mg	96
Iron, Fe	mg	2.13
Magnesium, Mg	mg	77
Phosphorus, P	mg	253
Potassium, K	mg	401
Sodium, Na	mg	14
Zinc, Zn	mg	1.57
<b>Vitamins</b>		
Thiamin	mg	0.054
Riboflavin	mg	0.357
Niacin	mg	2.135
Vitamin B-6	mg	0.199
Folate, DFE	µg	21
Vitamin B-12	µg	0.14
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0
<b>Lipids</b>		
Fatty acids, total saturated	g	3.400
Fatty acids, total monounsaturated	g	3.745
Fatty acids, total polyunsaturated	g	2.638

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>
Fatty acids, total trans	g	0.000

**Amino Acids**

**Other**