

Basic Report 16219, Vitasoy USA, Vitasoy Light Vanilla Soymilk

Report Date: August 24, 2019 09:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 243g	1 serving 243g
Proximates				
Water	g	92.74	225.36	225.36
Energy	kcal	30	73	73
Protein	g	1.60	3.89	3.89
Total lipid (fat)	g	0.82	1.99	1.99
Carbohydrate, by difference	g	4.10	9.96	9.96
Fiber, total dietary	g	0.1	0.2	0.2
Sugars, total	g	2.90	7.05	7.05
Minerals				
Calcium, Ca	mg	123	299	299
Iron, Fe	mg	0.30	0.73	0.73
Magnesium, Mg	mg	10	24	24
Potassium, K	mg	82	199	199
Sodium, Na	mg	49	119	119
Zinc, Zn	mg	0.37	0.90	0.90
Vitamins				
Thiamin	mg	0.020	0.049	0.049
Riboflavin	mg	0.140	0.340	0.340
Vitamin B-12	µg	0.37	0.90	0.90
Vitamin A, IU	IU	124	301	301
Vitamin D (D2 + D3)	µg	0.8	1.9	1.9
Vitamin D	IU	33	80	80
Lipids				
Fatty acids, total saturated	g	0.180	0.437	0.437
Fatty acids, total monounsaturated	g	0.200	0.486	0.486
Fatty acids, total polyunsaturated	g	0.400	0.972	0.972
Fatty acids, total trans	g	0.000	0.000	0.000

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Cholesterol	mg	0	0	0

Amino Acids

Other