

Basic Report 16426, Tofu, raw, firm, prepared with calcium sulfate

Report Date: July 23, 2019 01:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 126g	0.25 block 81g
Proximates				
Water	g	69.83	87.99	56.56
Energy	kcal	144	181	117
Protein	g	17.27	21.76	13.99
Total lipid (fat)	g	8.72	10.99	7.06
Carbohydrate, by difference	g	2.78	3.50	2.25
Fiber, total dietary	g	2.3	2.9	1.9
Minerals				
Calcium, Ca	mg	683	861	553
Iron, Fe	mg	2.66	3.35	2.15
Magnesium, Mg	mg	58	73	47
Phosphorus, P	mg	190	239	154
Potassium, K	mg	237	299	192
Sodium, Na	mg	14	18	11
Zinc, Zn	mg	1.57	1.98	1.27
Vitamins				
Vitamin C, total ascorbic acid	mg	0.2	0.3	0.2
Thiamin	mg	0.158	0.199	0.128
Riboflavin	mg	0.102	0.129	0.083
Niacin	mg	0.381	0.480	0.309
Vitamin B-6	mg	0.092	0.116	0.075
Folate, DFE	µg	29	37	23
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, IU	IU	166	209	134
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Lipids				

Nutrient	Unit	1 Value Per100 g	0.5 cup 126g	0.25 block 81g
Fatty acids, total saturated	g	1.261	1.589	1.021
Fatty acids, total monounsaturated	g	1.925	2.425	1.559
Fatty acids, total polyunsaturated	g	4.921	6.200	3.986
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other