

Basic Report 16427, Tofu, raw, regular, prepared with calcium sulfate

Report Date: September 24, 2019 05:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 124g	0.25 block 116g
Proximates				
Water	g	84.55	104.84	98.08
Energy	kcal	76	94	88
Protein	g	8.08	10.02	9.37
Total lipid (fat)	g	4.78	5.93	5.54
Carbohydrate, by difference	g	1.87	2.32	2.17
Fiber, total dietary	g	0.3	0.4	0.3
Sugars, total	g	0.62	0.77	0.72
Minerals				
Calcium, Ca	mg	350	434	406
Iron, Fe	mg	5.36	6.65	6.22
Magnesium, Mg	mg	30	37	35
Phosphorus, P	mg	97	120	113
Potassium, K	mg	121	150	140
Sodium, Na	mg	7	9	8
Zinc, Zn	mg	0.80	0.99	0.93
Vitamins				
Vitamin C, total ascorbic acid	mg	0.1	0.1	0.1
Thiamin	mg	0.081	0.100	0.094
Riboflavin	mg	0.052	0.064	0.060
Niacin	mg	0.195	0.242	0.226
Vitamin B-6	mg	0.047	0.058	0.055
Folate, DFE	µg	15	19	17
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, IU	IU	85	105	99
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.01
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0

Nutrient	Unit	1 Value Per100 g	0.5 cup 124g	0.25 block 116g
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	2.4	3.0	2.8
Lipids				
Fatty acids, total saturated	g	0.691	0.857	0.802
Fatty acids, total monounsaturated	g	1.056	1.309	1.225
Fatty acids, total polyunsaturated	g	2.699	3.347	3.131
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0