

Basic Report 16113, Natto

Report Date: September 19, 2019 15:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 175g
Proximates			
Water	g	55.02	96.28
Energy	kcal	211	369
Protein	g	19.40	33.95
Total lipid (fat)	g	11.00	19.25
Carbohydrate, by difference	g	12.68	22.19
Fiber, total dietary	g	5.4	9.5
Sugars, total	g	4.89	8.56
Minerals			
Calcium, Ca	mg	217	380
Iron, Fe	mg	8.60	15.05
Magnesium, Mg	mg	115	201
Phosphorus, P	mg	174	304
Potassium, K	mg	729	1276
Sodium, Na	mg	7	12
Zinc, Zn	mg	3.03	5.30
Vitamins			
Vitamin C, total ascorbic acid	mg	13.0	22.8
Thiamin	mg	0.160	0.280
Riboflavin	mg	0.190	0.333
Niacin	mg	0.000	0.000
Vitamin B-6	mg	0.130	0.228
Folate, DFE	µg	8	14
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	0.02

Nutrient	Unit	1 Value Per100 g	1 cup 175g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	23.1	40.4
Lipids			
Fatty acids, total saturated	g	1.591	2.784
Fatty acids, total monounsaturated	g	2.430	4.253
Fatty acids, total polyunsaturated	g	6.210	10.867
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0