

Basic Report 16126, Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) [a](#)
Report Date: September 23, 2018 12:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 126g	0.25 block 81g	0.2 block 91g
Proximates					
Water	g	82.93	104.49	67.17	75.47
Energy	kcal	78	98	63	71
Protein	g	9.04	11.39	7.32	8.23
Total lipid (fat)	g	4.17	5.25	3.38	3.79
Carbohydrate, by difference	g	2.85	3.59	2.31	2.59
Fiber, total dietary	g	0.9	1.1	0.7	0.8
Sugars, total	g	0.60	0.76	0.49	0.55
Minerals					
Calcium, Ca b	mg	201	253	163	183
Iron, Fe	mg	1.61	2.03	1.30	1.47
Magnesium, Mg b	mg	37	47	30	34
Phosphorus, P	mg	121	152	98	110
Potassium, K	mg	148	186	120	135
Sodium, Na	mg	12	15	10	11
Zinc, Zn	mg	0.83	1.05	0.67	0.76
Vitamins					
Vitamin C, total ascorbic acid	mg	0.2	0.3	0.2	0.2
Thiamin	mg	0.060	0.076	0.049	0.055
Riboflavin	mg	0.063	0.079	0.051	0.057
Niacin	mg	0.101	0.127	0.082	0.092
Vitamin B-6	mg	0.071	0.089	0.058	0.065
Folate, DFE	µg	19	24	15	17
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0

Nutrient	Unit	1 Value Per100 g	0.5 cup 126g	0.25 block 81g	0.2 block 91g
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.01	0.01
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	2.4	3.0	1.9	2.2
Lipids					
Fatty acids, total saturated	g	0.793	0.999	0.642	0.722
Fatty acids, total monounsaturated	g	1.127	1.420	0.913	1.026
Fatty acids, total polyunsaturated	g	1.649	2.078	1.336	1.501
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0

Footnotes

^a Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.

^b Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

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