

Full Report (All Nutrients) 45330737, FIRM TOFU, UPC: 07789095846
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Report Date: August 21, 2019 09:35 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Wegmans Food Markets, Inc.

Nutrient	Unit	Data points	Std. Error	0.2 PKG 79g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	70	89
Protein	g	--	--	7.00	8.86
Total lipid (fat)	g	--	--	3.00	3.80
Carbohydrate, by difference	g	--	--	2.00	2.53
Fiber, total dietary	g	--	--	1.0	1.3
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	100	127
Iron, Fe	mg	--	--	1.00	1.27
Potassium, K	mg	--	--	120	152
Sodium, Na	mg	--	--	15	19
Vitamins					
Vitamin D	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	--	--	1.003	1.270
Fatty acids, total polyunsaturated	g	--	--	1.999	2.530
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

 WATER, ORGANIC SOYBEANS, CALCIUM SULFATE, MAGNESIUM CHLORIDE. *Date Available:* 11/23/2017 *Date Last Updated by Company:* 11/23/2017