

Basic Report 16115, Soy flour, full-fat, raw

Report Date: February 22, 2018 02:06 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, stirred 84g	1 tbsp 5.2g
Proximates				
Water	g	5.16	4.33	0.27
Energy	kcal	434	365	23
Protein	g	37.81	31.76	1.97
Total lipid (fat)	g	20.65	17.35	1.07
Carbohydrate, by difference	g	31.92	26.81	1.66
Fiber, total dietary	g	9.6	8.1	0.5
Sugars, total	g	7.50	6.30	0.39
Minerals				
Calcium, Ca	mg	206	173	11
Iron, Fe	mg	6.37	5.35	0.33
Magnesium, Mg	mg	429	360	22
Phosphorus, P	mg	494	415	26
Potassium, K	mg	2515	2113	131
Sodium, Na	mg	13	11	1
Zinc, Zn	mg	3.92	3.29	0.20
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.581	0.488	0.030
Riboflavin	mg	1.160	0.974	0.060
Niacin	mg	4.320	3.629	0.225
Vitamin B-6	mg	0.461	0.387	0.024
Folate, DFE	µg	345	290	18
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	6	5	0
Vitamin A, IU	IU	120	101	6
Vitamin E (alpha-tocopherol)	mg	1.95	1.64	0.10

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	70.0	58.8	3.6
Lipids				
Fatty acids, total saturated	g	2.987	2.509	0.155
Fatty acids, total monounsaturated	g	4.561	3.831	0.237
Fatty acids, total polyunsaturated	g	11.657	9.792	0.606
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0