

Basic Report 16123, Soy sauce made from soy and wheat (shoyu)

Report Date: July 19, 2019 18:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 tsp 5.3g	1 cup 255g	1 individual packet 8.9g
Proximates						
Water	g	71.15	11.38	3.77	181.43	6.33
Energy	kcal	53	8	3	135	5
Protein	g	8.14	1.30	0.43	20.76	0.72
Total lipid (fat)	g	0.57	0.09	0.03	1.45	0.05
Carbohydrate, by difference	g	4.93	0.79	0.26	12.57	0.44
Fiber, total dietary	g	0.8	0.1	0.0	2.0	0.1
Sugars, total	g	0.40	0.06	0.02	1.02	0.04
Minerals						
Calcium, Ca	mg	33	5	2	84	3
Iron, Fe	mg	1.45	0.23	0.08	3.70	0.13
Magnesium, Mg	mg	74	12	4	189	7
Phosphorus, P	mg	166	27	9	423	15
Potassium, K	mg	435	70	23	1109	39
Sodium, Na	mg	5493	879	291	14007	489
Zinc, Zn	mg	0.87	0.14	0.05	2.22	0.08
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.033	0.005	0.002	0.084	0.003
Riboflavin	mg	0.165	0.026	0.009	0.421	0.015
Niacin	mg	2.196	0.351	0.116	5.600	0.195
Vitamin B-6	mg	0.148	0.024	0.008	0.377	0.013
Folate, DFE	µg	14	2	1	36	1
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.073	0.012	0.004	0.186	0.006
Fatty acids, total monounsaturated	g	0.088	0.014	0.005	0.224	0.008
Fatty acids, total polyunsaturated	g	0.263	0.042	0.014	0.671	0.023
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0