

**Basic Report 16126, Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) [a](#)**

**Report Date: February 15, 2019 14:16 EST**

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
<b>Proximates</b>					
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
<b>Minerals</b>					
Calcium, Ca <a href="#">b</a>	mg	201	253	163	183
Iron, Fe	mg	1.61	2.03	1.30	1.47
Magnesium, Mg <a href="#">b</a>	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
<b>Vitamins</b>					
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

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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
<b>Lipids</b>					
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
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0

**Footnotes**

- <sup>a</sup> Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.
- <sup>b</sup> 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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