

Basic Report 16132, Tofu, salted and fermented (fuyu)

Report Date: June 24, 2019 05:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 block 11g
Proximates			
Water	g	70.01	7.70
Energy	kcal	116	13
Protein	g	8.92	0.98
Total lipid (fat)	g	8.00	0.88
Carbohydrate, by difference	g	4.38	0.48
Minerals			
Calcium, Ca	mg	46	5
Iron, Fe	mg	1.98	0.22
Magnesium, Mg	mg	52	6
Phosphorus, P	mg	73	8
Potassium, K	mg	75	8
Sodium, Na	mg	2873	316
Zinc, Zn	mg	1.56	0.17
Vitamins			
Vitamin C, total ascorbic acid	mg	0.2	0.0
Thiamin	mg	0.157	0.017
Riboflavin	mg	0.101	0.011
Niacin	mg	0.379	0.042
Vitamin B-6	mg	0.091	0.010
Folate, DFE	µg	29	3
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Lipids			

Nutrient	Unit	1 Value Per100 g	1 block 11g
Fatty acids, total saturated	g	1.157	0.127
Fatty acids, total monounsaturated	g	1.767	0.194
Fatty acids, total polyunsaturated	g	4.516	0.497
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other