

## Statistics Report 16132, Tofu, salted and fermented (fuyu)

Report Date: July 17, 2019 22:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	70.01	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Energy	kcal	116	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Energy	kJ	484	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2015
Protein	g	8.92	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	07/2015
Total lipid (fat)	g	8.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Ash	g	8.69	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Carbohydrate, by difference	g	4.38	--	--	0	0	--	--	--	--	Calculated or imputed	--	07/2015
<b>Minerals</b>													
Calcium, Ca	mg	46	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Iron, Fe	mg	1.98	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

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Magnesium, Mg	mg	52	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phosphorus, P	mg	73	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Potassium, K	mg	75	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Sodium, Na	mg	2873	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Zinc, Zn	mg	1.56	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Copper, Cu	mg	0.376	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Manganese, Mn	mg	1.174	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Selenium, Se	µg	17.3	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.2	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Thiamin	mg	0.157	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Riboflavin	mg	0.101	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Niacin	mg	0.379	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Pantothenic acid	mg	0.132	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Vitamin B-6	mg	0.091	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Folate, total	µg	29	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986

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Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	29	--	--	0	0	--	--	--	--	Calculated or imputed	--	12/1986
Folate, DFE	µg	29	--	--	0	0	--	--	--	--	Calculated or imputed	--	05/2005
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2005
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2005
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	1.157	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
14:0	g	0.022	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:0	g	0.849	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:0	g	0.286	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	1.767	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
16:1 undifferentiated	g	0.022	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:1 undifferentiated	g	1.745	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total polyunsaturated	g	4.516	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:2 undifferentiated	g	3.982	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
18:3 undifferentiated	g	0.534	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
<b>Amino Acids</b>													
Tryptophan	g	0.127	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Threonine	g	0.332	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine	g	0.404	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Leucine	g	0.619	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Lysine	g	0.537	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Methionine	g	0.104	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Cystine	g	0.113	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Phenylalanine	g	0.397	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Tyrosine	g	0.273	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Valine	g	0.411	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Arginine	g	0.542	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Histidine	g	0.237	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine	g	0.334	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Aspartic acid	g	0.900	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glutamic acid	g	1.408	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Glycine	g	0.318	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Proline	g	0.440	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986
Serine	g	0.384	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	12/1986

**Flavonoids**

Isoflavones

Daidzein <a href="#">1 2 3</a>	mg	20.71	--	9.08	3.58	25	--	--	--	--	--	--	--
Genistein <a href="#">1 2 3</a>	mg	23.83	--	10.53	3.95	28.8	--	--	--	--	--	--	--
Glycitein <a href="#">1 2</a>	mg	4.95	--	0.04	4.9	5	--	--	--	--	--	--	--
Total isoflavones <a href="#">1 2 3</a>	mg	48.50	--	21.72	7.53	58.8	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

<sup>1</sup>Franke, A. A., Hankin, J. H., Yu, M. C., Maskarinec, G., Low, S-H., and Custer, L. Isoflavone levels in soy foods consumed by multiethnic populations in Singapore and Hawaii., 1999 J. Agric. Food Chem. 47 pp.977-986

<sup>2</sup>Franke, A. A., Custer, L. J., Wang, W., and Shi, C. Y. HPLC analysis of isoflavonoids and other phenolic agents from foods and from human fluids., 1998 Proc. Soc. Exp. Biol. Med. 217 pp.263-273

<sup>3</sup>Wang, G., Kuan, S. S., Francis, O. J., Ware, G. M., and Carman, A. S. A simplified HPLC method for the determination of phytoestrogens in soybean and its processed products., 1990 J. Agric. Food Chem. 38 pp.185-190