

**Food ID:** C061**Food name and Description:** Soybean cheese, salted**Scientific name:****Alternate/Common name(s):** Tahure**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	61.3
Energy, calculated (kcal)	117
Protein (g)	11.4
Total Fat (g)	6.2
Carbohydrate, total (g)	4
Ash, total (g)	17.1

**Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	2.1

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	86
Phosphorus, P (mg)	92
Iron, Fe (mg)	9.2
Sodium, Na (mg)	3410

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	435
Retinol Activity Equivalent, RAE (µg)	36
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.9
Fatty acids, monounsaturated, total (g)	1.37
Fatty acids, polyunsaturated, total(g)	3.5
Cholesterol (mg)	0