



**Food ID:** C064

**Food name and Description:** Soybean cheese, hard curd

**Scientific name:** N/A

**Alternate/Common name(s):** Tokwa

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

|                           |      |
|---------------------------|------|
| Water (g)                 | 77   |
| Energy, calculated (kcal) | 123  |
| Protein (g)               | 12.9 |
| Total Fat (g)             | 7    |
| Carbohydrate, total (g)   | 2    |
| Ash, total (g)            | 1.1  |

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

|                          |     |
|--------------------------|-----|
| Fiber, total dietary (g) | 0.5 |
| Sugars, total (g)        | 0.8 |

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

|                    |     |
|--------------------|-----|
| Calcium, Ca (mg)   | 152 |
| Phosphorus, P (mg) | 119 |
| Iron, Fe (mg)      | 1.7 |
| Sodium, Na (mg)    | 114 |

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

|                                       |      |
|---------------------------------------|------|
| Retinol, Vitamin A (µg)               | 0    |
| beta-Carotene (µg)                    | 0    |
| Retinol Activity Equivalent, RAE (µg) | 0    |
| Thiamin, Vitamin B1 (mg)              | 0.04 |
| Riboflavin, Vitamin B2 (mg)           | 0.03 |
| Niacin (mg)                           | 0.1  |
| Ascorbic Acid, Vitamin C (mg)         | 0    |

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

|   |      |
|---|------|
| Fatty acids, saturated, total (g)       | 0.66 |
| Fatty acids, monounsaturated, total (g) | 1.21 |
| Fatty acids, polyunsaturated, total(g)  | 3.5  |
| Cholesterol (mg)                        | 0    |