



**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