



**Food ID:** C065

**Food name and Description:** Soybean pudding/ Geerlig's cheese

**Scientific name:**

**Alternate/Common name(s):** Taho/Tahu

**Edible portion:** 100%

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

Water (g)	92.7
Energy, calculated (kcal)	34
Protein (g)	2.9
Total Fat (g)	1.4
Carbohydrate, total (g)	2.4
Ash, total (g)	0.6

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

Fiber, total dietary (g)	0.2
Sugars, total (g)	0.3

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

Calcium, Ca (mg)	121
Phosphorus, P (mg)	46
Iron, Fe (mg)	0.7
Sodium, Na (mg)	22

## **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)	0.13
Fatty acids, monounsaturated, total (g)	0.24
Fatty acids, polyunsaturated, total(g)	0.7
Cholesterol (mg)	0