



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