



**Food ID:** C066

**Food name and Description:** Soybean pudding/Geerlig's cheese w/ syrup & tapioca starch ball

**Scientific name:**

**Alternate/Common name(s):** Taho/Tahu, may arnibal at sago

**Edible portion:** 100%

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

Water (g)	84.2
Energy, calculated (kcal)	62
Protein (g)	2.2
Total Fat (g)	0.1
Carbohydrate, total (g)	13.1
Ash, total (g)	0.4

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

Fiber, total dietary (g)	0.1
Sugars, total (g)	6.2

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

Calcium, Ca (mg)	54
Phosphorus, P (mg)	34
Iron, Fe (mg)	0
Sodium, Na (mg)	23

## **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)	0.03
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.01
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.05

Cholesterol (mg)

0