

**Food ID:** C067**Food name and Description:** Soybean paste, miso**Scientific name:****Alternate/Common name(s):** Miso**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	66.1
Energy, calculated (kcal)	144
Protein (g)	13
Total Fat (g)	3.5
Carbohydrate, total (g)	15.2
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.2
Sugars, total (g)	3.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	107
Phosphorus, P (mg)	112
Iron, Fe (mg)	2.8
Sodium, Na (mg)	1673

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.4
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)	0.72
Fatty acids, polyunsaturated, total(g)	1.87
Cholesterol (mg)	0