

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: Q055 Food name and Description: Soy drink, pwdr, plain Scientific name: N/AAlternate/Common name(s): N/A Edible portion: 100%

# Proximates (Food Composition per 100g Edible Portion)

Water (g)	1.5
Energy, calculated (kcal)	449
Protein (g)	21.8
Total Fat (g)	13.7
Carbohydrate, total (g)	59.6
Ash, total (g)	3.4

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

Fiber, total dietary (g)	6.9
Sugars, total (g)	22.8

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

Calcium, Ca (mg)	128
Phosphorus, P (mg)	268
Iron, Fe (mg)	2.2
Sodium, Na (mg)	753

### 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)	0.76
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g	2.74
Fatty acids, monounsaturated, total (g)	2.6
Fatty acids, polyunsaturated, total(g)	6.66
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:28:36