



Food ID: Q055

Food name and Description: Soy drink, pwdr, plain

Scientific name: N/A

Alternate/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