



**Food ID:** Q056

**Food name and Description:** Soy drnk, pwdr, corn flvr

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

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

Water (g)	2
Energy, calculated (kcal)	448
Protein (g)	19.4
Total Fat (g)	13.6
Carbohydrate, total (g)	62
Ash, total (g)	3

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

Fiber, total dietary (g)	6.8
Sugars, total (g)	22.7

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

Calcium, Ca (mg)	108
Phosphorus, P (mg)	213
Iron, Fe (mg)	2
Sodium, Na (mg)	749

## **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)	0.65
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	2.72
Fatty acids, monounsaturated, total (g)	2.59
Fatty acids, polyunsaturated, total(g)	6.61
Cholesterol (mg)	0