



Food ID: Q057

Food name and Description: Soy drnk, pwdr, pandan flvr

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	1.6
Energy, calculated (kcal)	414
Protein (g)	18.3
Total Fat (g)	6.5
Carbohydrate, total (g)	70.6
Ash, total (g)	3

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)	110
Phosphorus, P (mg)	216
Iron, Fe (mg)	2.1
Sodium, Na (mg)	752

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)	0.8
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.3
Fatty acids, monounsaturated, total (g)	1.24
Fatty acids, polyunsaturated, total(g)	3.16
Cholesterol (mg)	0