

National Nutrient Database for Standard Reference
Release 24

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Statistics Report

Nutrient data for 16211, Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu

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Nutrient values and weights are for edible portion

Nutrient	Unit	Value (100g)	Data Points	Std. Error	Min	Max	df	Lower error bound	Upper error bound	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	77.00	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2011
Energy 1	kcal	118	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kJ	492	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Protein 1	g	12.40	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2007
Total lipid (fat) 1	g	6.30	1	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2007
Ash 1	g	1.50	1	--	--	--	--	--	--	--	Calculated by manufacturer, not	--	04/2011

												adjusted or rounded for NLEA		
Carbohydrate, by difference 1	g	2.80	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fiber, total dietary 1	g	2.0	1	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2011
Sugars, total 1	g	0.60	1	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2007
Minerals														
Calcium, Ca 1	mg	188	1	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2007
Iron, Fe 1	mg	2.00	1	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2007
Sodium, Na 1	mg	6	1	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2007
Lipids														
Fatty acids, total saturated 1	g	1.300	1	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2007
Fatty acids, total monounsaturated 1	g	1.300	1	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	03/2007
Fatty acids, total polyunsaturated 1	g	3.800	1	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	03/2007
Fatty acids, total trans 1	g	0.000	1	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	04/2011
Cholesterol 1	mg	0	1	--	--	--	--	--	--	--	--	Calculated by manufacturer, not	--	03/2007

