

# Soyfood Nutrient Chart

Soyfood	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Calcium (mg)	Iron (mg)	Folate (mg)	Sodium (mg)	Isoflavones (mg)
Edamame (2/3 cup)	105	10	4	10	10	-	-	-	3.5	65
Soymilk, fortified (1 cup)	105	7	4	5	3.1	300	1.4	3.6	29	43
Tofu, Firm, Water-packed (1/2 cup)	97	10	5.6	3.7	0.5	204	1.8	41	10	24
Tofu, Firm, Silken (1/2 cup)	85	8	4	4	0.1	200	0.9	-	30	28
Tempeh (3 oz.)	197	18	11.3	9.3	-	96	2.1	21	14	53
Soynut Butter (2 Tbs) *	170	8	11.6	9.8	3	-	-	-	113	
Soybeans, Roasted (1/4 cup)	136	10	6	8	5	-	-	-	24	78
Soybeans, Canned, Black (1/2 cup)	120	11	6	8	7	-	-	-	30	40
Soybeans, Canned, Yellow (1/2 cup)	150	13	7	11	3	-	-	-	140	78
Miso (1 Tbs)	35	2	1	4.8	0.9	11	4.7	5.6	765	7
Soy Flour, Defatted (1 cup)	329	47	1.2	38	18	241	9.2	305	20	42
Soy Flour, Full-fat, roasted (1 cup)	375	30	18.5	29	8.2	160	4.9	193	10.2	42
Soy Protein Isolate (1 oz.)	96	23	1	2	1.6	50	4.1	50	285	53
Soy Protein, Textured (1/4 cup) *	80	12	-	7	4	-	-	-	2	33
Soy Sasuage Pattie (1 pattie) *	55	7	1.5	5	1.2	-	-	-	235	4
Soy Hot Dog (1 dog) *	62	11	1.5	3	3.3	-	-	-	323	15
Soy Burger (1 burger) *	103	10	3	8	3.3	-	-	-	243	9
Soy Cheese Cheddar, singles (1 slice) *	40	4	3	-	-	-	-	-	185	2
Soy Cheese, Mozzarella, singles (1 slice)*	20	2	-	3	-	-	-	-	220	2
Soy Crumbles (2/3 cup)	70	10	0.8	5	2	-	-	-	256	
Soy Yogurt (6 oz)	150	4	2	29	1	300	-	-	20	32

Source unless specified: Nutirent Database Laboratory, USDA Food Composition Data, USDA

\*Information taken from commercial product nutrition facts label on package. Saturated fat is not listed because most soy-based products have insignificant amounts of saturated fat.