

Recipe : **Tempeh**

Recipe number :258                      Last updated : / /

Group :NO GROUP ALLOCATED

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**INGREDIENTS**

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FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
13116	Soya beans, dried, boiled in unsalted water	98.684	6.000
101158	Flour, rice	1.316	0.080

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## NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	647kJ /155kcal [8%]	
PROTEIN	13.9 g	
CARBOHYDRATE	5.6 g	Trace
(of which Sugars)	( 2.0 g)	Trace
FAT	7.2 g	Trace
(of which Saturates)	( 0.9 g)	Trace
FIBRE	6.0 g	Trace
SODIUM	Trace	Trace
		Trace

*Figures in brackets [ ] represent percentages of the RDA (Food Labelling Regulations, EU1169/2011)*

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## FULL ANALYSIS (per 100g)

Nutrient	Amount per 100g	Nutrient	Amount per 100g
Energy (kcal)	144	Vitamin E (mg)	1.12
Energy (kJ)	602	Thiamin (mg)	0.12
Nitrogen (g)	2.22	Riboflavin (mg)	0.09
Protein (g)	13.9	Niacin equivalents (mg)	2.71
Fat (g)	7.2	Niacin (mg)	0.52
Saturates (g)	0.9	Potential Niacin (mg)	2.19
Monounsaturates (g)	1.4	Vitamin B6 (mg)	0.23
Polyunsaturates (g)	3.5	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	53.29
Carbohydrate (g)*	6.1	Pantothenic Acid (mg)	0.2
Sugars (g)*	2.1	Biotin (µg)	24.67
Starch (g)*	2.9	Vitamin C (mg)	0
AOAC Fibre (g)	6.0	Alcohol (g)	0.0
Englyst Fibre (g)	6.0	Water (g)	63.61
Sodium (mg)	1	Cost (£)	0.013
Potassium (mg)	506		
Calcium (mg)	82	Organic acids (g)	
Magnesium (mg)	62	Polyols	
Phosphorus (mg)	248	Inulin (g)	
Iron (mg)	2.99	New descriptor 4	
Copper (mg)	0.32	New descriptor 5	
Zinc (mg)	0.89	New descriptor 6	
Chlorine (mg)	3	New descriptor 7	
Manganese (mg)	0.69	New descriptor 8	
Selenium (µg)	5	New descriptor 9	
Iodine (µg)	2	New descriptor 10	
Vitamin A r.e. (µg)	1	New descriptor 11	
Retinol (µg)	0	New descriptor 12	
Carotene (µg)	6	New descriptor 13	
Vitamin D (µg)	0.00	Vitamin K (µg)	
		NMES (g)	

*Nutrient data presented in UK Food Composition Table format.*

*\*as monosaccharides*

g protein/100 kcal 9.7  
Weight Watchers Points 0.0

% of energy from protein 35.9 %  
% of energy from fat 41.9 %  
% of energy from saturates 5.2 %