

Recipe : **Tofu**

Recipe number :309 Last updated : / /

Group :NO GROUP ALLOCATED

INGREDIENTS

FOOD NO	FOOD DESCRIPTION	%AGE	WEIGHT kg
100157	Beans, soya, dried, raw	98.430	98.430
10583	Magnesium Chloride, E511	1.570	1.570

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NUTRITION INFORMATION

TYPICAL VALUES	Amount per 100g	Amount per serving (0g)
ENERGY	1523kJ /364kcal [18%]	
PROTEIN	35.3 g	
CARBOHYDRATE	14.4 g	Trace
(of which Sugars)	(5.1 g)	Trace
FAT	18.3 g	Trace
(of which Saturates)	(2.3 g)	Trace
FIBRE	15.5 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)	364	Vitamin E (mg)	2.85
Energy (kJ)	1527	Thiamin (mg)	0.60
Nitrogen (g)	5.65	Riboflavin (mg)	0.27
Protein (g)	35.3	Niacin equivalents (mg)	7.78
Fat (g)	18.3	Niacin (mg)	2.17
Saturates (g)	2.3	Potential Niacin (mg)	5.61
Monounsaturates (g)	3.4	Vitamin B6 (mg)	0.37
Polyunsaturates (g)	9.0	Vitamin B12 (µg)	0
Cholesterol (mg)	0	Folate (µg)	364.19
Carbohydrate (g)*	15.6	Pantothenic Acid (mg)	0.8
Sugars (g)*	5.4	Biotin (µg)	63.98
Starch (g)*	4.7	Vitamin C (mg)	0
AOAC Fibre (g)	0.0	Alcohol (g)	0.0
Englyst Fibre (g)	15.5	Water (g)	8.37
Sodium (mg)	5	Cost (£)	0.984
Potassium (mg)	1703		
Calcium (mg)	236	Organic acids (g)	
Magnesium (mg)	434	Polyols	
Phosphorus (mg)	650	Inulin (g)	
Iron (mg)	9.55	New descriptor 4	
Copper (mg)	1.53	New descriptor 5	
Zinc (mg)	4.23	New descriptor 6	
Chlorine (mg)	555	New descriptor 7	
Manganese (mg)	2.56	New descriptor 8	
Selenium (µg)	14	New descriptor 9	
Iodine (µg)	6	New descriptor 10	
Vitamin A r.e. (µg)	2	New descriptor 11	
Retinol (µg)	0	New descriptor 12	
Carotene (µg)	12	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 38.8 %
% of energy from fat 45.3 %
% of energy from saturates 5.6 %