

FoodData Central Search Results

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Flour, soy, defatted

Data Type: Foundation
Food Category: Legumes and Legume Products
FDC ID: 1104705
NDB Number: 16117
FDC Published: 10/30/2020

Components **Individual Samples** **Other Information**

Portion:

100g

Name	Average Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	Initial
Proximates:										
Water	6.24	g	Analytical	5	Samples	5.53	7.57	6.03		
Energy (Atwater General Factors)	366	kcal	Calculated							
Energy (Atwater Specific Factors)	339	kcal	Calculated							
Nitrogen	8.18	g	Analytical	5	Samples	7.96	8.29	8.23		
Protein	51.1	g	Calculated			49.8	51.8	51.4		
Total lipid (fat)	3.33	g	Analytical	5	Samples	3.1	3.57	3.32		
Ash	6.45	g	Analytical	5	Samples	6.33	6.62	6.42		
Carbohydrates:										
Carbohydrate, by difference	32.9	g	Calculated							
Total dietary fiber (AOAC 2011.25)	24.3	g	Analytical	5	Samples	23.8	24.8	24.3		
Minerals:										
Calcium, Ca	338	mg	Analytical	5	Samples	307	358	357		

Name	Average Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	Initial
Iron, Fe	7.34	mg	Analytical	5	Samples	6.89	7.98	7.18		
Magnesium, Mg	313	mg	Analytical	5	Samples	298	327	312		
Phosphorus, P	726	mg	Analytical	5	Samples	707	759	718		
Potassium, K	2480	mg	Analytical	5	Samples	2420	2520	2510		
Sodium, Na	2	mg	Analytical	5	Samples	0	6	0		
Zinc, Zn	4.44	mg	Analytical	5	Samples	4.29	4.62	4.46		
Copper, Cu	1.51	mg	Analytical	5	Samples	1.49	1.56	1.51		
Manganese, Mn	3.81	mg	Analytical	5	Samples	3.44	4.11	3.94		
Selenium, Se	45.8	µg	Analytical	5	Samples	29.9	63	37.5		
Molybdenum, Mo	211	µg	Analytical	5	Samples	188	254	193		
Vitamins and Other Components:										
Thiamin	0.542	mg	Analytical	5	Samples	0.49	0.58	0.55		
Riboflavin	0.298	mg	Analytical	5	Samples	0.266	0.316	0.303		
Niacin	3.43	mg	Analytical	5	Samples	3.14	3.65	3.52		
Vitamin B-6	0.618	mg	Analytical	5	Samples	0.592	0.64	0.62		
Amino acids:										
Tryptophan	0.616	g	Analytical	5	Samples	0.6	0.63	0.62		
Threonine	1.97	g	Analytical	5	Samples	1.89	2.1	1.95		
Isoleucine	2.31	g	Analytical	5	Samples	2.19	2.47	2.31		
Leucine	4.11	g	Analytical	5	Samples	3.9	4.36	4.1		
Lysine	3.06	g	Analytical	5	Samples	3.01	3.12	3.07		
Methionine	0.622	g	Analytical	5	Samples	0.6	0.66	0.62		
Phenylalanine	2.86	g	Analytical	5	Samples	2.69	3.04	2.87		
Tyrosine	1.74	g	Analytical	5	Samples	1.61	1.89	1.73		
Valine	2.31	g	Analytical	5	Samples	2.21	2.46	2.3		
Arginine	3.93	g	Analytical	5	Samples	3.78	4.16	3.93		
Histidine	1.27	g	Analytical	5	Samples	1.22	1.34	1.27		
Alanine	2.86	g	Analytical	5	Samples	2.73	3.02	2.85		
Aspartic acid	4.98	g	Analytical	5	Samples	4.75	5.32	4.93		
Glutamic acid	9.08	g	Analytical	5	Samples	8.69	9.7	8.9		

Name	Average Amount	Unit	Deriv. By	n	Samples	Min	Max	Median	Footnote	Initial
Glycine	1.79	g	Analytical	5	Samples	1.71	1.89	1.77		
Proline	2.84	g	Analytical	5	Samples	2.69	2.98	2.85		
Serine	2.7	g	Analytical	5	Samples	2.59	2.85	2.67		
Hydroxyproline	0.176	g	Analytical	5	Samples	0.15	0.19	0.18		
Cysteine	1.01	g	Analytical	5	Samples	0.98	1.05	1		

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