

Soy Food Nutrient Table

Soy Food	Serving	Kcal	Pro	Fat	CHO	Fiber
Edamame	½ c	95	9	4	8	4
Mature soybeans, cooked	½ c	149	14	8	9	5
Black soybeans, canned*	½ c	120	11	6	8	7
Roasted soynuts	¼ c	120	12	4	9	5
Soy milk, "traditional"	1 c	120	9	5	11	3
Commercial soymilk*, plain	1 c	100	7	4	8	1
Commercial soymilk* light plain	1 c	70	6	2	8	1
Commercial soymilk*, vanilla	1 c	100	6	4	10	1
Commercial soymilk*, chocolate	1 c	140	5	4	23	2
Commercial soymilk*, unsweetened	1 c	80	7	4	4	1
Tempeh	½ c	160	15	9	8	0
Soy nut butter	2 Tbsp	170	7	11	10	3
Tofu, silken, firm	3 oz.	52	6	2	2	0
Tofu, silken, extra firm	3 oz.	46	6	2	2	0
Tofu, silken, lite firm	3 oz.	31	5	1	1	0
Tofu, silken, lite extra firm	3 oz.	32	6	1	1	0
Tofu, silken, soft	3 oz.	46	4	2	2	0
Soy yogurt	1 c	150	5	3½	24	1
Soy cheddar cheese	1 oz.	60	7	3	0	0
Miso	2 Tbsp.	68	4	2	9	2
Soy flour, full-fat, raw	½ c	183	15	9	15	4
Soy flour, low-fat	½ c	164	21	3	17	5
Soy flour, defatted	½ c	165	24	1	19	9
Textured Soy Protein (TSP)	¼ c	80	12	0	7	4

* Information from manufacturer's Nutrition Facts Label, all other information from the Nutrient Database Laboratory, USDA Food Composition Data, USDA. Always check the Nutrition Facts label on soy food products, as they will vary from brand to brand.



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