

Nutrition Facts

Tempeh

Serving size (100g)

Amount Per Serving

Calories

190

www.ihcare.ae % Daily Value*

Total Fat 11g	14%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.