

Calorie chart: soy foods (PDF)

Calories, protein, carbohydrate and fat for 79 foods, per serving and per 100 g.
Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Azumaya Extra Firm Tofu	0.2 package (79 g)	70	88	10.1	1.5	4.6
Azumaya Firm Tofu	0.2 package (79 g)	63	80	9.1	1.5	4.2
Azumaya Silken Tofu	0.2 package (91 g)	39	43	4.8	0.6	2.4
Dried-Frozen Tofu	1 piece (17 g)	81	477	52.5	10	30.3
Dried-Frozen Tofu with Calcium Sulfate	1 piece (17 g)	80	470	52.4	8.3	30.3
Dry Soybeans	1 cup (186 g)	830	446	36.5	30.2	19.9
Edamame	1 cup (155 g)	188	121	11.9	8.9	5.2
Edamame Frozen Unprepared	1 cup (118 g)	129	109	11.2	7.6	4.7
Extra Firm Tofu	0.2 block (91 g)	76	83	10	1.2	5.3
Fermented Tofu Fuyu	1 block (11 g)	13	116	8.9	4.4	8
Fermented Tofu Fuyu with Calcium Sulfate	1 block (11 g)	13	116	8.2	5.2	8
Firm Tofu with Calcium Sulfate and Nigari	1/2 cup (126 g)	98	78	9	2.9	4.2
Fried Tofu	1 oz (28.4 g)	77	270	18.8	8.9	20.2
Fried Tofu with Calcium Sulfate	1 piece (13 g)	35	270	18.8	8.9	20.2
Green Soybeans Boiled	1 cup (180 g)	254	141	12.4	11.1	6.4
Green Soybeans Boiled with Salt	1 cup (180 g)	254	141	12.4	11.1	6.4
Green Soybeans Raw	1 cup (256 g)	376	147	13	11.1	6.8
Hard Tofu with Nigari	1/4 block (122 g)	177	145	12.7	4.4	10
House Foods Premium Firm Tofu	2 oz (56 g)	48	85	10.9	1	4.2
House Foods Premium Soft Tofu	2 oz (56 g)	33	59	6.4	2.2	2.7
Meat Extender	1 cup (88 g)	274	311	41.7	34.7	3
Meatless Bacon	1 cup (144 g)	445	309	11.7	5.3	29.5
Meatless Bacon Bits	1 tbsp (7 g)	33	476	32	28.6	25.9
Meatless Chicken	1 cup (168 g)	376	224	23.6	3.6	12.7
Meatless Chicken Breaded and Fried	1 cup, diced (130 g)	304	234	21.3	8.5	12.8
Meatless Frankfurter	1 cup, sliced (140 g)	326	233	19.6	7.7	13.7
Meatless Luncheon Slices	1 slice, thin (14 g)	26	189	17.8	4.4	11.1
Meatless Meatballs	1 cup (144 g)	284	197	21	8	9
Meatless Sandwich Spread	1 tbsp (15 g)	22	149	8	9	9
Meatless Sausage	1 slice (28 g)	71	255	20.3	8.1	18.2
Miso	1 tbsp (17 g)	34	198	12.8	25.4	6
Mori-Nu Silken Tofu Extra Firm	1 slice (84 g)	46	55	7.4	2	1.9
Mori-Nu Silken Tofu Firm	1 slice (84 g)	52	62	6.9	2.4	2.7
Mori-Nu Silken Tofu Lite Extra Firm	1 slice (84 g)	32	38	7	1	0.7
Mori-Nu Silken Tofu Lite Firm	1 slice (84 g)	31	37	6.3	1.1	0.8
Mori-Nu Silken Tofu Soft	1 slice (84 g)	46	55	4.8	2.9	2.7
Nasoya Lite Firm Tofu	0.2 package (79 g)	43	54	8.3	1.3	1.7

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Nasoya Lite Silken Tofu	0.2 package (91 g)	39	43	8.2	0	1.1
Nasoya Organic Extra Firm Tofu	0.2 package (79 g)	77	98	10.1	2.6	5.2
Nasoya Organic Firm Tofu	0.2 package (79 g)	66	84	8.9	2.3	4.4
Nasoya Organic Silken Tofu	0.2 package (91 g)	43	47	4.8	1.4	2.5
Nasoya Organic Soft Tofu	0.2 package (79 g)	55	70	8.8	0.7	3.5
Nasoya Organic Sprouted Tofu Plus Super Firm	3 oz (85 g)	98	115	13.2	2.2	5.9
Nasoya Organic Super Firm Cubed Tofu	0.2 package (79 g)	93	118	12.4	2.8	6.3
Nasoya Organic Tofu Plus Extra Firm	3 oz (85 g)	78	92	10.2	1.8	4.9
Nasoya Organic Tofu Plus Firm	3 oz (85 g)	63	74	9.2	1.7	3.4
Natto	1 cup (175 g)	369	211	19.4	12.7	11
Okara	1 cup (122 g)	93	76	3.5	12.2	1.7
Regular Tofu with Calcium Sulfate	1/2 cup (124 g)	94	76	8.1	1.9	4.8
Roasted Soybeans	1 cup (172 g)	807	469	38.6	30.2	25.4
Silk Banana-Strawberry Soy Yogurt	1 container (170 g)	150	88	2.4	17.1	1.2
Silk Black Cherry Soy Yogurt	1 container (170 g)	150	88	2.4	17.1	1.2
Silk Blueberry Soy Yogurt	1 container (170 g)	150	88	2.4	17.1	1.2
Silk Key Lime Soy Yogurt	1 container (170 g)	150	88	2.4	17.7	1.2
Silk Peach Soy Yogurt	1 container (170 g)	160	94	2.4	18.8	1.2
Silk Plain Soy Yogurt	1 container (227 g)	150	66	2.6	9.7	1.8
Silk Raspberry Soy Yogurt	1 container (170 g)	150	88	2.4	17.7	1.2
Silk Strawberry Soy Yogurt	1 container (170 g)	160	94	2.4	18.2	1.2
Silk Vanilla Soy Yogurt Family Size	1 container (227 g)	179	79	2.6	13.7	1.8
Silk Vanilla Soy Yogurt Single Serving	1 container (170 g)	150	88	2.9	14.7	1.8
Soft Tofu	1/4 block (116 g)	71	61	7.2	1.2	3.7
Soy Milk	1 cup (243 g)	104	43	2.6	4.9	1.5
Soy Protein Concentrate Acid Wash	1 oz (28.4 g)	93	328	63.6	25.4	0.5
Soy Protein Concentrate Alcohol Extracted	1 oz (28.4 g)	93	328	63.6	25.4	0.5
Soy Protein Isolate	1 oz (28.4 g)	95	335	88.3	0	3.4
Soy Protein Isolate Potassium Type	1 oz (28.4 g)	91	321	88.3	2.6	0.5
Soybean Curd Cheese	1 cup (225 g)	340	151	12.5	6.9	8.1
Soybeans	1 cup (172 g)	296	172	18.2	8.4	9
Soybeans Boiled with Salt	1 cup (172 g)	296	172	18.2	8.4	9
Soybeans Dry Roasted	1 cup (93 g)	418	449	43.3	29	21.6
Soybeans Roasted with Salt	1 cup (172 g)	807	469	38.6	30.2	25.4
Tempeh	1 cup (166 g)	319	192	20.3	7.6	10.8
Tempeh Cooked	100 g	195	195	19.9	7.6	11.4
Tofu	1/2 cup (126 g)	181	144	17.3	2.8	8.7
Tofu Yogurt	1 cup (262 g)	246	94	3.5	16	1.8
Unsweetened Soy Milk	1 cup (243 g)	80	33	2.9	1.7	1.6

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Vegetarian Fillets	1 fillet (85 g)	247	290	23	9	18
Vegetarian Meatloaf or Patties	1 slice (56 g)	110	197	21	8	9
Veggie Burger	1 pattie (70 g)	124	177	15.7	14.3	6.3

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.
Interactive tables and Nutrition Facts labels: <https://nutritionfactlabel.com/nutrition-database/soy-foods/>