

Soy Protein Content in Soyfoods

Food	Soy Protein (g)
3 oz water-packed tofu	6 to 13
3 oz silken tofu	6
8 oz plain soymilk	3 to 10
8 oz Edensoy Extra Plain soymilk	10 to 12
8 oz vanilla soymilk	3 to 6
¼ cup (1 oz) soy nuts	12
2 T soy nut butter	6 to 8
1 soy burger	10
½ cup (4 oz) tempeh	16 to 22
½ cup canned white soybeans	13
½ cup canned black soybeans	11
¾ cup (3 oz) edamame	6
¾ cup green (sweet) soybeans	7 to 9

SOURCE: SOY PROTEIN CONTENT OF FOODS, UCSF HEALTH WEBSITE. [HTTPS://WWW.UCSFHEALTH.ORG/EDUCATION/SOY-PROTEIN-CONTENT-OF-FOODS](https://www.ucsfhealth.org/education/soy-protein-content-of-foods); AND MARK MESSINA, PHD