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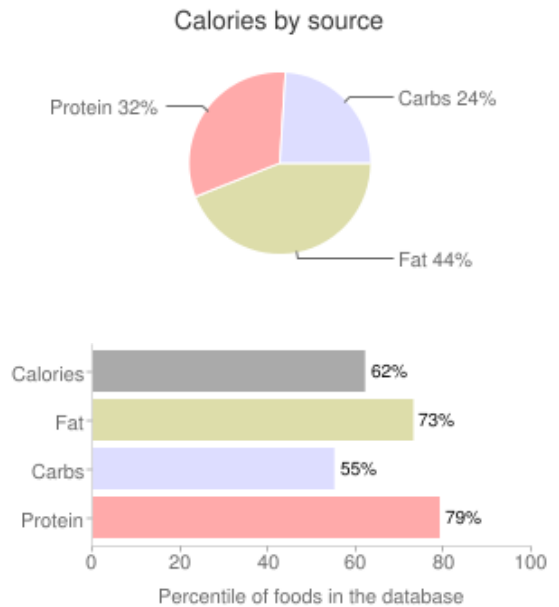
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**Natto**

Select serving size:

<b>Nutrition Facts</b>	
<b>Serving Size</b>	<b>100 g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>211</b>
	<b>% Daily Value *</b>
<b>Total Fat</b> 11g	<b>14 %</b>
Saturated Fat 1.6g	<b>8 %</b>
<b>Sodium</b> 7mg	<b>0 %</b>
<b>Total Carbohydrate</b> 13g	<b>5 %</b>
Dietary Fiber 5.4g	<b>19 %</b>
Sugar 4.9g	
<b>Protein</b> 19g	<b>38 %</b>
Vitamin D 0.00mcg	0 %
Calcium 217.00mg	17 %
Iron 8.60mg	48 %
Potassium 729mg	16 %

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



**Natto nutrition facts and analysis per serving**

<b>Vitamins</b>			
Nutrient	Amount	DV	
Choline	57.0 mg		
Folate	8.00 mcg		
Folic acid	0.00 mcg		
Niacin	0.000 mg	0 %	
Pantothenic acid	0.215 mg	4 %	
Riboflavin	0.190 mg	15 %	
Thiamin	0.160 mg	13 %	
Vitamin A	0.00 IU	0 %	

<b>Carbohydrates</b>			
Nutrient	Amount	DV	
Carbohydrate	12.68 g	5 %	
Fiber	5.4 g	19 %	
Sugars	4.89 g		

<b>Fats and Fatty Acids</b>			

Vitamin A, RAE	0.00 mcg	
Carotene, alpha	0.00 mcg	
Carotene, beta	0.00 mcg	
Cryptoxanthin, beta	0.00 mcg	
Lutein + zeaxanthin	0.00 mcg	
Lycopene	0.00 mcg	
Vitamin B12	0.00 mcg	0 %
Vitamin B12, added	0.00 mcg	
Vitamin B6	0.130 mg	10 %
Vitamin C	13.0 mg	14 %
Vitamin D	0.00 mcg	0 %
Vitamin E (alpha-tocopherol)	0.01 mg	0 %
Vitamin E, added	0.00 mg	
Vitamin K	23.1 mcg	19 %

**Fatty acids by type**

Nutrient	Amount	DV
<b>Fat</b>	11.00 g	14 %
<b>Saturated fatty acids</b>	1.591 g	8 %
Butanoic acid	0.000 g	
Decanoic acid	0.000 g	
Dodecanoic acid	0.000 g	
Hexadecanoic acid	1.168 g	
Hexanoic acid	0.000 g	
Octadecanoic acid	0.393 g	
Octanoic acid	0.000 g	
Tetradecanoic acid	0.031 g	
<b>Monounsaturated fatty acids</b>	2.430 g	
Docosenoic acid	0.000 g	
Eicosenoic acid	0.000 g	
Hexadecenoic acid	0.031 g	
Octadecenoic acid	2.399 g	
<b>Polyunsaturated fatty acids</b>	6.210 g	
Eicosatetraenoic acid	0.000 g	
Octadecadienoic acid	5.476 g	
Octadecatetraenoic acid	0.000 g	
Octadecatrienoic acid	0.734 g	
<b>Fatty acids, total trans</b>	0.000 g	

Minerals		
Nutrient	Amount	DV
Calcium, Ca	217.00 mg	17 %
Copper, Cu	0.667 mg	74 %
Iron, Fe	8.60 mg	48 %
Magnesium, Mg	115.00 mg	29 %
Manganese, Mn	1.528 mg	66 %
Phosphorus, P	174.00 mg	25 %
Potassium, K	729.00 mg	16 %
Selenium, Se	8.8 mcg	16 %
Sodium, Na	7.00 mg	0 %
Zinc, Zn	3.03 mg	28 %

Sterols		
Nutrient	Amount	DV
Cholesterol	0.00 mg	0 %

Proteins and Aminoacids		
Nutrient	Amount	DV
Protein	19.40 g	39 %
Alanine	0.798 g	
Arginine	0.909 g	
Aspartic acid	1.956 g	
Cystine	0.220 g	
Glutamic acid	3.337 g	
Glycine	0.646 g	
Histidine	0.512 g	73 %
Isoleucine	0.931 g	67 %
Leucine	1.509 g	55 %
Lysine	1.145 g	55 %
Methionine	0.208 g	
Phenylalanine	0.941 g	
Proline	1.403 g	
Serine	1.121 g	

Other	
Nutrient	Amount DV
Alcohol, ethyl	0.0 g
Ash	1.90 g
Caffeine	0.00 mg
Docosahexaenoic n-3 acid (DHA)	0.00 g
Docosapentaenoic n-3 acid (DPA)	0.00 g
Eicosapentaenoic n-3 acid (EPA)	0.00 g
Theobromine	0.00 mg
Tocopherol, alpha	0.01 mg
Vitamin D (D2 + D3), International Units	0.00 IU
Water	55.02 g

<a href="#">Threonine</a>	0.813 g	77 %
<a href="#">Tryptophan</a>	0.223 g	80 %
<a href="#">Tyrosine</a>	0.556 g	
<a href="#">Valine</a>	1.018 g	56 %
<a href="#">Phenylalanine + Tyrosine</a>	1.497 g	86 %
<a href="#">Methionine + Cysteine</a>	0.208 g	20 %

Nutrition facts for Natto, recommended daily values and analysis. Daily values are based on 2000 calorie diet and 155 lbs (70 kg) body weight ([change](#)). Actual daily nutrient requirements might be different based on your age, gender, level of physical activity, medical history and other factors. All data displayed on this site is for general informational purposes only and should not be considered a substitute of a doctor's advice. Please consult with your doctor before making any changes to your diet. Nutrition labels presented on this site is for illustration purposes only. Food images may show a similar or a related product and are not meant to be used for food identification. Nutritional value of a cooked product is provided for the given weight of cooked food. Data from USDA National Nutrient Database for Standard Reference.

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