

The Finnsoy 6 Point Difference

The table below illustrates Finnsoy products' uniqueness from the finished products sold in Israel

| Nutrition (100 g) | Terra | | Nuggets brand 2 | Nuggets brand 1 | Tofu patties (breaded) | Reduced fat patties (breaded) |
|-------------------|------------------------|-----------------------------|-----------------|-----------------|------------------------|-------------------------------|
| | Fillets/nuggets/strips | Strips/pieces (in marinade) | | | | |
| | Fried* | | | | | |
| Calories | 187 | 79 | 239 | 195 | 205 | 117 |
| Total protein | 14 | 14 | 15.9 | 16 | 10 | 12 |
| Soy protein | 12 | 13 | 8.7 | 8.8 | 5.5 | 6.6 |
| Carbohydrates | 17 | 5 | 18 | 8 | 19 | 6 |
| Total fat | 8 | 0.3 | 11.5 | 11 | 10 | 4.9 |
| Saturated fat | 0.5 | 0.1 | 1 | 1.1 | 1.1 | 0.55 |
| Trans fat | -0- | -0- | | | | |
| Cholesterol | 0 | 0 | 0 | 0 | 0 | -0- |
| Sodium (mg) | 400 | 600 | 600 | 650 | 500 | 680 |
| Dietary fiber | 2.4 | 5 | 2.1 | 7 | 4 | 7 |
| Iron | 2 | 3 | - | 2 | | 2 |