

# Soy Flour Facts

## Soy Flour

Soy flour is made from roasted soybeans that have been ground into a fine powder. Rich in high-quality protein and other nutrients, soy flour also adds a pleasant texture and flavor to a variety of products. Two kinds of soy flour are available:

- **Natural or full-fat soy flour contains the natural oils found in soybeans.**
- **Defatted soy flour has the oils removed during processing.**

Both kinds of soy flour give a protein boost to recipes; however, defatted soy flour has a higher protein concentration than full-fat soy flour. As with whole grain flours, both defatted and full-fat soy should be stored in the refrigerator or freezer.

## Tips for Using Soy Flour

- **Because it can become packed in its container, stir soy flour before measuring.**
- **Soy flour can be used as is, or it can be lightly toasted first to enhance its nutty flavor. Just cook flour in a dry skillet over moderate heat, stirring occasionally.**
- **Baked products containing soy flour tend to brown more quickly, so it may be necessary to shorten the baking time or to slightly lower the cooking temperature.**

Illinois Soybean Association  
Illinois Soybean Checkoff Board

1605 Commerce Parkway  
Bloomington, IL 61704  
(309) 663-7692

Visit our website at:  
<http://www.ilsoy.org>

## Using Soy Flour

Although soy flour has not yet found its way into many family kitchens, it is used extensively by the food industry. Soy flour turns up in an amazing array of food products, including fudge and other candies, pies, doughnuts, cakes and rolls, pasta, pancake mixes, and frozen desserts. Some meat loaves and other prepared meat products also use soy flour. In your own kitchen, use soy flour to thicken gravies and cream sauces, to make homemade soy milk, or add it to a variety of baked foods. Soy flour gives home-baked a protein boost. It also keeps baked foods from becoming stale. In fried foods, such as doughnuts, soy flour reduces the amount of fat that is absorbed by the dough. In baked foods, it adds a rich color, fine texture, tenderness, and moisture.

Since soy flour is free of gluten, which gives structure to yeast-raised breads, soy flour can't replace all the wheat or rye flour in a bread recipe. However, using approximately 15% soy flour in a recipe produces a dense bread with a nutty flavor and wonderful moist texture. Just place two tablespoons of soy flour in your measuring cup before measuring all-purpose or other flour called for in the recipe.

In baked products that are not yeast-raised, up to ¼ the total amount of flour called for in the recipe can be replaced with soy flour. In recipes developed for soy flour specifically, even higher amounts of soy flour may be called for.

Because it adds moisture to baked foods, soy flour can also be used as an inexpensive, cholesterol-free egg substitute in these foods. Simply replace one egg with one table-spoon of water. Soy flour can also be used to make a quick, homemade soy milk.

## Nutritional Value of Soy Flour

Soy flour is extremely rich in high-quality protein, and it's an excellent source of iron, calcium, and B-vitamins.

Three and one half ounces of soy flour provides:

Full-fat
<b>(Roasted)</b>
Calories – 441
Protein – 34.8g
Fat – 21.9g
Carbohydrates – 33.7g
Fiber – 2.2g
Calcium – 188mg
Iron – 5.8g
Zinc – 3.5g
Thiamin (B1) – 41g
Riboflavin – 94g
Niacin – 3.29g

  

Defatted
Calories – 329
Protein – 47g
Fat – 1.2g
Carbohydrates – 38.4g
Fiber – 4.3g
Calcium – 241mg
Iron – 9.2g
Zinc – 2.4g
Thiamin (B1) – 7g
Riboflavin – 25g
Niacin – 2.61g

Source: *Composition of Foods: Legume and Legume Products. United States Department of Agriculture, Human Nutrition Information Service, Agriculture Handbook, Number 8-16. Revised December 1986.*