Flavonoids are antioxidant compounds associated with prevention of cancer, atherosclerosis and osteoporosis. Flavones protect cellular compounds of reactive oxygen species. Studies recommend daily intake 90 mg of isoflavones. In 100 g of soybean grains there are 110 g of total isoflavones. Fresh parsley has more than 50 mg of flavones in 100 g. The aims of this work were establish a salty mousse formulated with soybean, shiitake and parsley and determine, by calculations based on literature data, the nutritive value of this preparation. The mousse was prepared by an undergraduate student in her home. The soybean grains, fresh shiitake and parsley were sanitized. All the ingredients were weighed in precision balance, blended and chilled. The preparation was submitted to microbiological analyses, which showed that it was safe for consumption. The results showed that a portion of 100 g of this mousse provides 215 kcal. This preparation was considered source of magnesium, phosphorus, B1 vitamin and folic acid, whose contents were 60 mg, 192 mg, 0.18 mg and 77 µg; and rich in proteins, B2 vitamin, D vitamin and total fibers with levels of 12.42 g, 6.3 µg and 31 mg in 100 g. The authoress concluded that this preparation is safe and nutritious enough to be sensorially evaluated by the elderly who participate in the Program called Healthy food and sensory evaluation of soybean preparations by healthy and non-healthy communities, contemplated by the Brazilian Ministry of Education, Edict n. 4 of Extension Program ProExt 2011 – MEC SESu.