



VITESSENCE® Pulse I550 Protein 37403E00

These values are typical and do not represent a product specification.

Typical Nutritional Data

Calories, kcal/100g	322	Amino Acids	% hydrolysable
Calories from Fat, kcal	7		AA
Moisture, %	6.2	Histidine, %	1.2
Protein, %	53.2	Isoleucine, %	1.9
Total Carbohydrates, %	30.8	Leucine, %	3.5
Dietary Fiber*, %	14.8	Lysine, %	3.8
Insoluble Fiber, %	13.9	Methionine, %	0.4
Soluble Fiber, %	0.9	Cysteine, %	0.5
Sugars, %	3.2	Phenylalanine, %	2.4
Sucrose, %	3.0	Tyrosine, %	1.5
Glucose, Lactose, %each	<0.1	Threonine, %	1.7
Maltose, %	0.2	Tryptophan, %	0.5
Fructose, %	<0.1	Valine, %	2.2
Other Carbohydrates, %	12.8	Glycine, %	1.7
Total Fat, %	4.8	Arginine, %	4.6
Saturated Fat, %	0.80	Proline, %	1.9
Trans Fat, %	0	Aspartic acid, %	5.2
Monounsaturated Fat, %	1.09	Glutamic acid, %	7.8
Polyunsaturated Fat, %	2.68	Alanine, %	1.9
Cholesterol, mg/100g	0	Serine, %	2.2
Ash, %	5.0	Non-protein Nitrogen content, %	5.1
Minerals		PDCAAS	0.60
Sodium, mg/100g	10.2	(based on Joint FAO/WHO/UNU, Rome	
Potassium, mg/100g	920	1991 protein quality evaluation)	
Calcium, mg/100g	80.5	Magnesium, mg/100g	241
Iron, mg/100g	6.0	Zinc, mg/100g	6.3
		Phosphorus, mg/100g	795
		Copper, mg/100g	1.5
		Manganese, mg/100g	2.2
Vitamins		Vitamin C, mg/100g	0
Vitamin A, mcg RAE	1.2	Folates (may include folic acid), mcg	32
Thiamin (B1), mg/100g	1.8	Pantothenic acid, mg/100g	0.8
Riboflavin (B2), mg/100g	0.3	Cyanocobalamin (B12), mcg	0
Niacin (B3), mg/100g	4.5	Vitamin E, mg/100g	0
Pyridoxine (B6), mg/100g	0.6		
Vitamin D mcg/100g	0		

*The dietary fiber was measured using AOAC 991.43 method. When using the AOAC 2011.25, the relevant values are:

- Dietary fiber: 24.3
- Soluble fiber: 9.4
- Insoluble fiber: 14.9
- Other carbohydrate: 3.3
- Calories: 301

Effective Date: January 31, 2022

Next Review Date: January 31, 2025

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