



Ingredion™

nutritional information

VITESSENCE® Prista PI55 Protein 70000518

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

Typical Nutritional Data

Calories, kcal/100g	319	Amino Acids	% hydrolysable
Calories from Fat, kcal	37		AA
Moisture, %	5.3	Arginine, %	4.3
Protein, %	53.7	Histidine, %	1.2
Total Carbohydrates, %	31.8	Isoleucine, %	2.0
Dietary Fiber, %	17.4	Leucine, %	3.5
Insoluble Fiber, %	12.4	Lysine, %	3.6
Soluble Fiber, %	5.0	Methionine, %	0.5
Sugars, %	2.6	Phenylalanine, %	2.4
Sucrose, %	2.6	Threonine, %	1.7
Glucose, %	0	Valine, %	2.2
Lactose, %	0	Alanine, %	1.8
Maltose, %	0	Aspartic acid, %	5.3
Fructose, %	0	Cysteine, %	0.5
Other Carbohydrates, %	11.8	Glutamic acid, %	7.9
Total Fat, %	4.1	Glycine, %	1.7
Saturated Fat, %	0	Serine, %	2.2
Trans Fat, %	0.70	Tryptophan, %	0.5
Cholesterol, mg/100g	0	Tyrosine, %	1.6
Ash, %	5.1	Proline, %	1.9
Minerals		Non-protein Nitrogen content, %	3.6
Potassium, mg/100g	1920	PDCAAS	TBD
Sodium, mg/100g	21.2	(based on Joint FAO/WHO/UNU, Rome	
Calcium, mg/100g	78.5	1991 protein quality evaluation)	
Magnesium, mg/100g	293	Zinc, mg/100g	6.5
Iron, mg/100g	5.9	Phosphorus, mg/100g	759
Vitamins		Copper, mg/100g	1.5
Vitamin A, mcg RAE	0.0	Manganese, mg/100g	2.4
Thiamin (B1), mg/100g	2.4	Vitamin C, mg/100g	0.8
Riboflavin (B2), mg/100g	0.4	Folates (may include folic acid), mcg	25.4
Niacin (B3), mg/100g	5.6	Pantothenic acid, mg/100g	1.0
Pyridoxine (B6), mg/100g	0.6	Cyanocobalamin (B12), mcg	0
Vitamin D mcg/100g	0	Vitamin E, mg/100g	0

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Next Review Date: December 2, 2024

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