



Ingredion™

nutritional information

VITESSENCE® TEX Crumbles I02 70000339

VITESSENCE® TEX Crumbles I02 textured protein is a plant-based protein crumble produced through extrusion.

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

Typical Nutritional Data

Calories, kcal/100g	388	Amino Acids	% hydrolysable
Calories from Fat, kcal	52	Arginine, %	AA
Moisture, %	5.5	Histidine, %	4.9
Protein, %	64.0	Isoleucine, %	1.4
Total Carbohydrates, %	20.0	Leucine, %	2.5
Dietary Fiber, %	12.3	Lysine, %	4.4
Insoluble Fiber, %	10.4	Methionine, %	4.1
Soluble Fiber, %	1.9	Phenylalanine, %	0.5
Sugars, %	1.7	Threonine, %	3.0
Sucrose, %	1.0	Valine, %	2.0
Glucose, %	<0.1	Alanine, %	2.7
Lactose, %	<0.1	Aspartic acid, %	2.2
Maltose, %	<0.1	Cysteine, %	6.3
Fructose, %	<0.1	Glutamic acid, %	0.5
Other Carbohydrates, %	6.0	Glycine, %	9.4
Total Fat, %	5.8	Serine, %	2.0
Saturated Fat, %	1.12	Tryptophan, %	2.6
Trans Fat, %	0.03	Tyrosine, %	0.6
Cholesterol, mg/100g	0	Proline, %	1.9
Ash, %	4.7	Non-protein Nitrogen content, %	2.3
Minerals		PDCAAS	ND
Potassium, mg/100g	1250	(based on Joint FAO/WHO/UNU, Rome	TBD
Sodium, mg/100g	541	1991 protein quality evaluation)	
Calcium, mg/100g	116	Copper, mg/100g	1.2
Magnesium, mg/100g	173	Manganese, mg/100g	2.2
Iron, mg/100g	12.8		
Zinc, mg/100g	7.4		
Phosphorus, mg/100g	753		
Vitamins			
Vitamin A, IU/100g	<0.1	Vitamin C, mg/100g	<0.5
Thiamin (B1), mg/100g	0.6	Folates (may include folic acid), mcg	30
Riboflavin (B2), mg/100g	0.3	Pantothenic acid, mg/100g	2.8
Niacin (B3), mg/100g	4.5	Cyanocobalamin (B12), mcg	0.4
Pyridoxine (B6), mg/100g	0.3	Vitamin E, mg/100g	<0.1
Vitamin D mcg/100g	0		

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Next Review Date: May 26, 2024

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