

HEMOCRAFT® Pulse 1103 Flour 37103E00

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

Typical Nutritional Data

Calories, kcal/100g	347	Amino Acids	% hydrolysable
Calories from Fat, kcal	2		AA
Moisture, %	7.7	Arginine, %	1.0
Protein, %	13.5	Histidine, %	0.3
Total Carbohydrates, %	75.9	Isoleucine, %	0.5
Dietary Fiber*, %	6.1	Leucine, %	0.8
Insoluble Fiber, %	4.5	Lysine, %	0.9
Soluble Fiber, %	1.6	Methionine, %	0.1
Sugars, %	2.3	Phenylalanine, %	0.5
Sucrose, %	2.0	Threonine, %	0.4
Glucose, Lactose, %each	<0.1	Valine, %	0.5
Maltose, %	0.3	Alanine, %	0.5
Other Carbohydrates, %	67.5	Aspartic acid, %	1.3
Total Fat, %	1.2	Cysteine, %	0.2
Saturated Fat, %	0.20	Glutamic acid, %	2.0
Trans Fat, %	0	Glycine, %	0.5
Monounsaturated Fat, %	0.27	Serine, %	0.5
Polyunsaturated Fat, %	0.67	Tryptophan, %	0.1
Cholesterol, mg/100g	0	Tyrosine, %	0.3
Ash, %	1.7	Proline, %	0.4
Minerals		Non-protein Nitrogen content, %	1.9
Potassium, mg/100g	686	Zinc, mg/100g	1.5
Sodium, mg/100g	3.6	Phosphorus, mg/100g	218
Calcium, mg/100g	22	Copper, mg/100g	<1.0
Magnesium, mg/100g	59	Manganese, mg/100g	<1.0
Iron, mg/100g	4.2		
Vitamins			
Vitamin A, mcg RAE	0.4	Vitamin C, mg/100g	0
Thiamin (B1), mg/100g	0.5	Folates (may include folic acid), mcg	28
Riboflavin (B2), mg/100g	0.1	Pantothenic acid, mg/100g	1.2
Niacin (B3), mg/100g	3.2	Cyanocobalamin (B12), mcg	0.5
Pyridoxine (B6), mg/100g	0.2	Vitamin E, mg/100g	0
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: 17.4
- Soluble fiber: 7.1
- Insoluble fiber: 10.3
- Other carbohydrate: 56.2
- Calories: 313

Effective Date: January 31, 2022

Next Review Date: January 31, 2025

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5 Westbrook Corporate Ctr. 1600 – 90 Burnhamthorpe Rd., West
 Westchester, Illinois 60154 Mississauga, Ontario L5B 0H9
 U.S.A. Canada
 708.551.2600 905.281.7950

www.ingredion.us