

Homecraft® Pulse 2103 37103F00

Homecraft® Pulse 2103 Flour is lentil flour which is the mechanically milled and processed portion of the dehulled split lentil cotyledons of sound, healthy, dry, and clean lentils (*Lens culinaris*).

Nutritional information for Homecraft® Pulse 2103 is given below. These values are typical and do not represent a product specification.

Typical Nutritional Data

Calories*, kcal/100g	347	Amino Acids	/100g product	/100g total amino acids
Calories from Fat, kcal	20	Arginine, %	1.0	8.4
Moisture, %	10	Histidine, %	0.3	2.5
Protein, %	13	Isoleucine, %	0.6	9.0
Total Carbohydrates, %	74	Leucine, %	1.0	8.4
Dietary Fiber, %	4.0	Lysine, %	0.9	7.6
Sugars, %	2.3	Methionine, %	0.1	0.8
Sucrose, %	1.5	Phenylalanine, %	0.7	5.9
Glucose, %	0.2	Threonine, %	0.5	4.2
Lactose, %	0.2	Valine, %	0.7	5.9
Maltose, %	0.2	Alanine, %	0.6	5.0
Fructose, %	0.2	Asparagine, %	1.6	13.5
Other Carbohydrates, %	68	Cysteine, %	0.1	0.8
Total Fat, %	2.0	Glutamine, %	2.2	18.6
Saturated Fat, %	0.3	Glycine, %	0.6	5.0
Trans Fat, %	0	Serine, %	0.5	4.2
Cholesterol, mg/100g	0	Tryptophan, %	0.1	0.8
Ash, %	1.7	Tyrosine, %	0.4	3.4
Potassium, mg/100g	1215	Non-protein Nitrogen	0.9	Not applicable
Sodium, mg/100g	9.0	Content, %		
Calcium, mg/100g	27			
Magnesium, mg/100g	99			
Iron, mg/100g	4.5			
Zinc, mg/100g	1.8			
Vitamins, %				
Vitamin A, IU/100g	72			
Thiamine (B1), mg/100g	0.5			
Riboflavin, mg/100g	0.9			
Niacin (B3), IU/100g	9.5			
Pyridoxine, mg/100g	0.5			
Vitamin C, IU/100g	1.8			

*Calculated calories were based on 0 kcal/g from insoluble dietary fiber

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Next Review Date: April 9, 2021

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