



HEMOCRAFT® Pulse 3101 Flour 37102G00

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

Typical Nutritional Data

Calories, kcal/100g	339	Amino Acids	% hydrolysable
Calories from Fat, kcal	17		AA
Moisture, %	9.8	Histidine, %	0.5
Protein, %	24.4	Isoleucine, %	0.9
Total Carbohydrates, %	61.2	Leucine, %	1.5
Dietary Fiber*, %	5.1	Lysine, %	1.5
Insoluble Fiber, %	5.1	Methionine, %	0.2
Soluble Fiber, %	0	Cysteine, %	0.3
Sugars, %	1.8	Phenylalanine, %	0.9
Sucrose, %	1.8	Tyrosine, %	0.6
Glucose, Lactose, %each	<0.1	Threonine, %	0.7
Maltose, %	<0.1	Tryptophan, %	0.2
Fructose, %	<0.1	Valine, %	1.0
Other Carbohydrates, %	54.3	Glycine, %	0.8
Total Fat, %	1.9	Arginine, %	1.9
Saturated Fat, %	0.3	Proline, %	0.9
Trans Fat, %	0	Aspartic acid, %	2.3
Monounsaturated Fat, %		Glutamic acid, %	3.6
Polyunsaturated Fat, %		Alanine, %	0.8
Cholesterol, mg/100g	0	Serine, %	1.0
Ash, %	2.8	Non-protein Nitrogen content, %	2.6
Minerals			
Sodium, mg/100g	3	Magnesium, mg/100g	99
Potassium, mg/100g	1170	Zinc, mg/100g	5.0
Calcium, mg/100g	51	Phosphorus, mg/100g	357
Iron, mg/100g	5.2	Copper, mg/100g	<1.0
		Manganese, mg/100g	1.4
Vitamins			
Vitamin A, mcg RAE	0.9	Vitamin C, mg/100g	0
Thiamin (B1), mg/100g	0.4	Folates (may include folic acid), mcg	215
Riboflavin (B2), mg/100g	1.9	Pantothenic acid, mg/100g	0.6
Niacin (B3), mg/100g	2.5	Cyanocobalamin (B12), mcg	<0.1
Pyridoxine (B6), mg/100g	0.3	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: 19.6

Soluble fiber: 5.9

Insoluble fiber: 13.7

Other carbohydrate: 39.8

Calories: 292

Effective Date: January 31, 2022

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