



HEMOCRAFT® Pulse 3103 Flour 37103G00

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

Typical Nutritional Data

Calories, kcal/100g	342	Amino Acids	% hydrolysable
Calories from Fat, kcal	10		AA
Moisture, %	9.4	Histidine, %	0.3
Protein, %	12.7	Isoleucine, %	0.4
Total Carbohydrates, %	75.1	Leucine, %	0.8
Dietary Fiber*, %	5.6	Lysine, %	0.8
Insoluble Fiber, %	3.7	Methionine, %	0.1
Soluble Fiber, %	1.9	Cysteine, %	0.2
Sugars, %	1.9	Phenylalanine, %	0.5
Sucrose, %	1.9	Tyrosine, %	0.3
Glucose, Lactose, %each	<0.1	Threonine, %	0.4
Maltose, %	<0.1	Tryptophan, %	0.11
Fructose, %	<0.1	Valine, %	0.5
Other Carbohydrates, %	67.6	Glycine, %	0.4
Total Fat, %	1.1	Arginine, %	0.9
Saturated Fat, %	0.20	Proline, %	0.4
Trans Fat, %	0	Aspartic acid, %	1.3
Monounsaturated Fat, %	0.24	Glutamic acid, %	1.9
Polyunsaturated Fat, %	0.57	Alanine, %	0.4
Cholesterol, mg/100g	0	Serine, %	0.5
Ash, %	1.7	Non-protein Nitrogen content, %	1.8
Minerals			
Sodium, mg/100g	<3	Magnesium, mg/100g	51
Potassium, mg/100g	785	Zinc, mg/100g	2.8
Calcium, mg/100g	26	Phosphorus, mg/100g	217
Iron, mg/100g	4.6	Copper, mg/100g	<1.0
		Manganese, mg/100g	<1.0
Vitamins			
Vitamin A, mcg RAE	0.3	Vitamin C, mg/100g	0
Thiamin (B1), mg/100g	0.3	Folates (may include folic acid), mcg	126
Riboflavin (B2), mg/100g	1.1	Pantothenic acid, mg/100g	0.5
Niacin (B3), mg/100g	2.9	Cyanocobalamin (B12), mcg	0.2
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: 21.8

Soluble fiber: 7.2

Insoluble fiber: 14.6

Other carbohydrate: 51.4

Calories: 288

Effective Date: April 12, 2022

Next Review Date: April 12, 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