



## HEMOCRAFT® Pulse 4101 Flour 37102H00

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

### Typical Nutritional Data

Calories, kcal/100g	361	Amino Acids	% hydrolysable
Calories from Fat, kcal	59		AA
Moisture, %	8.2	Histidine, %	0.6
Protein, %	26.4	Isoleucine, %	1.0
Total Carbohydrates, %	56.3	Leucine, %	1.7
Dietary Fiber*, %	6.5	Lysine, %	1.6
Insoluble Fiber, %	6.5	Methionine, %	0.3
Soluble Fiber, %	<0.2	Cysteine, %	0.3
Sugars, %	1.8	Phenylalanine, %	1.4
Sucrose, %	1.5	Tyrosine, %	0.6
Glucose, Lactose, %each	<0.1	Threonine, %	0.7
Maltose, %	<0.1	Tryptophan, %	0.3
Fructose, %	0.3	Valine, %	1.0
Other Carbohydrates, %	48.0	Glycine, %	0.8
Total Fat, %	6.5	Arginine, %	2.5
Saturated Fat, %	0.76	Proline, %	0.9
Trans Fat, %	0	Aspartic acid, %	2.7
Monounsaturated Fat, %	1.61	Glutamic acid, %	3.9
Polyunsaturated Fat, %	3.86	Alanine, %	0.9
Cholesterol, mg/100g	0	Serine, %	1.1
Ash, %	2.5	Non-protein Nitrogen content, %	2.8
Minerals			
Sodium, mg/100g	6	Magnesium, mg/100g	119
Potassium, mg/100g	1060	Zinc, mg/100g	2.5
Calcium, mg/100g	41	Phosphorus, mg/100g	361
Iron, mg/100g	4.4	Copper, mg/100g	<1.0
		Manganese, mg/100g	1.3
Vitamins			
Vitamin A, mcg RAE	1.5	Vitamin C, mg/100g	<0.5
Thiamin (B1), mg/100g	0.7	Folates (may include folic acid), mcg	320
Riboflavin (B2), mg/100g	0.1	Pantothenic acid, mg/100g	1.0
Niacin (B3), mg/100g	1.8	Cyanocobalamin (B12), mcg	<0.1
Pyridoxine (B6), mg/100g	0.5	Vitamin E, mg/100g	1.6
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: 18.7

Soluble fiber: 11.7

Insoluble fiber: 7.0

Other carbohydrate: 35.8

Calories: 338

Effective Date: January 31, 2022

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