



VITESSENCE® Prista PI55 Protein 70000518

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

Typical Nutritional Data

Calories, kcal/100g	319	Amino Acids	% hydrolysable
Calories from Fat, kcal	37		AA
Moisture, %	5.3	Arginine, %	4.3
Protein, %	53.7	Histidine, %	1.2
		Isoleucine, %	2.0
Total Carbohydrates, %	31.8	Leucine, %	3.5
*Dietary Fiber, %	17.4	Lysine, %	3.6
Insoluble Fiber, %	12.4	Methionine, %	0.5
Soluble Fiber, %	5.0	Phenylalanine, %	2.4
Sugars, %	2.6	Threonine, %	1.7
Sucrose, %	2.6	Valine, %	2.2
Glucose, Lactose, %each	0	Alanine, %	1.8
Maltose, %	0	Aspartic acid, %	5.3
Fructose, %	0	Cysteine, %	0.5
Other Carbohydrates, %	11.8	Glutamic acid, %	7.9
		Glycine, %	1.7
Total Fat, %	4.1	Serine, %	2.2
Saturated Fat, %	0.74	Tryptophan, %	0.5
Trans Fat, %	0	Tyrosine, %	1.6
Monounsaturated Fat, %	0.98	Proline, %	1.9
Polyunsaturated Fat, %	2.24	Non-protein Nitrogen content, %	3.6
Cholesterol, mg/100g	0	PDCAAS	TBD
		(based on Joint FAO/WHO/UNU, Rome	
Ash, %	5.1	1991 protein quality evaluation)	
Minerals			
Sodium, mg/100g	21	Magnesium, mg/100g	293
Potassium, mg/100g	1920	Zinc, mg/100g	6.5
Calcium, mg/100g	78.5	Phosphorus, mg/100g	759
Iron, mg/100g	5.9	Copper, mg/100g	1.5
		Manganese, mg/100g	2.4
Vitamins			
Vitamin A, mcg RAE	0.0	Vitamin C, mg/100g	0.8
Thiamin (B1), mg/100g	2.4	Folates (may include folic acid), mcg	25.4
Riboflavin (B2), mg/100g	0.4	Pantothenic acid, mg/100g	1.0
Niacin (B3), mg/100g	5.6	Cyanocobalamin (B12), mcg	0
Pyridoxine (B6), mg/100g	0.6	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: 28.7

Soluble fiber: 14.7

Insoluble fiber: 14.0

Other carbohydrate: 0.5

Calories: 294

Effective Date: March 18, 2022

Next Review Date: March 18, 2025

The information described above is offered solely for your consideration, investigation, and independent verification. It is up to you to decide whether and how to use this information. Ingredion Incorporated and the Ingredion group of companies make no warranty about the accuracy or completeness of the information contained above or the suitability of any of their products for your specific intended use. Furthermore, all express or implied warranties of noninfringement, merchantability, or fitness for a particular purpose are hereby disclaimed. Ingredion Incorporated and the Ingredion group of companies assume no responsibility for any liability or damages arising out of or relating to any of the foregoing.

The INGREDION mark and logo are trademarks of the Ingredion group of companies. All rights reserved. All contents copyright © 2022.

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