



Ingredion™

## VITESSENCE® Pulse 1853 Pea Protein 70001067

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

### Typical Nutritional Data

|                          |      |                                       |                |
|--------------------------|------|---------------------------------------|----------------|
| Calories, kcal/100g      | 396  | Amino Acids                           | % hydrolysable |
| Calories from Fat, kcal  | 68   |                                       | AA             |
| Moisture, %              | 3.8  | Arginine, %                           | 6.4            |
| Protein, %               | 81.7 | Histidine, %                          | 1.8            |
| Total Carbohydrates, %   | 2.9  | Isoleucine, %                         | 3.4            |
| Dietary Fiber, %         | 2.6  | Leucine, %                            | 6.0            |
| Insoluble Fiber, %       | 2.6  | Lysine, %                             | 5.5            |
| Soluble Fiber, %         | 0    | Methionine, %                         | 0.7            |
| Sugars, %                | 0.3  | Phenylalanine, %                      | 4.0            |
| Sucrose, %               | 0.3  | Threonine, %                          | 2.6            |
| Glucose, %               | <0.1 | Valine, %                             | 3.6            |
| Lactose, %               | <0.1 | Alanine, %                            | 2.9            |
| Maltose, %               | <0.1 | Aspartic acid, %                      | 8.4            |
| Fructose, %              | <0.1 | Cysteine, %                           | 0.7            |
| Other Carbohydrates, %   | 0    | Glutamic acid, %                      | 12.5           |
| Total Fat, %             | 7.5  | Glycine, %                            | 2.6            |
| Saturated Fat, %         | 1.70 | Serine, %                             | 2.2            |
| Trans Fat, %             | 0.04 | Tryptophan, %                         | 0.8            |
| Monounsaturated Fat, %   | 2.60 | Tyrosine, %                           | 2.8            |
| Polyunsaturated Fat, %   | 3.14 | Proline, %                            | 3.1            |
| Cholesterol, mg/100g     | 0    | Non-protein Nitrogen content, %       | 1.8            |
| Ash, %                   | 4.1  |                                       |                |
| Minerals                 |      |                                       |                |
| Potassium, mg/100g       | 337  | Magnesium, mg/100g                    | 61             |
| Sodium, mg/100g          | 800  | Phosphorus, mg/100g                   | 1020           |
| Calcium, mg/100g         | 33   | Copper, mg/100g                       | 1.3            |
| Iron, mg/100g            | 16.3 | Manganese, mg/100g                    | <1.0           |
| Zinc, mg/100g            | 8.0  |                                       |                |
| Vitamins                 |      |                                       |                |
| Vitamin A, mcg RAE/100g  | 0.0  | Vitamin C, mg/100g                    | <0.5           |
| Thiamin (B1), mg/100g    | 0.3  | Folates (may include folic acid), mcg | 56             |
| Riboflavin (B2), mg/100g | 0.2  | Pantothenic acid, mg/100g             | 0.4            |
| Niacin (B3), mg/100g     | 1.2  | Cyanocobalamin (B12), mcg             | 1              |
| Pyridoxine (B6), mg/100g | 0.1  | Vitamin E, mg/100g                    | <0.1           |
| Vitamin D mcg/100g       | 0    |                                       |                |

Effective Date: March 28, 2023

Next Review Date: March 28, 2026

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