



## VITESSENCE® Pulse 3600 Protein 37403G00

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

### Typical Nutritional Data

Calories, kcal/100g	316	Amino Acids	% hydrolysable
Calories from Fat, kcal	40		AA
Moisture, %	7.9	Histidine, %	1.3
Protein, %	56.1	Isoleucine, %	2.1
Total Carbohydrates, %	25.8	Leucine, %	3.7
Dietary Fiber*, %	13.4	Lysine, %	3.5
Insoluble Fiber, %	12.7	Methionine, %	0.4
Soluble Fiber, %	0.7	Cysteine, %	0.5
Sugars, %	1.9	Phenylalanine, %	2.3
Sucrose, %	1.9	Tyrosine, %	1.6
Glucose, Lactose, %each	<0.1	Threonine, %	1.7
Maltose, %	<0.1	Tryptophan, %	0.5
Fructose, %	<0.1	Valine, %	2.2
Other Carbohydrates, %	10.5	Glycine, %	1.8
Total Fat, %	4.5	Arginine, %	4.6
Saturated Fat, %	0.81	Proline, %	2.0
Trans Fat, %	0	Aspartic acid, %	5.3
Monounsaturated Fat, %	1.02	Glutamic acid, %	8.1
Polyunsaturated Fat, %	2.44	Alanine, %	1.8
Cholesterol, mg/100g	0	Serine, %	2.3
Ash, %	5.7	Non-protein Nitrogen content, %	5.4
Minerals		PDCAAS	0.52
Sodium, mg/100g	6	(based on Joint FAO/WHO/UNU, Rome	
Potassium, mg/100g	2140	1991 protein quality evaluation)	
Calcium, mg/100g	119		
Iron, mg/100g	6.5	Magnesium, mg/100g	245
		Zinc, mg/100g	10.9
		Phosphorus, mg/100g	833
		Copper, mg/100g	1.1
		Manganese, mg/100g	3.0
Vitamins			
Vitamin A, mcg RAE	1.8	Vitamin C, mg/100g	0
Thiamin (B1), mg/100g	1.1	Folates (may include folic acid), mcg	245
Riboflavin (B2), mg/100g	3.1	Pantothenic acid, mg/100g	0.4
Niacin (B3), mg/100g	4.5	Cyanocobalamin (B12), mcg	<0.1
Pyridoxine (B6), mg/100g	0.7	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: 22.3

Soluble fiber: 8.6

Insoluble fiber: 13.7

Other carbohydrate: 1.6

Calories: 296

Effective Date: September 20, 2022

Next Review Date: September 20, 2025

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