

HEMOCRAFT® Pulse 5101 Flour 37102F01

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

Typical Nutritional Data

Calories, kcal/100g	333	Amino Acids	% hydrolysable
Calories from Fat, kcal	16		AA
Moisture, %	9.7	Histidine, %	0.6
Protein, %	23.7	Isoleucine, %	0.9
Total Carbohydrates, %	62.6	Leucine, %	1.5
Dietary Fiber*, %	6.9	Lysine, %	1.4
Insoluble Fiber, %	4.8	Methionine, %	0.2
Soluble Fiber, %	2.1	Cysteine, %	0.2
Sugars, %	1.6	Phenylalanine, %	1.0
Sucrose, %	1.6	Tyrosine, %	0.5
Glucose, Lactose, %each	<0.1	Threonine, %	0.8
Maltose, %	<0.1	Tryptophan, %	0.2
Fructose, %	<0.1	Valine, %	1.0
Other Carbohydrates, %	54.1	Glycine, %	0.7
Total Fat, %	1.8	Arginine, %	1.6
Saturated Fat, %	0.27	Proline, %	0.8
Trans Fat, %	0	Aspartic acid, %	2.4
Monounsaturated Fat, %	0.43	Glutamic acid, %	3.3
Polyunsaturated Fat, %	1.01	Alanine, %	0.8
Cholesterol, mg/100g	0	Serine, %	1.0
Ash, %	2.2	Non-protein Nitrogen content, %	2.8
Minerals			
Sodium, mg/100g	<3	Magnesium, mg/100g	73
Potassium, mg/100g	939	Zinc, mg/100g	3.1
Calcium, mg/100g	24	Phosphorus, mg/100g	333
Iron, mg/100g	5.9	Copper, mg/100g	<1.0
		Manganese, mg/100g	<1.0
Vitamins			
Vitamin A, mcg RAE	0	Vitamin C, mg/100g	<0.5
Thiamin (B1), mg/100g	0.6	Folates (may include folic acid), mcg	109
Riboflavin (B2), mg/100g	0.2	Pantothenic acid, mg/100g	0.2
Niacin (B3), mg/100g	1.7	Cyanocobalamin (B12), mcg	0.1
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: 15.2

Soluble fiber: 7.0

Insoluble fiber: 8.2

Other carbohydrate: 45.8

Calories: 314

Effective Date: January 31, 2022

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