



HEMOCRAFT® Pulse 2101 Flour 37102F00

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

Typical Nutritional Data

Calories, kcal/100g	345	Amino Acids	% hydrolysable
Calories from Fat, kcal	17		AA
Moisture, %	8.3	Histidine, %	0.6
Protein, %	24.5	Isoleucine, %	0.9
Total Carbohydrates, %	62.9	Leucine, %	1.5
Dietary Fiber*, %	5.3	Lysine, %	1.6
Insoluble Fiber, %	5.3	Methionine, %	0.2
Soluble Fiber, %	0	Cysteine, %	0.2
Sugars, %	2.2	Phenylalanine, %	1.1
Sucrose, %	1.9	Tyrosine, %	0.6
Glucose, Lactose, %each	<0.1	Threonine, %	0.8
Maltose, %	0.3	Tryptophan, %	0.2
Fructose, %	<0.1	Valine, %	1.0
Other Carbohydrates, %	55.4	Glycine, %	0.8
Total Fat, %	1.9	Arginine, %	1.8
Saturated Fat, %	0.30	Proline, %	0.8
Trans Fat, %	0	Aspartic acid, %	2.4
Monounsaturated Fat, %	0.52	Glutamic acid, %	3.5
Polyunsaturated Fat, %	0.99	Alanine, %	0.8
Cholesterol, mg/100g	0	Serine, %	1.0
Ash, %	2.5	Non-protein Nitrogen content, %	3.0
Minerals			
Sodium, mg/100g	<3	Magnesium, mg/100g	84
Potassium, mg/100g	1010	Zinc, mg/100g	3.5
Calcium, mg/100g	27	Phosphorus, mg/100g	342
Iron, mg/100g	4.9	Copper, mg/100g	<1.0
		Manganese, mg/100g	<1.0
Vitamins			
Vitamin A, mcg RAE	1.0	Vitamin C, mg/100g	0
Thiamin (B1), mg/100g	0.5	Folates (may include folic acid), mcg	119
Riboflavin (B2), mg/100g	0.3	Pantothenic acid, mg/100g	0.9
Niacin (B3), mg/100g	3.2	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: 15.0

Soluble fiber: 7.1

Insoluble fiber: 7.9

Other carbohydrate: 45.7

Calories: 321

Effective Date: January 31, 2022

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