



Ingredion™

VITESSENCE™ Pulse 2550 Protein 37403F00

VITESSENCE™ Pulse 2550 Protein is a lentil protein which is the mechanically milled and processed portion of the de-hulled split lentil cotyledons of sound, healthy, dry, and clean lentils (*Lens culinaris*).

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

Typical Nutritional Data

Calories, kcal/100g	320	Amino Acids	% hydrolysable
Calories from Fat, kcal	38		AA
		Arginine, %	4.0
		Histidine, %	1.2
Moisture, %	6.6	Isoleucine, %	2.3
		Leucine, %	3.9
Protein, %	51.9	Lysine, %	3.7
		Methionine, %	0.4
Total Carbohydrates, %	31.8	Phenylalanine, %	2.7
Dietary Fiber, %	13.7	Threonine, %	1.9
Insoluble Fiber, %	12.7	Valine, %	2.5
Soluble Fiber, %	1	Alanine, %	2.1
Sugars, %	1.8	Aspartic acid, %	5.7
Sucrose, %	1.6	Cysteine, %	0.4
Glucose, %	<0.1	Glutamic acid, %	8.0
Lactose, %	<0.1	Glycine, %	2.0
Maltose, %	<0.1	Serine, %	2.6
Fructose, %	0.125	Tryptophan, %	0.4
Other Carbohydrates, %	16.3	Tyrosine, %	1.5
		Proline, %	2.0
Total Fat, %	4.2	Non-protein Nitrogen content, %	N/D
Saturated Fat, %	0.71		
Trans Fat, %	0		
Cholesterol, mg/100g	N/A		
Ash, %	5.1		
Minerals			
Potassium, mg/100g	1,840	Copper, mg/100g	2
Sodium, mg/100g	<3	Manganese, mg/100g	2.8
Calcium, mg/100g	70		
Magnesium, mg/100g	209		
Iron, mg/100g	8.8		
Zinc, mg/100g	8.2		
Phosphorus, mg/100g	759		
Vitamins			
Vitamin A, IU/100g	0	Pantothenic acid, mg/100g	0.9
Thiamin (B1), mg/100g	0.8	Cyanocobalamin (B12), mcg	<0.1
Riboflavin (B2), mg/100g	0.3	Vitamin E, mg/100g	0.3
Niacin (B3), mg/100g	4.7		
Pyridoxine (B6), mg/100g	1.2		
Vitamin C, mg/100g	<0.5		
Folic acid, mcg	135		

Effective Date: November 27, 2019

Next Review Date: November 27, 2022

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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

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