



Homecraft® Pulse 4101 37102H00

Homecraft® Pulse 4101 Flour is a chickpea flour which is the mechanically milled and processed portion of the dehulled split chickpea cotyledons of sound, healthy, dry, and clean chickpeas (*Cicer arietinum*).

Nutritional information for Homecraft® Pulse 4101 is given below. These values are typical and do not represent a product specification.

Typical Nutritional Data

Calories*, kcal/100g	331	Amino Acids	/100g product
Calories from Fat, kcal	55	Arginine, %	1.3
Moisture, %	13	Histidine, %	0.6
Protein, %	22	Isoleucine, %	1.0
Total Carbohydrates, %	56	Leucine, %	1.1
Dietary Fiber, %	10	Lysine, %	1.4
Sugars, %	3.6	Methionine, %	0.3
Sucrose, %	2.8	Phenylalanine, %	1.0
Glucose, %	0.2	Threonine, %	0.6
Lactose, %	0.2	Valine, %	1.0
Maltose, %	0.2	Alanine, %	0.8
Fructose, %	0.2	Asparagine, %	1.8
Other Carbohydrates, %	43	Cysteine, %	0.2
Total Fat, %	6.4	Glutamine, %	2.7
Saturated Fat, %	1.5	Glycine, %	0.7
Trans Fat, %	0	Serine, %	0.7
Cholesterol, mg/100g	0	Tryptophan, %	0.4
Ash, %	2.7	Tyrosine, %	0.4
Minerals		Non-protein Nitrogen	6.1
Potassium, mg/100g	2550	Content, %	
Sodium, mg/100g	10		
Calcium, mg/100g	74		
Magnesium, mg/100g	78		
Iron, mg/100g	4.4		
Zinc, mg/100g	2.4		
Vitamins,			
Vitamin A, IU/100g	45		
Thiamine (B1), mg/100g	0.9		
Riboflavin, mg/100g	0.8		
Niacin (B3), mg/100g	41		
Pyridoxine, mg/100g	0.4		
Vitamin C, mg/100g	1.8		

*Calculated calories were based on 0 kcal/g from insoluble dietary fiber

Effective Date: April 9, 2018

Next Review Date: April 9, 2021

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