

Chemical composition comparison – processed v raw pulse flours

Sample description	Unit	MUNGBEAN FLOUR			
		Product code: FMO Serving size: 100 g Raw	Product code: FM1 Serving size: 100 g Processed-mild	Product code: FM2 Serving size: 100 g Processed-nutty	Product code: FM3 Serving size: 100 g Processed-heavy
Protein	%w/w	26	28.6	28.2	28.8
Total fat	%w/w	1.5	2.1	1.8	2.2
Saturated fat	%w/w	0.3	0.5	0.4	0.4
Mono-unsaturated fat	%w/w	0.7	0.8	0.7	0.8
Poly-unsaturated fat	%w/w	0.6	0.9	0.7	0.9
Trans fat	%w/w	<0.01	<0.01	<0.01	<0.01
Moisture (air)	%w/w	8.3	1	<0.1	0.1
Dry matter	%w/w	91.7	99	100	99.9
Ash	%w/w	3.3	3.7	3.6	3.6
Manganese (Mn)	mg/kg	10.8	12	12.2	12.1
Phosphorus (P)	mg/kg	4600	5000	5000	5100
Potassium (K)	mg/100g (mmol)	1301 (33.3)	1420 (36.3)	1425 (36.4)	1426 (36.5)
Magnesium (Mg)	mg/100g	126	136	139	138
Iron (Fe)	mg/100g (mmol)	3.7 (<0.1)	5.1 (<0.1)	4.4 (<0.1)	4.9 (<0.1)
Zinc (Zn)	mg/kg	30.7	34.7	33.3	32.4
Sodium (Na)	mg/100g (mmol)	<5 (0.2)	<5 (0.2)	<5 (0.1)	<5 (0.1)
Total sugar (sucrose)	%w/w	3.3	5	2.9	3.1
Dietary fibre (total)	%w/w	5.5	5.7	6.2	6.8
Carbohydrates*	%	55.4	58.9	60.2	58.5
Energy	kJ/100g	1483	1611	1619	1620
Folic acid	µg/100g	60	70	50	70
Total folate	µg/100g	340	320	330	330
Vitamin K1 (Phylloquinone)	µg/100g	18	20	17	15
Vitamin B1 (Thiamin)	µg/100g	460	240	220	240
Vitamin B2 (Riboflavin)	µg/100g	30	30	30	30
Vitamin B3 (Niacin)	µg/100g	2000	2000	2000	2000
Vitamin B6 (Pyridoxine)	µg/100g	300	200	300	300
Vitamin B5 (Pantothenic acid)	µg/100g	500	430	360	420

Sample description	Unit	FABA BEAN FLOUR		CHICKPEA FLOUR		
		Product code: FF0 Serving size: 100 g Raw	Product code: FF1 Serving size: 100 g Processed-mild	Product code: FC0 Serving size: 100 g Raw	Product code: FC1 Serving size: 100 g Processed-mild	Product code: FC2 Serving size: 100 g Processed-nutty
Protein	%w/w	30.5	33.7	24.3	26.4	26.6
Total fat	%w/w	1.6	1.8	4.7	5.2	5.3
Saturated fat	%w/w	0.3	0.3	0.7	0.8	0.8
Mono-unsaturated fat	%w/w	0.5	0.5	1.2	1.4	1.4
Poly-unsaturated fat	%w/w	0.8	0.9	2.8	3.1	3.2
Trans fat	%w/w	<0.01	<0.01	<0.01	<0.01	<0.01
Moisture (air)	%w/w	8.3	1.5	0.8	0.8	1.1
Ash	%w/w	3	3.2	2.9	3.1	3.1
Manganese (Mn)	mg/kg	10	10.5	13.3	14.9	14.8
Phosphorus (P)	mg/kg	472	499	431	479	479
Potassium (K)	mg/100g (mmol)	900	962	818	900	882
Magnesium (Mg)	mg/100g	108	113	108	14.9	118
Iron (Fe)	mg/100g (mmol)	4.9	5	4.2	4.7	4.6
Zinc (Zn)	mg/kg	3.9	3.8	3.1	3.3	3.4
Sodium (Na)	mg/100g (mmol)	7.8	7.9	13	15	14
Total sugar (sucrose)	%w/w	6	5.5	4	3.4	4.1
Dietary fibre (total)	%w/w	8.6	9.5	10.9	11.3	11.2
Carbohydrates*	%	48.1	50.3	48.4	53.2	52.8
Energy	kJ/100g	1463	1569	1498	1637	1636

*Excludes total dietary fibre from the Carbohydrate calculation but includes a 8 kJ/100g contribution from total dietary fibre in the Energy value

