



# Coorow Seeds

CLEAN • SEED • EXPORT • FEED • FOOD

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## LUPIN KERNEL FLOUR

Lupin Flour is manufactured from the kernel of the Australian Sweet Lupin Seed. The flour has many useful functional food properties listed below. It has a shelf life of 12 months.

Lupin Flour has been used as an ingredient in noodles, pasta, cakes, bread, muffins, biscuits, sausages, milk, confectionary and tofu. The colour of the flour is yellow which improves the appearance of noodles and other products without adding artificial colouring.

Lupin Flour is a new, natural food ingredient that can add value to food distributors and manufacturers, where the customers are health conscious. People who are allergic to soy or wheat flour would find this product beneficial.

### Health Benefits

- ♦ Gluten free
- ♦ Low GI
- ♦ High in fibre (28%)
- ♦ High in soluble fibre
- ♦ Very high protein (38% - 42%)
- ♦ High in antioxidants
- ♦ High in phyto-sterols (assists in lowering cholesterol)
- ♦ Less than 1% starch
- ♦ High in minerals
- ♦ Non GMO

### Analytical Data

Energy	1510kJ
Protein	36 - 41%
Fat	6 - 8%
Saturated	1.9%
Omega 3	6%
Fatty acids:	
C16:0 Palmitic acid	12.3%
C18:0 Stearic acid	5.4%
C18:1 Oleic acid	33.2%
C18:2 Linoleic acid	40.1%
C18:3 Linolenic acid	5.1%
Carbohydrates	11%
Sugar total	2.8-5.0 g / 100g
Saccharose	2.8g
Glucose	< 0.1g / 100g
Fructose	< 0.1g / 100g
Lactose	< 0.1g / 100g
Maltose	< 0.1g / 100g
Dietary Fibre (total)	20 - 35%
Moisture	4 - 7%
Ash	4 - 6%
Sodium	30mg / 100g
Cholesterol	0.1mg / 100g
Particle size	75-98% < 150 µm