



# LuPro™ Lupin Ingredients

The Most Nutritious and Only KETO Bean

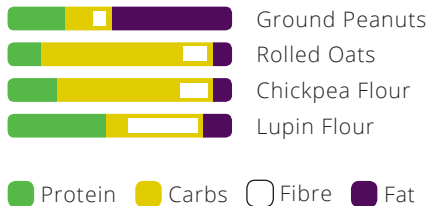


## SPECIFICATION SHEET

Test Name	per 100g
Calories	330
Carbohydrates (g)	39
Sugars (g)	9
<b>Net Carbs (g)</b>	<b>9</b>
<b>Total Dietary Fiber (g)</b>	<b>30</b>
<b>Protein (g)</b>	<b>41</b>
Total Fat (g)	11
Saturated (g)	1.5
Trans (g)	<0.1

PDCAAS # 0.83

## NUTRITIONAL COMPARISON



## LUPIN FLAKES: The Perfect Nutritious Substitute for Oats

- Same functionality as rolled oats
- 3x the Protein, 3x the Fiber of oats
- Extremely Low Glycemic Index = 11



## SUPERFOOD

Clean-Label, Gluten-Free and Non-GMO, Declared as 'Lupin Flour' or 'Lupin Bean Flour'

LuPro™ Sweet Albus Lupin Bean Ingredients have a mild flavor and none of the alkaloids of bitter lupin. LuPro™ can even be consumed without cooking so lupin flakes are great for applications like cold-pressed bars. LuPro™ Lupin Bean Ingredients can boost the nutrition, functionality and flavor of a wide variety of sweet and savoury applications.

## FORMATS

Organic & Conventional – all Non-GMO

- Standard Flour
- Toasted Flour
- Micronized Flour (for Beverages)
- Grits
- Flakes



## NUTRITIOUS

60+ Published Scientific Studies Support Lupin's Health Benefits

- 41% protein, 30% fiber, and very low starch, net carbs and fat
- Lowest Glycemic Index (GI=11) of any common pulse or grain
- Research-proven low glycemic response and blood sugar control
- Non-starch polysaccharides portion of the fibre are prebiotics for bowel health

## FUNCTIONAL

- Vegan binder and plant-based protein source
- Color enhancer: golden yellow
- Water-binding and mouth-feel (partial replacement of eggs and fat)
- Lupin flakes are an easy substitute for rolled oats since they have the same texture, size and shape, but with 3x protein and fiber

## APPLICATIONS

Versatile Functionality in Sweet and Savory Applications

### SWEET

- Bars
- Granola
- RTE Cereal
- Cookies
- Cakes
- Pastry
- Confectionery

### SAVORY

- Bread
- Plant-based Meats
- Breakfast Foods
- Prepared Meals
- Grain Salads
- Batters & Breadings
- Sauces & Soups



## Curious for more information? Ask us for

- Concepts Including Nutritionals Before & After Lupin
- Formula Ideas and Applications Sheets
- Mintel Finished Product Examples from Europe



YOUR PROGRESSIVE SUPPLIER OF INNOVATIVE FUNCTIONAL AND NUTRITIONAL INGREDIENTS

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# Nutrition Bar Experiment!

FEATURING LUPIN FLAKES



Nutritional effect of subbing 50% of OATS for LUPIN FLAKES:

**70%**  
INCREASE IN PROTEIN  
& FIBER!

BEFORE:

Nutrition Facts	
Serving Size: 59 (59g) Servings Per Container: 1	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 8g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

ORIGINAL RECIPE

- 250g rolled Oats
- 80g Brown Rice Syrup
- 60g raisins
- 40g pumpkin seeds
- 30g sunflower seeds
- 25g coconut oil
- 8g moisturlok
- 5g pure vanilla extract
- 2g kosher salt

AFTER:

Nutrition Facts	
Serving Size: 59 (59g) Servings Per Container: 1	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 9g	
<b>Protein</b> 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

NEW RECIPE

- 125g Lupin Flakes
- 125g rolled Oats
- 80g Brown Rice Syrup
- 60g raisins
- 40g pumpkin seeds
- 30g sunflower seeds
- 25g coconut oil
- 8g moisturlok
- 5g pure vanilla extract
- 2g kosher salt

