



GOLDEN BEAN

For 100 gr Golden Bean powder:

Energy 1'560 (KJ) / 372 (Kcal)

Macro Composition

Protein	86%
Lipids	3.5%
Fibres	3%
Carbohydrates	1.5%

Micro Composition

Minerals

Calcium	387 mg
Phosphorus	375 mg
Mangan	5.01 mg
Potassium	64.2 mg
Magnesium	81.0 mg
Iron	2.00 mg
Zinc	5.70 mg
Copper	2.08 mg

Amino Acids

Glutamine	17 g
Asparagine	1.9 g
Leucine	1.8 g
Arginine	5.93 g
Phenylalanine	0.9 g
Lysine	1.3 g
Valine	1.3 g
Isoleucine	0.8 g
Proline	0.9 g
Alanine	2.3 g
Serine	1.0 g
Glycine	1.2 g
Tyrosine	0.8 g
Threonine	1.1 g
Histidine	0.4 g
Cysteine	0.3 g
Methionine	0.5 g
Tryptophan	0.4 g

