

Product Data Sheet

Product Name

Promin Low Protein Scrambled Egg & Omelette Mix

Product Weight

500g

Ingredients

Rice Starch, Maltodextrin, **Baking Powder (Wheat)**, Stabiliser, Salt, Calcium Carbonate, Guar Gum, Xanthan Gum, Egg Flavour, Colour (Curcumin), Titanium Dioxide, Pepper. For allergens, see ingredients in **bold**.

Amino Acid Profile

<u>Amino Acid</u>	<u>G per 100g of dry product</u>
Cysteic Acid	0.000
Hydroxyproline	0.000
Aspartic Acid	0.0313
Threonine	0.0155
Serine	0.0144
Glutamic Acid	0.0782
Proline	0.0278
Glycine	0.0203
Alanine	0.0266
Cystine	0.000
Valine	0.0253
Methionine	0.00715
Isoleucine	0.0195
Leucine	0.0365
Tyrosine	0.0126
Phenylalanine	0.0226
Histidine	0.0161
Tryptophan	0.000
Lysine	0.0238
Arginine	0.0242

	<u>Mg per 100g of prepared product</u>	<u>Mg per prepared serving*</u>
Phenylalanine	9	12
Tyrosine	5	6
Methionine	3	3
Leucine	14	18

*Nutritional information is based on 1 x 50g serving producing **132g** of prepared product

Nutritional Information

	<u>Unit</u>	<u>Per 100g of dry product</u>	<u>Per 100g of prepared product</u>	<u>Per prepared serving*</u>
Energy	kJ	1316	500	658
	Kcal	311	118	156
Fat	g	0.4	0.15	0.2
of which saturates	g	0.17	0.06	0.1
Carbohydrates	g	81.9	31.1	41
of which sugars	g	0.7	0.3	0.3
Fibre	g	11.1	4.2	5.6
Protein	g	0.4	0.1	0.2
Salt	g	4.3	1.6	2.15

<u>Minerals</u>	<u>Unit</u>	<u>Per 100g of dry product</u>	<u>Per 100g of prepared serving</u>	<u>Per prepared serving*</u>
Magnesium	mg	3.4	1.3	1.7
Phosphorus	mg	197	74.6	98.5
Calcium	mg	32.4	12.3	16.2
Potassium	mg	16.3	6.2	8.2
Chloride	g	<0.01	0.004	0.005
Sodium	g	1.7	0.6	0.7

Cooking Instructions

For scrambled egg:

- To each 50g of dry mix, add 100ml of water into a bowl and mix thoroughly,
- Shallow fry and chop for 2-3 minutes.

For omelette:

- To each 50g of dry mix, add 100ml of water into a bowl and mix thoroughly,
- Pour into preheated frying pan with vegetables or LP cheese (optional),
- Fry for 2-3 minutes on each side until brown, then serve.

Additional Information

- Store in a cool dry place. Once opened use within 8 weeks
- Shelf Life – 12 months
- Manufactured in the United Kingdom
- **Important Notice:** Food for special medical purposes, should be used under medical supervision. For use in the dietary management of inherited metabolic disorders, or conditions requiring a low protein diet. Not suitable as a sole source of nutrition. Not for parenteral use. Product not designed or recommended for renal or liver disorders requiring severe protein restriction.