

LipoMill Almond Press Cake and Flour



DE-ÖKO-003

General Information

LipoMill Almond Press Cake is the solid, which remains after carefully pressing almonds to extract the oil. Almonds are classified as a functional food with a balanced protein and dietary fibre content.¹ In addition, almonds are a substantial source of a variety of minerals such as copper, phosphorus, manganese and potassium. These properties make Almond Press Cake a nutritious ingredient for foods.²

Almond Press Cake is an excellent choice for grain-free baked goods. The ratio of protein, fats and dietary fibre contributes to satiety.² **LipoMill Almond Flour** is gluten-free and can be used to fully substitute glutinous types of flour, e.g. wheat flour, in many recipes.

- Ideal as an ingredient in breakfast cereals, protein bars and baked goods
- Protein-rich supplement in shakes and juices
- As a substitute for flour in baked goods and spreads

Nutritional value ³	(g/100 g)
Protein	53.2
Energy	1498 kJ / 357 kcal
Fat	8.8
<i>Saturated fatty acids</i>	1.0
<i>Monounsaturated fatty acids</i>	5.9
<i>Polyunsaturated fatty acids</i>	1.8
Carbohydrates	8.2
<i>Sugar</i>	8.2
Salt	< 0.1
Moisture	6.4
Ash	6.7
Dietary fibre	17.3

- cold-pressed
- vegan
- organic quality



Reference daily intake for adults:
0.8 g protein/kg body weight (WHO).

¹ Özdemir et al., "Health Properties of Almond". Journal of Hygienic Engineering and Design 17 (2016).

² Hull S. et al., "A mid-morning snack of almonds generates satiety and appropriate adjustment of subsequent food intake in healthy women". European Journal of Nutrition. 54: 5 (2015).

³ Test results for Almond Press Cake as conducted by an accredited testing laboratory (2017).

Liability limitation:

Information and data contained herein are intended only for expert audience and not for end-consumers. The information and data contained herein are based on our current knowledge and experience. This does not relieve the company producing and/or placing a product on the market from carrying out own investigations and tests. These data neither warrants certain properties nor the suitability of the product for a specific purpose. Data specified herein may change without prior notice and is not to be considered as part of our terms and conditions of sale.

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Vitamins, Minerals and Amino Acids

According to the standards in "Food Composition and Nutrition Tables"
(Souci, Fachmann and Kraut)⁴

Vitamins and Minerals	
Composition	in 100 g seeds
Vitamins	
Vitamin B ₁	0.22 mg
Vitamin B ₂	0.62 mg
Nicotinamide	4.2 mg
Vitamin B ₆	0.155 mg
Pantothenic acid	0.58 mg
Folic acid	0.045 mg
Minerals	
Potassium	835 mg
Magnesium	170 mg
Calcium	252 mg
Manganese	1.9 mg
Iron	4.1 mg
Copper	0.85 mg
Zinc	2.2 mg
Phosphorus	454 mg

Amino Acid Profile	
Amino Acids	mg/100 g seeds
Arginine	2750
Cysteine	380
Histidine*	520
Isoleucine*	880
Leucine*	1460
Lysine*	580
Methionine*	270
Phenylalanine*	1160
Threonine*	610
Tryptophan*	170
Tyrosine	620
Valine*	1140

*Essential amino acids

The amino acid score of 51 has not been corrected for digestibility.⁵

Nutrition Claims

In due consideration of Regulation (EC) No.: 1924/2006 of the European Parliament and of the Council on health and nutrition claims made on foods as well as the aforementioned nutrient values⁵, we believe the following nutrition claims are maintainable:

A product with high fibre content: As it contains more than 6 g of dietary fibre per 100 g and more than 3 g of dietary fibre per 100 kcal.

A product with high protein content: As at least 20% of the energy value comes from protein.

A source of vitamin B₁, nicotinamide and folic acid: As the product contains a significant amount as defined in Appendix I of the European Guideline 90/496/EEC on vitamins and minerals.

A product with high vitamin B₂ content: As it contains twice as much vitamin B₂ than defined as a significant amount in Appendix I of the European Guideline 90/496/EEC on vitamins.

A source of iron and zinc: As the product contains a significant amount as defined in Annex I of the European Guideline 90/496/EEC on vitamins and minerals.

A product with high potassium, magnesium, calcium, manganese, copper and phosphorus: As it contains twice as much of the aforementioned minerals than defined as a significant amount in Appendix I of the European Guideline 90/496/EEC on minerals.

⁴ Souci et al. "Food Composition and Nutrition Tables", 7th revised and completed edition. Medpharm. CRC Press Taylor & Francis Group (2008).

⁵ Calculation based upon "Dietary References Intake 2005", Institute of Medicine Washington.