

Besan

Nutrition Facts

Nutritional Information (Per 100g of Besan) Approximate Values.

Energy	372 kcal
Carbohydrates	59.8 g
Protein	21.0 g
Fat	6.0 g
Saturated Fat	0.8 g
Monounsaturated Fat	1.7 g
Polyunsaturated Fat	3.4 g
Trans Fatty Acids	Nil
Cholesterol	Nil
Minerals	2.7 g
Fiber	1.2 g

Nutrients Per 100g of Besan

Vitamin A	10.7 mcg
Calcium	56.0 mg
Iron	5.3 mg
Vitamin C	1.0 mg
Vitamin B1 (Thiamine)	0.48 mg
Vitamin B2 (Riboflavin)	0.18 mg

Western Proteins

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