

AUSTRALASIAN
LUPIN
PROCESSING



LUPIN CHAPATTI

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Lupin Chapatti

Ingredients: Wholemeal Atta flour (50g), lupin flour (50g), salt (1g) & water (75g)

Atta Flour Chapatti

Ingredients: Wholemeal Atta flour (100g) salt (1g) & water (60g)

Compositional Analysis	100% Atta Flour Chapatti	50% Lupin Flour Chapatti
	grams per 100g	
Protein	8 - 9	14 - 15
Digestible Carbohydrate	41 - 43	21
Fat	7	8
Dietary Fibre	5	12
Energy - Kilojoules	1104	940
Energy- Calories	263	224

LUPIN TURNS AN ORDINARY CHAPATTI INTO A HEALTH AND TASTE SENSATION



- ✓ Keeps you feeling full longer
- ✓ Controls blood sugar levels
- ✓ Lowers blood pressure
- ✓ Improves bowel health
- ✓ Very high source of fibre
- ✓ High in good quality protein
- ✓ Low in fat
- ✓ A prebiotic
- ✓ Gluten free
- ✓ Non GM

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