

# TVP Textured Soja Protein

## TVP - Textured Vegetable Protein

Textured vegetable protein is a good substitute for ground beef in dishes such as tacos, chili, and stews.Â Â

Textured Vegetable Protein (TVP) is a fibrous, dehydrated meat alternative that is usually made by a process that isolates the proteins from soy flour. TVP is often an ingredient in prepared meat analogs, such as vegetarian hot dogs, hamburgers, chicken patties and nuggets, cold cuts, ground beef, and sausage. It is also a primary ingredient in many packaged mixes for vegetarian burgers, chili, and sausage.

## Varieties

TVP is usually sold as a dehydrated product that must be rehydrated before using. It is available plain or flavored and in granular or chunk form. TVP is also available as a prepared frozen product made to resemble ground beef.

## Preparation, uses, and tips

To rehydrate, add 3/4 to 1 cup (180 to 250mL) of boiling water to 1 cup of TVP and let it stand for 10 minutes or until the water is absorbed. Once rehydrated, TVP granules can be used as a substitute for ground beef in recipes such as chili, spaghetti sauce, and tacos. TVP is also available in chunks that can be used to replace meat in stews and soups. It is sometimes flavored to taste like beef, sausage, or chicken.

People who are allergic to soy should avoid TVP. Flavored TVP varieties may contain a high amount of sodium.

## Nutritional Highlights

Textured vegetable protein, 1 oz . (30g)

Calories: 80

Protein: 15g

Carbohydrate: 9g

Total Fat: 0.3g

Fiber: 6.0g

\*Excellent source of: Iron (10mg)

\*Foods that are an "excellent source" of a particular nutrient provide 20% or more of the Recommended Daily Value. Foods that are a "good source" of a particular nutrient provide between 10 and 20% of the Recommended Daily Value.

## Health benefits and concerns

Textured vegetable protein is not as good a source for isoflavones (phytoestrogens) as are most soy products. Isoflavones are compounds thought to be largely responsible for many of the health benefits associated with eating soy. Therefore, eating textured vegetable protein is unlikely to contribute substantially to the potential health benefits derived from eating other soy foods, such as miso, tofu, and tempeh.

## Chemical composition :

d.b = composition on dry basis.

Moisture: Max 8%

Proteins (d.b): Min 48%

Total fat (d.b): Max.2%

Carbon hydrates (d.b): Max 25 %

Ashes (d.b): Max 6.5%

Fiber (d.b): Max 3.5%

## Microbiological aspects :

-----Tolerance  
 Total Count in plate of facultative aerobic and anaerobic bacteria, mesófilas at 37°C: ----- Max 10 4ufc/g  
 Total Count in plate of Fungi and yeast to 25°C-----Máx. 1000 ufc/g  
 Total Count of Coliformes at 37°C (Index of NMP)-----Máx. 20 NMP/g  
 E. coli. Test of Absence/Presence in 1g.-----absence

Salmonellae. Test of Absence/Presence in 25g-----absence  
 Staphylococcus aureus coagulasa Test of Absence/Presence in 1g. -----absence

#### Physical aspects

Outer aspect: free of strange agents

Sieve test: According to client requirement. It will be possible to elaborate flours of different sieve test, or product without grinding at the required size.

Water absorption: 2,5 - 3 parts of water by 1 part of product.

#### Sensorial control .

Colour: brown characteristic

Flavour: characteristic

Odour: characteristic

#### Uses :

Replacement of the meat protein (Extensor): Hamburgers, stuffed of misty, sausages, charcutery, etc.

Improve of nutritional products: spaghetti, baking in general, drinks, mashes, soups, etc. Used as contributes protein in institutional foods: Schools, army, hospitals, etc.

Used like additive in dairy industry.

- Nutrition Animal: for special aquaculture feed products,
- like protein source in replacing milk for calves and pigs,
- protein corrector of serum.

#### Packaging :.

The product will be delivered accordingly with clients requirements in; 15Kg, 20 kg , paper Kraft bags or polypropylene with inner polyethylene, stretched and palletized. The product will display a label in which the date of packaging will be indicated, the lot number, the life utility, number of inscription of the product, number of inscription of the establishment.

With each dispatched lot a protocol of quality of this lot will be given. ....Ton.....Kilo.....FOB.....CFR

Prince U\$\$

Validity Date .....//.....//.....//.....// Â