

| Nährwerte | pro 100g | pro 50 g in 600 ml Wasser |
|-------------------------------|----------|---------------------------|
| Brennwert (kj) | 1561 kJ | 781 kJ |
| Brennwert (kcal) | 373 kcal | 186 kcal |
| Fett | 4.7 g | 2.3 g |
| – davon gesättigte Fettsäuren | 1.8 g | 0.94 g |
| Kohlenhydrate | 5.9 g | 2.9 g |
| – davon Zucker | 2.8 g | 1.4 g |
| Ballaststoffe | 0.03 g | 0.01 g |
| Eiweiß | 74.4 g | 37.2 g |
| Salz | 0.21 g | 0.1 g |
| Zuckeralkohol | 0 g | 0 g |

| Aminosäure | pro 100g |
|-------------------------|----------|
| Leucin | 8.8 g |
| Lysin | 8 g |
| Threonin | 5.3 g |
| Valin | 5.3 g |
| Isoleucin | 0.52 g |
| Phenylalanin | 3.4 g |
| Methionin | 2.1 g |
| Tryptophan | 1.1 g |
| Histidin | 1.8 g |
| Prolin | 6.5 g |
| Tyrosin | 3.2 g |
| Arginin | 2.4 g |
| Glycin | 1.3 g |
| Cystein/Cystin | 1.4 g |
| Glutaminsäure/ Glutamin | 17.2 g |
| Asparaginsäure | 8.4 g |
| Serin | 4.4 g |
| Alanin | 3.7 g |