



Unlock a World of Flavor and Nutrition with Mesquite Flour – Your Perfect Gluten-Free Companion!

Mesquite is a sweet superfood that is known for its high fiber content, low glycemic index, high mineral content, anti-fungal properties, immune-boosting abilities and high protein percentage.

You can enjoy mesquite powder benefits in baked goods, marinades, stews, baked dishes, and warming meals, or as a part of a superfood mix of your choice. It is also delicious in smoothies, shakes, coffee, baked goods, and raw desserts.



Key Nutritional Benefits

- ☐ Regulates Blood Sugar
- ☐ Contains Omega-3 Fatty Acid
- ☐ Prebiotic Fiber
- ☐ Abundant in Trace Minerals
- ☐ Rich in Protein
- ☐ Gluten-Free and Grain-Free
- ☐ High Dietary & Prebiotic Fiber
- ☐ Packed with Antioxidants



Subject: Product Specification Sheet Grade AAA
Culinary Alliances Casa de Mesquite, Mesquite flour (*Prosopis alba*)

USDA organic, Kosher, gluten free mesquite flour is used to enhance flavor, aroma and browning in baked goods, meat, seafood and to enhance flavor and aroma in dairy products.

Raw Material: The product is obtained from the mesocarp of the pods of *Prosopis alba* trees of Argentina in a multi-step process involved sorting, rinsing in chlorinated water, drying, two milling steps and two sieving steps. The pods are obtained from hand harvest of wild trees of varying genetic background and thus some variability will exist in sensory and color properties. No other sub-products or ingredients are introduced. As the flour arises from native stands of trees the product is **GMO Free**.

Packaging: The mesquite flour is available in 28.66 lbs (13kg) for manufacturing.

Storage: Recommended storage conditions: When stored at 70 F the product should have a shelf life of three years. Cooler temperatures of 55 F or lower provide for pantry pest control.

It has been found that mixtures of 25% mesquite flour/75% wheat flour had 5 times lower hexanal production (measure of rancidity) than 100% wheat flour indicating mesquite flour helps reduce rancidity on storage of other flours.

Ingredients: 100% mesquite pods

Certifications: BRCGS certification was obtained 19 Jan 2024. Kosher certification by Kosher Supervision Unit, U-K Kashrus Organization in Argentina.

GTIN	Level	H x W x D	Weight	Ti x Hi	Pallet Weight
008659753000138	Case	12" x 15" x 7.5"	Gross: 31LB Net 28LB	10 x 7	2170 LBS

Because mesquite flour has no gluten, it cannot be used as a 1:1 substitute in traditional baking recipes. Instead, it is best used as an additive or partial replacement to enrich flavor and nutrition:

- Baking:** A standard guideline is to use about 1/4 cup of mesquite flour to 3/4 cup of regular or grain flour in breads, pancakes, and muffins.
- Smoothies and Foods:** Add 1-2 tablespoons to smoothies, oatmeal, raw desserts, or yogurt to introduce a "honey nut" and cinnamon-like flavor.
- Natural Sweetener:** Its natural sweetness allows you to reduce the total amount of added sugars in your recipes.

Nutrition Facts	
Serving Size: 100 g	
Moisture	5.3 g
Protein	12.2 g
Fat	2.2 g
Ash	4.2 g
Calcium	127 mg
Potassium	1300 mg
Iron	3.4 mg
Total Carbohydrates	76.1 g
Total Sugars	49.5 g
Condensed Tannins	0.57 g
Soluble Polyphenols	600 mg
Total Dietary Fiber	24.7 g
Vitamin C	6 mg
Sodium	124 mg
Total Antioxidants (as gallic acid)	650 mg
Energy Value	378 kcal/kg