

SweetWARE PDCAAS Report

6:07 PM 8/5/2026

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PDCAAS Test Recipe

Serving size: 550 g

Servings per Container: 1



Ingredient	Quantity (g)	digest	Protein (g)	Histidine (g)	Isoleucine (g)	Leucine (g)	Lysine (g)	Meth+Cyst (g)	Phen+Tyro (g)	Threonine (g)	Tryptophan (g)	Valine (g)
PDCAAS Test Chickpea	150g	0.800	33.000	5.610	5.610	5.610	2.310	0.825	5.610	1.386	0.429	5.610
PDCAAS Test Milk Powder	50g	0.950	17.000	2.860	2.860	2.860	1.360	0.510	2.860	0.629	0.204	2.860
PDCAAS Test Wheat	350g	0.850	45.500	8.180	8.180	8.180	1.138	1.593	8.180	1.365	0.500	8.180
Total	550g		95.500	16.649	16.649	16.649	4.808	2.928	16.649	3.380	1.134	16.649

mg Amnio Acid per gram Protein	174.335	174.335	174.335	50.340	30.654	174.335	35.393	11.869	174.335
Reference Pattern	19	28	66	58	25	63	34	11	35
Amino Acid Ratio to Reference	9.176	6.226	2.641	0.868	1.226	2.767	1.041	1.079	4.981

Uncorrected Amino Acid Score	0.868
Limiting Amnio Acid	Lysine
Effective Digestibility	0.851
PDCAAS	0.738

Corrected Protein Value	70.498 g
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PDCAAS Test Recipe (cont.)

Notes

Abbreviations: digest = Protein Digestibility,
 Meth+Cyst = Methionine + Cystine,
 Phen+Tyro = Phenylalanine + Tyrosine,
 Trypto = Tryptophan

Effective Digestibility: Effective Digestibility of a Recipe/Formula is a weighted average of the Protein Digestibility of each ingredient

Reference: Protein Quality Evaluation - Report of Joint FAO/WHO Expert Consultation
 https://www.sweetware.com/FAO_WHO_PDCAAS_1990.pdf