

TEXTURED SOY PROTEIN



Textured Soy Protein (TSP), also known as Texturized Vegetable Protein (TVP), is a processed soy product made from defatted soy flour. It is commonly used as a meat substitute or extender in various food products due to its high protein content and versatile texture.

Nutrition Facts

Portion Size 21 g

Amount Per Portion

Calories 95

% Daily Value *

Total Fat 1g 1 %

Sodium 281mg 12 %

Total Carbohydrate 2g 1 %

Dietary Fiber 2g 7 %

Sugar 0g

Protein 23g 46 %

Calcium 0mg 0 %

Iron 2.7mg 15 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.



Processing

1. Defatting:

- Remove most of the oil content, leaving behind a protein-rich material.

2. Extrusion:

- Mixed with water to form a dough-like mixture.
- Forcing the dough through a machine under high temperature and pressure.
- Cooks the soy protein, causing it to unfold and re-form into a fibrous structure, giving TSP its meat-like texture.



3. Cutting and Drying:

- Cut into desired shapes, such as chunks, flakes, or granules, depending on the intended application.
- Dried to remove moisture, resulting in a lightweight and shelf-stable product.

4. Rehydration:

- Soaking the dried TSP in water or a flavored liquid to restore its texture and make it ready for cooking or further processing.

5. Flavoring and Seasoning:

- Add flavorings and seasonings during rehydration or cooking to enhance the taste and mimic the flavor of meat.

