



OKARA

Nutritious Byproduct of Soy Milk Production





Okara is a by-product generated during the processing of soybeans in the food industry, specifically during the production of soy milk and tofu.

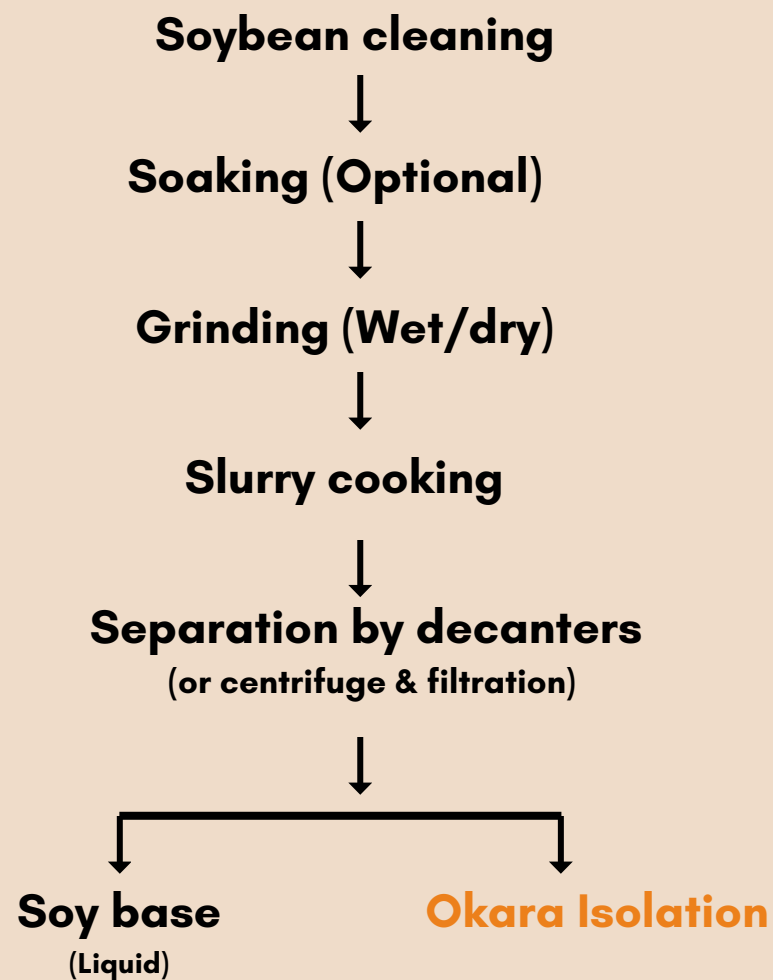
- It is the insoluble fiber and protein-rich residue that remains after the soybeans have been ground, soaked, and their liquid portion extracted.
- Okara is a valuable ingredient with various applications in the food industry due to its nutritional content and versatility.

Nutritional Profile

- Protein : 3-4gm
- Fat : 1-2gm
- Fiber : 3-4gm
- Carbs : 5-7gm
- Vitamins: Contains various vitamins, including B vitamins such as folate, thiamin (vitamin B1), and riboflavin (vitamin B2). It also contains small amounts of vitamin K.



Process flow



- Approximately 1.5 to 2.0 kilograms of okara per kilogram of soybeans is generated during Soymilk production.
- Though it can vary based on several factors, including the soybean variety, processing methods, and the desired consistency of the soymilk.



Products in the food industry

- **Plant-Based Meat Alternatives:** Incorporated into plant-based meat alternatives like veggie burgers, sausages, and meatballs to improve texture and add protein.
- **Baked Goods:** Added to baked goods like muffins, pancakes, and bread to enhance their moisture content and nutritional profile.
- **Soups and Sauces:** Used as a thickening agent in soups, stews, and sauces, replacing traditional dairy-based thickeners.
- **Desserts:** Used in desserts like puddings, ice creams, and cheesecakes to create a creamy texture and add protein.
- **Dairy-Free Cheese:** Used as a base for dairy-free cheese products, often combined with other ingredients like nutritional yeast and seasonings to create a cheese-like flavor and texture.
- **Nutritional Supplements:** Processed and dried to create powdered supplements or protein isolates used in various nutritional products.
- **Animal Feed:** Used as an ingredient in animal feed due to its protein and nutrient content.

