



American Key Food Products Premium Cassava Flour

Frequently Asked Questions (FAQ)

1. *What is Cassava? Where does American Key's Premium Cassava Flour come from?*

King Lion Premium Cassava Flour is derived from cassava roots. Cassava, also known as manioc, is a plant that grows in tropical climates close to the equator. Cassava roots are also the source of tapioca starch and similar products labeled as tapioca flour. The current conventional name for products that are derived from cassava is "tapioca." Thus, you may already be aware of tapioca starch, tapioca flour and tapioca pearls. These are all processed from cassava roots.

2. *How does this flour differ from existing products that are also called cassava flour? What makes your flour "premium"?*

King Lion Premium Cassava Flour is different from other cassava flours in the market. Most of what are currently labeled and sold as cassava flour are, strictly speaking, cassava meal. The particulates of the available cassava "flours" are larger and coarser than the regular flours with which we are all familiar. There are as many versions of cassava flour as there are countries that rely on cassava for certain local dishes or food items. The attributes of these flours are dependent on how these are used or applied in those countries' cuisine.

Our premium cassava flour is processed by design in a very specific way to manage the quality of the starch content and particle size distribution and retain relatively high fiber content. It can be used effectively as a primary or complimentary ingredient in gluten-free baking, coatings and extrusion applications.

3. *Is your cassava flour different from tapioca flour? After all, both are derived from cassava roots.*

Because of market practices in the past few decades, tapioca starch (which is also made from cassava roots) has also been sold as "tapioca flour." With tapioca, the starch is different from the flour. Nonetheless, the market generally has accepted the idea that the two are one and the same. Not so. And to differentiate our flour from other suppliers' "tapioca flour", AKFP deemed it prudent to call our product a cassava flour, to differentiate it from "tapioca flour" which in reality is actually tapioca starch.

4. *How is cassava flour different from tapioca starch?*

One leading tapioca producer made this concise explanation: tapioca starch is tapioca flour without the fiber; tapioca flour is tapioca starch with the fiber. Our premium cassava flour is exactly that: tapioca starch with the fiber, approximately 7% of the flour! The presence of this amount of fiber enhances both the nutritional and functional value of the flour. This is possible since the process to manufacture the cassava flour is different from the process for tapioca starch. Also, while tapioca starch is entirely native starch, a specified percentage of the tapioca starch present in premium cassava flour is gelatinized.

5. *How are cassava flour and tapioca starch similar?*

Premium cassava flour is similar to tapioca starch since the flour is comprised of over 80% tapioca starch. Most of the physical attributes and functional properties of native tapioca starch also characterize cassava flour. Among these are: ratio of amylose to amylopectin, size of starch granules, high paste viscosity, clarity of paste, high freeze/thaw stability, crispiness, good extrusion expansion and bland or neutral flavor.

6. *Is Premium Cassava Flour gluten-free and non-GMO?*

Cassava does not contain any gluten. King Lion Premium Cassava Flour is produced in a facility that exclusively processes products derived from cassava, using roots that are grown on farms that do not grow wheat, barley, rye and oats. Moreover, this flour is a non-GMO, non-allergenic and clean-label ingredient.

7. *How well does cassava flour perform in extruded applications?*

The starch in cassava flour has favorable extrusion properties. Among these: low gelatinization temperature, clarity, low tendency to retrograde, bland taste, high viscosity. The cassava flour itself, with its partial gelatinization, has a high water binding capacity and high degree of expansion under optimal extrusion conditions. Tapioca/cassava starch-based extruded products exhibit light color, smooth surface and closed structure. Previous research demonstrates that it extrudes as well as corn or rice.

Premium cassava flour has proven to be an excellent gluten-free baking ingredient: there are already gluten-free businesses selling exclusively high-quality cassava flour-based baking mixes. The functional properties that make it successful in gluten-free baking also help with snack products. Snack manufacturers today innovate for better, healthier products. Cassava flour, with its intrinsic fiber component, is also a great extrusion aid. It can be blended with high-protein flours or fruit and vegetable extracts to provide the extrusion performance that these other ingredients do not exhibit, thus opening up opportunities for the creation of new snack products.



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AKFP sells various essential gluten-free flours and starches wholesale to the U.S. food industry: King Lion Premium Cassava Flour, Superior Native Potato Starch, Native Tapioca Starch, Arrowroot Starch, Native Pea Starch and Specialty Clean-Label Potato and Pea Starches.