

Table 3. Essential Amino Acid Profile and Score (EAE), Protein True Digestibility (TD), and Corrected Amino Acid Scoring (PDCAAS) of Whole Yeast Cells (WY) and Phosphorylated Yeast Protein Concentrate (PPC)

amino acid (g/100 g of protein)	WY	PPC	FAO/WHO (ref) ^a
threonine	4.7	5.0	3.4
methionine + half-cystine	2.4	2.3 ^b	2.5
valine	4.8	6.0	3.5
isoleucine	4.2	5.1	2.8
leucine	6.0 ^b	8.5	6.6
tyrosine + phenylalanine	6.5	9.2	6.3
lysine	8.0	9.2	5.8
histidine	4.2	2.4	1.9
tryptophan	1.2	1.8	1.1
EAE (% ref)	91.7	93.2	
TD ^c (%)	68.0 ± 5.0 b	90.0 ± 1.1 a	
PDCAAS (%)	62.0	84.0	

^a FAO/WHO (27), reference for children 2–5 years old. ^b Most limiting amino acid. ^c Casein control: TD = 93.5 ± 0.8 a; PDCAAS, 94%.