

# What soya chunks is made up of?

Although animal meat is delicious. The harm it brings to the body is not small. If you eat too much. It will lead to obesity. And obesity can cause diabetes, high blood pressure and cardiovascular. And cerebrovascular diseases. Excessive consumption of animals has now become an impact on health. One of the most important reasons. Therefore, for people who want to lose weight, the first task is to reduce the amount of meat consumed . And replace it with some green and healthy foods.

The most nutrient we get from animal meat is protein. Now people find that the protein content in soy nuggets far exceeds animal meat. And the fat content is very low. The taste is very similar to animal meat. It is very similar to animal meat. It is beneficial. So it makes a lot of sense to use soy nuggets instead of animal meat.



However, the controversy about soy nuggets has never stopped. Some people think that soy nuggets are not a healthy food. In fact, from the composition of soy nuggets, we can understand what the consumption of soy nuggets can bring us. So what is the soy nuggets made of? What about?

Soybean nuggets are made from soybean meal that has been

"defatted" or deoiled. It is a by-product left after soybean oil is extracted. After drying, it has a rough texture and becomes very soft after soaking in warm water. Just like a sponge. Soy nuggets are also called "vegetarian meat" because the nutrient content of soy nuggets is similar to animal meat. And the protein content is very high without harmful ingredients. It is also a pure vegetarian food.

From this we can know that soybean nuggets are made from soybean meal as the main raw material. It is very healthy. Now the advantages of soybean nuggets have been understood by more and more people. Many people have begun to use soy nuggets instead of animal meat. Become a new type of hot-selling food.



To make ordinary soy flour into the taste of animal meat without losing nutrition, very good technology is needed. And it largely depends on the quality of the equipment.

[Shandong Loyal Industrial Co., Ltd.](#) is a professional food machinery manufacturer with a very high reputation in the industry and many years of research and development experience. The biscuit production line, baby food production line and bread crumb production line. And other food machinery produced are exported to many countries and regions enjoy high international reputation.

Our [soybean meat machine](#) has very superior performance. The quality of the equipment is very high. The soybean nuggets produced are comprehensive in nutrition, taste more similar to animal meat. And far higher than other similar products in quality. And are very popular in the market. We can give our customers the lowest price. Just to let our customers get higher profits. We know that only if our customers develop well. We can go more long-term!

Soy nuggets is a very healthy vegetarian food, which is very beneficial to our body. So it is very reliable to use soy nuggets instead of animal meat!