

A protein and vitamin product of soybean based on biochemical complex of general formula $R_1\text{-Me-R}_2$,

wherein: R_1 - radical of polyunsaturated fatty acid of general formula $C_nH_{2n-4}O_2$,

wherein: $n = 16-20$,

Me - Ca, Mg,

R_2 – radical of polysaccharide residuum of fragments (D-Glc.D-Fru) m ,

wherein: $m = 10^3-10^4$,

contains protein and water, and protein of the product contains not less than 17 mass percent of available essential amino acids of protein mass. A method of obtaining the protein and vitamin product based on biochemical complex involves heat treatment of soybean of native soy by point wave energy supply with energetic exposition of 200-1200 kilojoule and mechanical effect to bean. Mechanical effect is carried out at temperature not less 40 °C after heat treatment of soy by compressive and shear deformation up to value of unit strain equal to 0.1-2.5. Instant food product based on the protein and vitamin product additionally contains liquid. Instant food product based on the protein and vitamin product additionally contains solid food component and liquid.