

## Pea Bagel

Ingredient List	Amount (Baker's %)
High gluten bread flour	100.0
Precooked yellow pea flour	20.0
Sugar	7.8
Salt	1.9
Instant yeast	1.4
Water	60.9

### Processing:

Mix to full development

Scale, round and shape dough pieces

Proof approximately 80 minutes

Boil 90 seconds each side and allow to dry slightly

Bake for 20 minutes at 375°F

Serving size 1 bagel (83 g)

## Nutrition Facts

Serving Size (83g)  
Servings Per Container

Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>
Dietary Fiber 3g	12%
Sugars 4g	
<b>Protein 7g</b>	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4



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