

Pea Hamburger Buns

Ingredient List	Amount (Baker's %)
High gluten bread flour	100.0
Precooked yellow pea flour	30.0
Shortening	6.0
Salt	1.5
Instant yeast	1.2
Sugar	1.5
Dry milk	1.0
Emplex ^a	0.5
Water	67.0

Processing:

Mix to optimum dough development for 6-7 minutes

Scale dough, round pieces

Proof for 60 minutes at 31°C and 75% RH

Bake for 18-19 minutes at 400°F

^a American Ingredients. Contains sodium stearoyl lactylate.

Serving size 1 bun (74 g)

Nutrition Facts

Serving Size (74g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 7g	
Vitamin A 0%	Vitamin C 2%
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	

