Pea Pan Bread

Pea Pan Bread

Ingredient List	Amount (Baker's %)
High gluten bread flour	100.0
Precooked yellow pea flour	30.0
Shortening	7.8
Salt	1.9
Instant yeast	1.4
Sugar	7.8
Emplex[a]	0.7
Water	81.1

Processing:

Mix to optimum dough development for 5-6 minutes
Scale dough, round and let rest 10 minutes
Mold the dough and proof for 80 minutes at 35°C and 85% RH
Bake for 22-24 minutes at 400°F

[a] American Ingredients. Contains sodium stearoyl lactylate.

Serving size 1 slice (44g)

Nutrition Facts

Serving Size (44g)
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 20

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 4g	

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 2%

*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

Northern Pulse Growers Association

1710 Burnt Boat Drive, Bismarck, ND 58501
701-222-0128
www.northernpulse.com