

Pea Whole Wheat Hearth Bread

Ingredient List	Amount (Baker's %)
Whole wheat flour	100.0
Precooked yellow pea flour	5.0
Shortening	6.0
Salt	1.5
Vital wheat gluten	4.0
Emplex ^a	0.5
Milled Flaxseed	4.0
Water	72.0

Processing:

Mix to optimum dough development for 4-6 minutes

Scale dough, round pieces and let rest for 10 minutes

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 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%
*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	

