

Pea Doughnuts

Doughnuts	Amount (Baker's %)
All purpose wheat flour	100.0
Precooked yellow pea flour	50.0
Instant yeast	3.5
Shortening	10.0
Eggs	25.0
Whole milk	86.0
Sugar	14.0
Salt	1.8
Nutmeg	0.5
Water	16.0

Processing

Heat milk and shortening; add yeast and let stand 7 minutes

Mix all ingredients 3-4 minutes

Let rise 30 minutes

Cut into doughnut shapes; let rise for an additional 30 minutes

Fry at 365°F for 30-45 seconds per side

Serving size 1 doughnut (46 g)

Nutrition Facts

Serving Size (46g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 25
<small>% Daily Value*</small>	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 125mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 5g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories: 2,000 2,500</small>
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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



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