

Carrot Muffins

Ingredient List	Amount (Baker's %)
All purpose wheat flour	100.0
Precooked yellow pea flour	300.0
Cooking oil	285.0
Sugar	296.0
Eggs	228.0
Vanilla	5.2
Carrot	296.0
Baking soda	11.1
Salt	6.5
Cinnamon	2.9
Pecans	57.0
Raisins	57.0
Pineapple	57.0

Processing:

Mix all ingredients until well incorporated
 Pour into muffin cup and top with chopped pecans
 Bake for 22-23 minutes at 350°F

Serving size 1 muffin (62 g)

Nutrition Facts

Serving Size (62g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 230mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 14g	
Protein 4g	
Vitamin A 40%	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	



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